

## Wild Blueberries Help Maintain a Healthy Lifestyle

By Dee Smith

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*Year-round Goodness in Gelcaps, Liquids and Fruit Bars. FruitFast® makes whole fruit goodness available no matter what the season. FruitFast's proprietary process uses the fruit's skin and pulp to deliver antioxidants in every bite and spoonful.*

Blue is beautiful...especially if it's a small, delicious wild fruit packed with compounds that are good for you. Wild blueberries fit the description: Small but powerful and bursting with antioxidants and phytonutrients.<sup>1</sup>

The USDA recommends eating at least 5 servings of fruit a day to benefit from the antioxidants contained in dark-skinned fruit. Wild blueberries rank high on the list of preferred fruit for this very reason. But it's often difficult to find these perishable fruits that are in season for only a short time and they can be expensive when purchased fresh.

FruitFast®, <http://fruitfast.com>, has developed the answer. Using a proprietary process, the berries' skin and pulp are captured as Nature designed them: without additives, extraction or the use of solvents or fillers. FruitFast delivers the power of the fruit, leaving it in a state of optimal bioavailability - naturally.

FruitFast's Wild Blueberry products;

- Contain anthocyanins like cranberries to help maintain a healthy urinary tract\*
- Help maintain healthy brain function\*
- Softgels contain over 90% of the phytonutrients found in wild blueberries\*
- Help maintain healthy memory function\*
- Contain ellagic acid – an antioxidant – to maintain a healthy immune system\*

Now there are several ways to receive the health benefits from Wild Blueberries so the choice is yours. Wild Blueberry IQ® Softgels contain whole fruit goodness in an easy-to-swallow gelcap that is 100% fruit. Or choose the MixedBerry Liquid Fruit Supplement, a 10 oz bottle contains Wild Blueberries plus red and black raspberries and strawberries for a healthy combination of great tasting, healthy berries. For packed lunches, an afternoon treat or anytime pick-me-up, try the Wild Blueberry IQ and MixedBerry Fruit Bars. They are USDA developed and patented with a discernable berry taste. MixedBerry Bars with Dark Chocolate are also available and are a berry bonanza for chocolate lovers.

“With over 100,000 satisfied customers, FruitFast's promise to offer only the highest quality superfruit products is as true today as it was in 1945 when the business began,” says owner Steve deTar. “We use only North American fruits, we do not use powders, additives or fillers. Plus we offer a money back guarantee if you are not fully satisfied.”

<sup>1</sup> Certificates of Analysis, <http://fruitfast.com>

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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## ABOUT FRUITFAST

FruitFast is the exclusive producer of whole fruit softgel capsules including CherryFlex, Wild Blueberry IQ and their recent introduction---Wonderful Pomegranate. The nutraceutical and functional food company ([www.fruitfast.com](http://www.fruitfast.com)) also produces a variety of fruit supplement bars made from 100% fruit. All products can be ordered online or call toll free (1.877.591.3101) Monday through Friday, 8:30 a.m. to 5:00 p.m. EDT.

Category	Consumer, Food, Health
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