

# **10 Health Benefits of Body Balance**

- **Contains every essential nutrient in Nature's perfect balance in Ionic form** 1 \* Vitamins \* Macro Minerals \* Trace Minerals \* Amino Acids \* Essential Fatty Acids \* Enzymes \* 98% Cellular Absorption compared to 10 to 20% from pills or capsules
- **2 Cleanses the Colon and Normalises pH levels** \* Facilitates elimination \* Improves absorption \* Enhances assimilation
- **Supports the Circulatory and Lymphatic System** 3
  - \* Detoxifies \* Promotes Healing \* Nourishes

#### **Supports the Immune System** 4

\* Fortifies the body with essential nutrients needed to fight disease

#### 5 **Supports the Nervous System**

\* Fights the effects of stress \* Improves Vitality \* Promotes a feeling of well-being

### 6 **Supports Metabolic Processes** \* Facilitates digestion \* Reduces cravings \* Nourishes the glandular system

#### 7 **Increases Oxygen at the Cellular Level**

\* Promotes energy \* Promoted Stamina \* Combats Aging \* Supports Memory

#### 8 **Excellent Source of Antioxidants**

\* Contains free radical scavengers known to reduce the risk of cancer, heart disease and strokes.

#### 9 **Anti-inflammatory Properties**

- \* Reduces inflammation in arthritis
- \* Reduces inflammation in sports injuries
- \* Relief from inflammatory diseases



## **10** Combats side effects of harmful substances

\* Alcohol \* Drugs \* Tobacco \* Environmental Pollutants



## LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD (Hippocrates)

