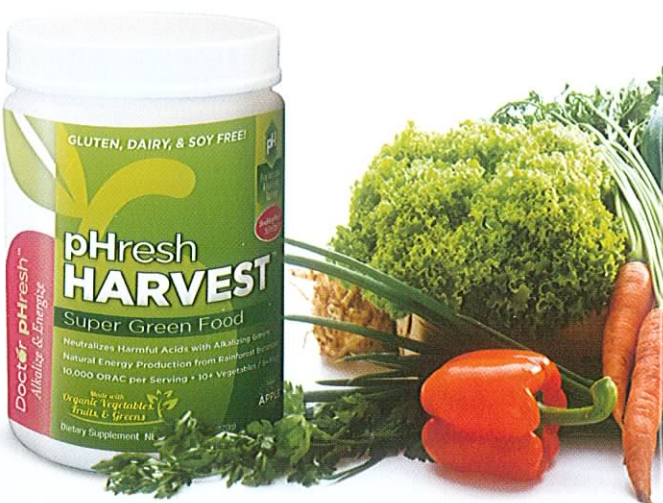


The Standard American Diet (S.A.D.) consists of too much meat, unhealthy carbs, pasta, cheese, acidifying beverages (coffee, soda, alcohol, etc.), artificial sweeteners, and more. We are left with undernourished, overly acidic bodies. This excess acid hastens the aging process and creates an environment that promotes disease. Excess acid is a silent killer and it is diminishing our health, encouraging disease, and shortening our lives. Lifestyle changes and alkalizing supplements like **pHresh HARVEST™** are part of the answer.

## pHresh HARVEST™

Vegetables from all of the colors (not potatoes, corn, and rice), most fruits, beans, nuts, whey, healthy oils like olive and flax seed, herb teas, minerals and natural sweeteners, like stevia, are alkalizing. **pHresh HARVEST™** contains more than 40 fruits, vegetables, greens, rainforest botanicals, and enzymes, is a powerful alkalizer, and has the highest ORAC (Oxygen Radical Absorbance Capacity) value of any certified organic superfood product available today. While **pHresh HARVEST™** is not a substitute for good eating habits, it is an excellent supplement to fill in the gaps for those that are not eating the recommended 7-13 servings of fruits and vegetables every day and helps to protect against excess acid.



### Supplement Facts

Serving Size: 1 Level Scoop (9g)  
Servings per Container: 30

Amount Per Serving	% Daily Value
Calories	35
Calories from fat	0
Total Fat	0g 0%
Sodium	15mg 1%
Total Carbohydrates	89m 3%
Dietary Fiber	39m 12%
Sugars	19m
Protein	<19m 2%
Vitamin C (as organic Acerola Cherry Extract)	60mg 100%
<b>Organic Greens &amp; Aquatic Blend</b>	<b>1025mg †</b>
Organic Barley (Hordeum vulgare) Juice Powder, Organic Spirulina (Arthrospira plantensis), Organic Broken-Cell Wall Chlorella (Chlorella vulgaris), Organic Dulse (Rhodymenia palmata), Organic Kamut (Triticum turgidum) Grass Juice Powder, Organic Oat (Avena aestivum) Grass Juice Powder, Organic Quinoa (Chenopodium quinoa) Sprout Powder	
<b>Organic Vegetable Blend</b>	<b>1000mg †</b>
Organic Carrot Powder (Daucus carota), Organic Parsley Powder (Carum petroselinum), Organic Kale Powder (Brassica oleracea botrytis cymosa), Organic Beet Root Powder (Beta vulgaris), Organic Collard Powder (Brassica oleracea acephala), Organic Spinach Powder (Spinacia oleracea)	
<b>Organic Fruit Blend</b>	<b>380mg †</b>
Organic Apple Powder (Malus domestica), Organic Blueberry Powder (Vaccinium corymbosum), Organic Mt. Cranberry Powder (Vaccinium vitis-idaea), Organic Blackberry Powder (Rubus fruticosus), Organic Pomegranate Extract (Punica granatum) standardized to 1% ellagic acid.	
<b>Hepatic Blend (liver)</b>	<b>560mg †</b>
Sunflower Lecithin (Helianthus annuus), Organic Milk Thistle Extract (Silybum marianum)	

Amount Per Serving	% Daily Value
<b>Organic Fiber Blend</b>	<b>2920mg †</b>
Organic Gum Acacia (Acacia gummi), Organic Inulin Powder (Helianthus tuberosus), Organic Oat Bran Powder (Avena sativa) standardized to 70% beta glucan	
<b>Power Apple Blend</b>	<b>1336mg †</b>
Apple Juice Powder (Malus pumila), Quercetin (Sophora japonica), Malic Acid, Apple Fiber Powder (Malus domestica) Apple Cider Vinegar Powder (Malus domestica)	
<b>Rainforest Blend</b>	<b>160mg †</b>
Wildcrafted Maqui Berry Powder (Aristotelia chilensis), Wildcrafted Camu Camu Extract (Myrcaria dubia) standardized to 12% Vitamin C, Organic Acai Juice Powder (Euterpe oleracea)	
<b>Antioxidant Phytonutrient Blend</b>	<b>469mg †</b>
Organic Acerola Cherry Extract (Malpighia glabra) standardized to 17% Vitamin C, OxyPhyte® Ultra Blend (Apple Extract (Malus pumila mill) standardized to 75% polyphenols; White Tea Extract (Camellia sinensis) standardized to 90% polyphenols; Rosemary Extract (Rosmarinus officinalis), standardized to 9% rosmarinic acid), OxyPhyte® Green Tea Extract (Camellia sinensis) (decaffeinated) standardized to 90% polyphenols, OxyPhyte® Grapeseed Extract (Vitis vinifera) standardized to 95% polyphenols, Polygonum Extract (Polygonum cuspidatum), standardized to 50% resveratrol, Organic Ginger Powder (Zingiber officinale), Organic Turmeric Powder (Curcuma longa)	
<b>Digestive Blend</b>	
Probiotic Blend (non-dairy) (L. acidophilus, B. longum, L. casei, L. rhamnosus) 500 million cfu, Digestive Enzyme Blend (Protease, Amylase, Bromelain, Cellulase, Lactase, Papain, Lipase) †, Protease 4.5 2700HUT †, Amylase 1500DU †, Bromelain 66250FCPU †, Cellulase 69CU †, Lactase 138ALU †, Papain 69000FCPU †, Lipase 160FIP †,	
† Daily Value not established.	
%DVs are based on a 2,000 calorie diet.	

Other Ingredients: Organic Flavors, Sweetener Blend (Organic Stevia Extract, Citric Acid, Monkfruit Extract), Organic/Organic compliant rice flour, Organic/Organic compliant non-GMO corn free dextrin, xanthan gum.



This product is free from dairy, wheat, gluten, soy, egg, fish, shellfish, peanut, tree nuts, yeast, MSG, GMO, artificial color, artificial flavor, and preservatives. Vegetarian Formula

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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Protect Yourself From The Silent Killer, Low Body pH.

Fruits, Vegetables, & pHresh HARVEST™ TO THE RESCUE!

Energize • Alkalize • Balance Body pH  
Immune Support • Healthy Bones  
Fight Aging • Weight Control

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Acid -  
The Silent  
Killer

pHresh  
HARVEST™  
is designed

to optimize your health by helping to **neutralize harmful acids and balance your body pH**. The term "pH" refers to the "hydrogen potential" or the acidity of something. The acid/alkaline scale ranges from 0 to 14 with 7 being neutral. Ideally, both urine and saliva should be close to 7.

It is critical that the pH of the blood stays between 7.35 and 7.45 and even slight deviations can result in disease or death. To stay in the ideal range, your system will **rob calcium from your bones, magnesium from your muscles, and inflate fat cells with excess acid**, all in a desperate attempt to neutralize acid from your diet. Excess acid in your system can contribute to fatigue, immune deficiencies, joint pain, weak bones, muscle cramps, obesity, diabetes, hormone imbalances, insomnia, depression, headaches, and more. **pHresh HARVEST™ is a powerful weapon in the fight against excess acid.**

How is pHresh  
HARVEST™ different?

The power Apple Blend in **pHresh HARVEST™** contains whole apple, apple extracts, quercetin, malic acid (AKA "Apple Acid" and a KREBS cycle energy component), apple fiber, and apple cider vinegar, a folk "wonder drug". The next time you hear of a new superfood, remember the power of the apple, the 100 studies that say that apples can extend your life, and drink some **pHresh HARVEST™**.

**Rainforest Blend** is a blend of wildcrafted (grown in nature) and organic extracts to help boost the antioxidant power in each serving. Our blend includes: **Acai**, for energy and weight loss, **Maqui**, a powerful antioxidant and **Camu Camu**, one of the most concentrated sources of vitamin C.

**Also contains** enzymes, probiotics, prebiotics, and fiber for digestion plus certified organic aquatic superfoods for cleansing, detox, and trace mineral nutrition.

**pHresh HARVEST™ does not contain...**

**Gluten:** the allergy concern is growing! Tests report "none detected".

**Soy:** sunflower lecithin instead of soy.

**Licorice:** not advised for those with heart disease, fluid retention, high blood pressure, diabetes, liver or kidney disease, as well as not recommended for pregnant and lactating women.

**Mint:** homeopaths believe that aromatics such as mint diminish the benefits of their therapies.

**Nightshades:** tomato, peppers, potato, and gogi berry. The mild toxins in nightshades, such as scopolamine, atropine, and solanine, can cause stiff joints, muscle pain, nausea, migraines and weakness.

**ORAC (Oxygen Radical Absorbance Capacity**

ORAC measures the level of antioxidant protection from a nutrient available to fight against "Oxidative Stress". "Oxidative Stress" is the damage caused by free-radicals in the body, however introduced, and is linked to hastening the aging process, certain types of cancer, coronary heart disease and many other ailments.

**pHresh HARVEST™** has an ORAC rating of more than 10,000 units, verified by Brunswick Laboratories, the

recognized testing leader. Based on current research, **pHresh HARVEST™** provides the antioxidant value of more than **10 servings** of vegetables or **5 servings** of fruit. **pHresh HARVEST™** has the highest antioxidant rating of all of the certified organic superfoods.

**Certified Organic**

**pHresh HARVEST™** is a blend of the highest quality certified organic fruits, vegetables and greens and is 100% organic compliant. You and your family can rely on the wholesome goodness of **pHresh HARVEST™** and have confidence in its safety and purity.



**Doctor pHresh™** Nutritionals, LLC. goes the extra mile to protect the freshness of your product. Moisture and oxygen are two components that can spoil food products quickly. Our **Double pHresh Technology™** gives you double protection and maximizes the benefits you will enjoy. **Doctor pHresh™** is the only company that

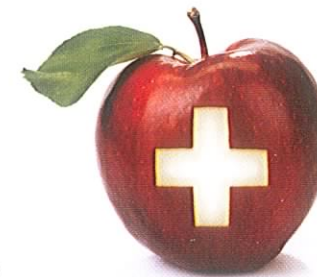
adds an additional **O<sup>2</sup>-SORB™** absorbing packet that removes oxygen. We also add a moisture absorbing desiccant packet to capture the ambient moisture trapped in the package.

**How Do I Get Started Feeling Better?**

**The Doctor pHresh™ Professional Alkalinizing System** begins with YOU and, with suggestions from your healthcare practitioners. **The Doctor pHresh™ pH Test Kit** will help establish your starting point. You then should have a plan to reduce your intake of acidifying foods, increase your intake of alkalinizing foods, and to use physician-trusted supplements, like **pHresh HARVEST™**. Nothing fancy, nothing complicated. Taking simple steps down this path can "turn back the clock" and you will be rewarded with renewed energy and **vibrant health**.

Initially you may start with one or two servings of per day in addition to the diet and lifestyle changes you're making. You can mix **pHresh HARVEST™** with water, your favorite juice, or beverage, add to food, add to a smoothie, or add some

protein and make a meal! As you progress and find your pH moving toward the ideal ranges, taking **pHresh HARVEST™** once a day is a great day starter and can be part of a **low cal/low carb breakfast**. You will be amazed on your journey toward optimal health and youthful energy.



With **pHresh HARVEST™** and a balanced pH, you could see:

**Energy levels return, mental acuity improve, younger skin and hair, reduced morning stiffness, unhealthy cravings diminish, digestion and regularity improve, and weight control be less of a problem.**

**Restore your pH... Alkalinize & Energize!**