

# Garden 7™

IT'S LIKE AN ENTIRE GARDEN IN A LITTLE TABLET

## ARE YOU GETTING YOUR DAILY 7?

People's lives are busier than ever and consuming the recommended daily seven to nine servings of fruits and vegetables becomes more difficult each day. What's more important, essential vitamins and minerals alone don't provide all the key nutrients that help vital organs function properly.

Taking just one Garden 7™ tablet three times a day helps fill the nutritional gaps in our diet by providing our bodies with the vital nutrition needed for optimal health.

Garden 7™ is a dietary supplement containing phytonutrients, which are research-proven plant-based nutrients found in fruits and vegetables. Plant-based nutrients help nourish and support cells in vital organs and help protect our bodies when we are exposed to a stressful environment or lifestyle.\*

## VITAL NUTRITION. SIMPLE SOLUTION.

The nutrients in Garden 7™ supplements complement and enhance the benefits of essential vitamins and minerals with select, scientifically-supported, plant-based nutrients.

Garden 7™ tablets make it easy to get many of the colorful plant-based nutrient benefits of the seven to nine servings we need each day. For optimal nutrition, also eat one to two servings of fruits and vegetables with meals for fiber, low-density energy and trace minerals.

## DISCUSSION POINTS

- Cutting-edge: Research indicates that plant-based nutrients can help protect against an array of conditions that may affect vital organs.\*
- Plant-based nutrients and antioxidant benefits can help maintain healthy vision, support healthy circulation and maintain healthy heart and liver function.\*
- Each plant-based nutrient offers a unique kind of targeted protection for our vital organs.\* We all know fruits and vegetables are healthy, but as we rush around in our busy lifestyles, it can be hard to get all the colorful fruits and vegetables necessary for good health.

- Convenient: One tablet three times daily provides select research-proven plant-based nutrients from seven colorful fruits and vegetables.\*

## DID YOU KNOW?

The U.S. government and the National Cancer Institute recommend eating seven to nine servings of fruits and vegetables daily for men, seven servings for women and teens, and five for children. Yet the average American eats less than three servings of fruits and vegetables each day. To learn more, read *What Color Is Your Diet?* by Dr. David Heber.

## FAST FACTS

- Supports the function and optimal health of our vital organs.\*
- Provides antioxidants equal to 1/2 cup broccoli, 1/2 cup spinach, 1 cup red grapes, 3 oz. of cranberries, one orange, one carrot, one tomato and a clove of garlic.
- Provides the antioxidant benefits of seven colorful servings of fruits and vegetables without the sugars, calories or carbohydrates from the whole foods.
- Supplies antioxidants to help support the immune system.\*
- Contains a healthy sampling of plant-based nutrients called phytonutrients.
- No artificial flavors or colors.
- Easy to take – one tablet three times a day.
- Goes perfectly with shakes and meals.
- Product has the same efficacy and absorption of the original Garden 7™ product but in a more convenient dosage.

## SUGGESTED USAGE

Take one tablet three times a day to ensure you get ultimate antioxidants from seven colorful servings of fruits and vegetables every day.\*\*

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## SUPPLEMENT FACTS

Serving Size: 1 tablet  
Servings Per Container: 90

Amount Per Serving	%	DV**
Vitamin A (as beta carotene and mixed carotenoids) (Betatene®)	1676 IU	35%
Vitamin C (as ascorbic acid)	65 mg	110%
Riboflavin (Vitamin B-2)	0.667 mg	40%
Calcium (as Calcium Carbonate)	50 mg	5%
Garlic Powder	200 mg	†
Cranberry Extract (Fruit)	166.7 mg	†
Carrot Powder	133.3 mg	†
Broccoli Extract (Florets)	50 mg	†
Hesperidin (from Orange Fruit Bioflavonoids)	33.3 mg	†
Quercetin	28.3 mg	†
Grape Skin Extract (20% Polyphenols)	17 mg	†
Spinach Powder	16.7 mg	†
Glucosinolate (from Broccoli Extract (Florets))	3 mg	†
Allicin (from Garlic Powder)	2 mg	†
Lycopene	1.67 mg	†
Lutein (Free Esters)	1.67 mg	†
Zeaxanthin	0.33 mg	†

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Gelatin, Croscarmellose Sodium, Methacrylic Acid Copolymer Type C, Sucrose, Maltodextrin, Corn Starch, Lipids, Silicon Dioxide, Triethyl Citrate, Magnesium Stearate, Modified Food Starch, Ascorbyl Palmitate, Hypromellose, Polysorbate 80, Mixed Tocopherols, Sodium Ascorbate, Glyceryl Monostearate, Sodium Lauryl Sulfate, Methylparabens and Propylparabens.

## ORDERING DETAILS

#3272 39.95 VP  
90 tablets per bottle

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

\*\* Does not substitute for the fiber content and other nutritional and weight-loss benefits of fruits and vegetables in a diet such as increasing water content while reducing overall calorie content of meals.