

VITAZYME® FERMENTED FRUIT'n'VEG LIQUIDS BOOST **ENERGY, RELAXATION AND HEALTHY JOINTS**

Vitazyme® is a brand new range of three 100% natural liquid supplements derived from fermented fruits and vegetables with additional active ingredients. An unprecedented 540-day fermentation process breaks the nutrients into miniscule elements at molecular level ensuring they are swiftly and readily taken up by the body. So you feel the effect very quickly... you could say it's the next generation in nutrition.

There are three Vitazyme supplements respectively for Energy, Relaxation and Joints

Vitazyme® Energy – *vitality for an active mind and body*

Vitazyme® Energy is a **powerful energy supplement** that provides sustained energy levels all day. Vitazyme® Energy contains 51 different types of fruit and vegetables combined with the extra active ingredient Cordyceps Sinensis. This ancient rare mushroom has been used for more than 1500 years in the Far East as a supplement for maintaining energy levels, stamina, resistance and resilience. Vitazyme® Energy generates energy and vitality for body and mind. After just a few days most people feel the vitality returning to their body. In addition they enjoy increased mental focus as 'woolliness' and 'brain fog' disappear. For best results take two sachets a day for sustained energy.

Vitazyme® Energy is intended for people who are:

- Convalescing
- Finding it difficult to get their 'five a day'
- In a mental dip
- Struggling to maintain concentration
- Under pressure to work long hours
- Feeling stressed at work and facing tight deadlines

Vitazyme® Relax – *for a well rested and relaxed feeling*

Vitazyme® Relax is a **relaxation supplement**. Vitazyme® Relax is a blend of 17 different types of fruit and vegetables and with three herbs that are known to make you feel well rested: chamomile, hop and Siberian ginseng. It gives a relaxed feeling and helps you unwind at the end of a busy day. If taken before bedtime it can help you relax at night too. Vitazyme® Relax's subtle action then ensures that you awake refreshed in the morning and not feeling groggy.

Vitazyme® Relax is intended for people who:

- Find it hard to relax as they feel stressed or worried
- Work irregular hours
- Need to relax following a very busy day
- Travel and have to manage jetlag

Vitazyme® Flex – to help maintain flexible and supple joints for an active lifestyle

Vitazyme® Flex is a **supplement for healthy joints**. Vitazyme® Flex contains 19 different types of fruit and vegetables mixed with 1500 mg vegetarian glucosamine and 250 mg MSM. The glucosamine is vegetarian sourced and has been included in the fermentation process to rapidly increase its absorption.

Vitazyme® Flex eases movement by supporting the regeneration of cartilage in the joints. It often gives noticeable results quickly –the fermentation process allows Vitazyme® Flex to get to the joints quickly and anecdotally people find it works typically within one to two weeks.

Vitazyme® Flex is intended for people who:

- Have stiff muscles and joints
- Are older and 'seize up'
- Are sporty and active to increase mobility and speed recovery from injury

How to take Vitazyme®

- 1) Simply cut open the 10ml sachet (10ml) and drink the liquid pure. **However**, if taking Relax at bedtime, dilute it in water for stomach comfort during the night
- 2) Pour the sachet's contents into a glass and dilute it with water or a room temperature, non-alcoholic drink of your choice – smoothies and fruit juice work well
- 3) Or stir the sachet's contents into a tub of yogurt and enjoy as a snack

How to buy:

The three Vitazyme® products are available in packs of 14 days' supply at www.revital.com or by calling 0870 4583112. Vitazyme® Energy costs £23.95; Vitazyme® Relax costs £23.95; Vitazyme® Flex costs £19.95

For more information on the fermentation process, samples or images contact:

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The Art of the Vitazyme® Fermentation Process (or from 20.000 kg fruits & vegetables a day to 10 ml sachets in 540 days)

About the Process

The 540 fermentation process of Vitazyme® products is as much an art as it is a science. The ingredients are carefully chosen and blended in a five step process, each with a precise timeline.

Step 1

We start with a wide selection of fresh fruits, vegetables, alpine plants, sea vegetables, beans, herbs and spices. The specific ingredients for each product are chosen based on the enzyme activity, nutrition content and other health benefits. All the ingredients are thoroughly washed and tested for microbe activity, pesticides and heavy metals and prepared for the Extraction and Fermentation phase. By adding natural sugars (creating osmotic pressure) all liquid is extracted from the fruit and vegetables. This process takes approximately 7 days. During this process daily 20,000 kgs of fruit and vegetables are being processed, leaving after 7 days 10% pure liquid to start step 2. The remaining 90% is not used for production, but used as organic fertilizer and animal feed. Nothing that nature provides is left unused.

Step 2

This Extracting and Fermentation Stage is the beginning of the fermentation phase and lasts approximately 180 days. The friendly bacteria (yeasts) *Saccharomycopsis fibuligera*, *Saccharomyces cerevisiae*, and *Pichia membranefaciens* are added and pH is maintained at 6.8~6.0. The yeasts create more oxygen and create a nutritional soup for the probiotic added in the next step. At the end of the process the liquid is filtered and any remaining residue is removed.

Step 3

This Deep Fermentation stage is the longest of the process lasting 210 days! During this phase, *Sachizosaccharomyces pombe*, *Lactobacillus plantarum*, *Lactobacillus delbrueckii*, *Lactococcus lactis*, *Lactobacillus acidophilus*, and *Bifidobacterium bifidum* are added to the mixture. The pH of the product is reduced from 6.0~4.5. This stage is called Deep, because the added microorganisms grow below the surface. Ingredients are further broken down releasing additional nutrients into the liquid. During this process the yeast is destroyed by the probiotic fermentation process.

Step 4

These next 90 days are the Storing Fermentation stage during which the fermented liquid matures and starts to develop a unique flavour. The final three bacteria are added during this phase, which include: *Acetobacter hansenii*, *Acetobacter xylinum*, *Acetobacter suboxydans*. Contrary to the previous step, these bacteria use oxygen and they form a thin membrane on the top of the barrel. The pH of the liquid is further reduced from 4.5~3.5.

Step 5

This last phase is the Ripe Concentrate Stage where the liquid continues to mature. Flavour and composition are closely monitored during this stage to ensure maximum benefit of the finished product. In this last phase we start to blend the finished product.

So, much like the process of making fine wine, great care is taken in the fermentation process of Vitazyme® to ensure the proper pH, nutrient extraction and flavour.

Ingredients follow...

Ingredients

Energy (per two sachets): 23.9 grams fruit and vegetable mix of apple, asparagus, avocado, banana, bell pepper, blueberry, white cabbage, carrot, cauliflower, cayenne pepper, cherry, Chinese cabbage, corn, cranberry, aubergine, ginger, grape, great burdock, green tea, guava, kiwi fruit, lemon, mango, cantaloupe melon, mulberry, mung bean, orange, papaya, parsley, peach, pear, pineapple, Japanese plum, pumpkin, radish, rapeseed, red raspberry, sesame, adzuki bean, French bean, soybean, spinach, sprouting broccoli, strawberry, tomato, turmeric, turnip, water chestnut, watercress, watermelon and Reishi mushroom; Cordyceps sinensis extract 100mg.

Relax (per one sachet): 11.7 grams fruit and vegetable mix of apple, asparagus, banana, rice, cauliflower, white celery, mushroom, lettuce, mango, Shitake mushroom, orange, pineapple, seaweed, soybean, spinach, tangerine and tomato; chamomile extract (*Matricaria recutita* L.) 100mg, hop extract (*Humulus lupulus* L.) 90mg, Siberian ginseng extract (*Eleutherococcus senticosus*) 90mg.

Flex (per one sachet): 10.2 grams fruit and vegetable mix of pineapple, aloe vera, apple, asparagus, white cabbage, cherry, tangerine, kumquat, grape, grapefruit, hawthorn, lemon, lettuce, mango, mustard greens, potato, soybean, spinach and strawberry; Glucosamine HCl 1800mg (providing 1500mg glucosamine), MSM (Methyl Sulfonyl Methane) 250 mg.