



### Antioxidant Energy Drink Mix

As our bodies age, they no longer heal and repair at the cellular levels as well as they once did. With the combination of poor eating habits, stress, and environmental toxins, our cells are constantly being attacked by toxins known as free radicals. Ironically, most of the free radicals attacking our cells from the inside come from a natural cause, eating. As the body metabolizes food, it breaks down into individual components. Some of these components are free radical, atoms that are missing an electron in their outer shell. These atoms attempt to stabilize by stealing an electron, typically from a healthy cell. As these free radicals scavenge your body from electrons, they damage cells and DNA. This natural process is called oxidation. This same oxidative process is what causes iron to rust when it comes in contact with water. Your cells are literally rusting away from the constant attack of these unstable free radicals. Our bodies protect themselves with the antioxidants that we get from food. Antioxidants block the oxidation process by neutralizing these free radicals. The antioxidants give up the extra electron, thus preventing it from being taken from a healthy cell. As these antioxidants are used up in the process, there is constant need to replenish the body's antioxidant resources.

Your body can not make antioxidants, it relies on getting them from food and supplements. The antioxidants in food are typically found in the highest concentration in berries and fruit, but most people don't consume nearly enough of these foods to adequately stock their antioxidant resources. The typical American diet is high in foods that increase free radical counts, including margarine, shortening, hydrogenated oil, preservatives, meat butter, sugar, white flour, alcohol, fried and browned foods. It is also dangerously low in antioxidant-rich fruits and vegetables. Supplements can be used to provide your body with natural antioxidant sources to protect you from the effects of aging.

**FRS Healthy Energy** is a patented blend quercetin and vitamins B1, B2, B3, B6, B12, C & E.

- \*Fight Fatigue
- \*Boost energy and performance
- \*Repair cells
- \*Support daily wellness and vitality
- \*Maintain overall health and manage your weight.