

# Organic PhytoFood



## Clinical Applications

- Provides Nutrient-Dense Superfoods, Fiber, Probiotics, and Digestive Enzymes\*
- Provides a Concentrated Source of Antioxidant-Rich Phytonutrients\*
- Contains Standardized SGS™ From Broccoli Seeds for Antioxidant and Detoxification Support\*
- Promotes Optimal pH Levels in the Body\*

*Organic PhytoFood is a convenient powdered formulation providing key nutrients to support a healthy lifestyle. This comprehensive formula incorporates an innovative blend of organic greens, vegetables, fruits, berries, phytonutrients, organic fiber sources, probiotics, and digestive enzymes. Organic PhytoFood also features OxyPhyte®, a bioavailable, antioxidant-rich blend of white tea, apple, and rosemary extracts. In addition, broccoli seed extract, standardized to 13% sulforaphane glucosinolate (SGS™), is present to provide long-lasting antioxidant support. This nutrient-dense formula features concentrates from “superfoods” known to provide phytonutrients and antioxidants that play important roles in maintaining our health and well-being. Organic PhytoFood is lactose-free and suitable for vegans.*

All LifeStyle Spectrum Formulas Meet or Exceed cGMP Quality Standards

## Discussion

LifeStyle Spectrum’s Organic PhytoFood is formulated to provide a convenient source of indispensable phytonutrients, antioxidants, fiber, and digestive enzymes to complement a healthy diet and lifestyle.<sup>[1-5]</sup> High-ORAC (oxygen radical absorbance capacity) superfoods, including green vegetables, red fruits, and herbs, are incorporated into this all-natural greens and reds drink for their substantial antioxidant capacity. SGS from broccoli seed extract is added for long-lasting antioxidant and detoxification support.<sup>[6]</sup> Probiotics, fiber, and digestive enzymes augment gastrointestinal health, absorption, and utilization of nutrients in this comprehensive superfood blend. Organic flavoring and natural sweeteners (stevia and Luo Han Guo) make Organic PhytoFood not only healthful but great tasting, as well.

**Organic Fiber Blend** Organic gum acacia, inulin, and flaxseeds provide a total of 3 g of dietary fiber per scoop of Organic PhytoFood to support gastrointestinal function and probiotic activity, as well as assure multiple health benefits from increased dietary fiber intake.<sup>[7]</sup>

**ORAC** According to the U.S. Department of Agriculture, consuming an abundance of high-ORAC foods “may help to slow the processes associated with aging in both body and brain.”<sup>[6]</sup> ORAC measures inhibition of oxidation and reflects antioxidant capacity within the body, not just in a laboratory. Organic PhytoFood incorporates a variety of high-ORAC foods to promote optimal antioxidant levels in blood and tissues.

**Organic Greens and Veggies Blend** Organic carrots, green cabbage, broccoli, beets, chlorella, and spinach provide concentrated sources of folate, chlorophyll, carotenoids, and a multitude of phytonutrients that promote health and fight disease.<sup>[8,9]</sup> The greens in Organic PhytoFood are naturally alkalizing. An alkaline pH is needed for optimal metabolic, enzymatic, repair, and immune functions in the body.

**Antioxidant Phytonutrient Blend** Ascorbic acid, organic astragalus root, organic ginger root, and organic lycium berry extract provide an antioxidant-rich foundation to protect tissues from free-radical damage and promote cellular health. OxyPhyte® Ultra Blend (white tea leaf extract, apple fruit extract, and rosemary leaf extract) provides additional antioxidant protection and has been shown to increase serum antioxidant levels in human bioavailability studies.<sup>[10]</sup>

**Fruits and Berries Blend** Apple juice powder, strawberry juice powder, organic sea-buckthorn juice powder, organic açai, organic acerola fruit extract, plum fruit extract, and organic blueberry concentrates provide additional antioxidant capacity and health-promoting phytonutrients.

**Broccoli Seed Extract** SGS™—also known as sulforaphane glucosinolate—is a phytochemical precursor to sulforaphane, a naturally occurring isothiocyanate in broccoli that supports and promotes antioxidant and detoxification activity.<sup>[11,12]</sup> Scientists at Johns Hopkins University School of Medicine identify SGS as the “missing link” that correlates a diet rich in cruciferous vegetables with the maintenance of good health. Broccoli sprouts and seeds provide higher concentrations of SGS than the mature vegetable.<sup>[13,14]</sup> Research shows that SGS provides long-lasting antioxidant and detoxification support that improves overall health and well-being.

**Digestive Support Blend** Probiotic organisms *L acidophilus*, *B longum*, *L casei*, and *L rhamnosus* are present to maintain a healthy gastrointestinal microflora. A healthy microflora provides gastrointestinal and immune support and helps to moderate and eliminate pathogenic bacteria. Digestive enzymes (protease, amylase, bromelain, cellulase, lactase, papain, and lipase) in Organic PhytoFood assist in the breakdown of carbohydrates, fats, proteins, and lactose to enhance nutrient digestion and availability.

LifeStyle Spectrum’s Organic PhytoFood can be consumed by itself or as an accompaniment to any smoothie or protein drink. The inclusion of phytonutrient-rich superfoods, OxyPhyte Ultra Blend, and SGS creates an innovative and ideal formula for antioxidant support.

Manufactured For:  
LIFESTYLESPECTRUM  
6127 N. La Cholla Blvd. • Suite #175  
Tucson, Arizona 85741  
Ph / 520-547-2820

Organic PhytoFood



# Supplement Facts

Serving Size: 1 Scoop (8 g)  
Servings Per Container: 30

	Amount Per Serving	%DV*
<b>Calories</b>	30	
Total Carbohydrate	7 g	2%
Dietary Fiber	3 g	12%
Vitamin C	300 mg	500%
Sodium	25 mg	1%
Organic Fiber Blend (organic gum acacia, organic inulin, organic flaxseed)	4,150 mg	**
Organic Greens and Veggies Blend (organic carrot, organic green cabbage, organic broccoli, organic beet, organic chlorella, organic spinach)	1,320 mg	**
Antioxidant Phytonutrients Blend (ascorbic acid, OxyPhyte® Ultrablend (white tea leaf extract, apple fruit extract, and rosemary leaf extract), organic astragalus root, organic ginger root, organic lycium berry extract)	1,010 mg	**
Fruits and Berries Blend (apple juice powder, strawberry juice powder, organic sea-buckthorn juice powder, organic acai ( <i>Euterpe oleracea</i> ), organic acerola fruit extract, plum fruit extract, organic blueberry)	875 mg	**
Broccoli seed extract (SGS™)	40 mg	**
Digestive Support Blend (probiotics ( <i>L. acidophilus</i> , <i>B. longum</i> , <i>L. casei</i> , <i>L. rhamnosus</i> ) and enzymes (protease, amylase, bromelain, cellulase, lactase, papain, lipase))	20 mg	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

**Other Ingredients:** Organic flavors, organic stevia leaf extract, purple sweet potato extract, and Luo Han Guo fruit extract.

### Top Antioxidant Foods [Total ORAC\* per 100 grams\*\*]

Fruits		Vegetables	
Raspberries, black, raw	19220	Broccoli, boiled	2160
Blueberries, wild, raw	9621	Sweet potato, baked in skin	2115
Prunes, dried	8059	Beets, raw	1776
Plums, raw	6100	Asparagus, cooked	1644
Blackberries, raw	5905	Lettuce, green leaf, raw	1532
Strawberries, raw	4302	Onions, red, raw	1521
Cherries, sweet, raw	3747	Spinach, raw	1513
Raisins, seedless	3406	Alfalfa sprouts, raw	1510
Apples, Gala, raw with skin	2828	Mushrooms, portabella	968
Grapes, red, raw	1837	Peppers, sweet green, raw	935

\* Total Oxygen Radical Absorbance Capacity, umol TE/100 g. includes hydrophilic and lipophilic ORAC  
\*\* About 3.5 ounces  
Source: <http://www.ars.usda.gov> 2010 ORAC values



Produced under U.S. Patents 5,725,895; 5,968,505; 5,968,567; 6,277,122 and 6,242,018 licenced from Brassica Protection Products LLC; SGS is a trademark of Brassica Protection Products.

## References

- Murphy MM, Barraj LM, Herman D, et al. Phytonutrient intake by adults in the United States in relation to fruit and vegetable consumption. *J Am Diet Assoc.* 2011 Nov 9. [PMID: 22078816]
- Valko M, Leibfritz D, Moncol J, et al. Free radicals and antioxidants in normal physiological functions and human disease. *Int J Biochem Cell Biol.* 2007;39(1):44-84. [PMID: 16978905]
- Block G. Dietary guidelines and the results of food consumption surveys. *Am J Clin Nutr.* 1991 Jan;53(1 Suppl):356S-357S. [PMID: 1985410]
- Wallace TC, Guarner F, Madsen K, et al. Human gut microbiota and its relationship to health and disease. *Nutr Rev.* 2011 Jul;69(7):392-403. [PMID: 21729093]
- Willcox DC, Willcox BJ, Todoriki H, et al. The Okinawan diet: health implications of a low-calorie, nutrient-dense, antioxidant-rich dietary pattern low in glycemic load. *J Am Coll Nutr.* 2009 Aug;28 Suppl:500S-516S. [PMID: 20234038]
- U.S. Department of Agriculture. Food and Nutrition Research Briefs. Last Modified April 14, 2007. <http://www.ars.usda.gov/IS/np/fnr/fnr499.htm>. Accessed November 25, 2011.
- Anderson JW, Baird P, Davis RH Jr, et al. Health benefits of dietary fiber. *Nutr Rev.* 2009 Apr;67(4):188-205. Review. [PMID: 19335713]
- American Institute for Cancer Research. [www.aicr.org](http://www.aicr.org). Accessed November 25, 2011.
- Merchant RE, Andre CA. A review of recent clinical trials of the nutritional supplement *Chlorella pyrenoidosa* in the treatment of fibromyalgia, hypertension, and ulcerative colitis. *Altern Ther Health Med.* 2001 May-Jun;7(3):79-91. [PMID: 11347287]
- RFI Ingredients. <http://www.rfiingredients.com/clinically.asp>. Accessed November 25, 2011.
- Zhang Y, Talalay P, Cho CG, et al. A major inducer of anticarcinogenic protective enzymes from broccoli: isolation and elucidation of structure. *Proc Natl Acad Sci USA.* 1992 Mar 15;89(6):2399-403. [PMID: 1549603]
- Riedl MA, Saxon A, Diaz-Sanchez D. Oral sulforaphane increases Phase II antioxidant enzymes in the human upper airway. *Clin Immunol.* 2009 Mar;130(3):244-51. [PMID: 19028145]
- Fahey JW, Zhang Y, Talalay P. Broccoli sprouts: an exceptionally rich source of inducers of enzymes that protect against chemical carcinogens. *Proc Natl Acad Sci USA.* 1997 Sep 16;94(19):10367-72. [PMID: 9294217]
- Brassica®. <http://www.brassica.com>. Accessed October 5, 2011.

## Cautions

Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

\*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.

