



# MISTICA

Your 1st line  
of defense



Live Life Optimized



# You Need A Better Defense



Clinically proven, Mistica benefits you in five critical ways



Cold, Flu &  
other viruses

Free Radicals

Protects against inflammation caused by free radicals

Supports the immune system

Enhances mental focus

Promotes increased vigor and greater energy

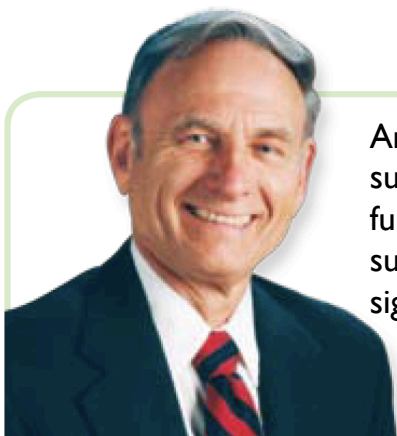
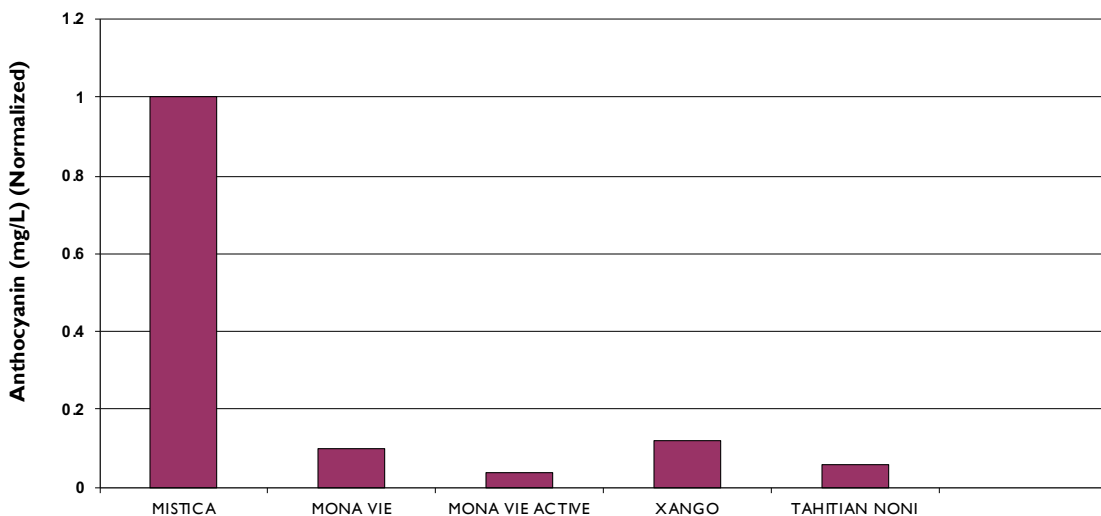
Helps support cardiovascular and digestive tract health

# Clinically Proven



It is a fact that one of the best ways to keep yourself from getting sick during the cold and flu season, or when there are specific outbreaks, is to fortify your immune system. Free radicals attack our cells thousands of times a day, weakening the body and contributing to the aging process.

Mistica is clinically proven to boost your immunity and in recent studies has also reduced free radical damage by as much as 43%. Dr. Shealy is quoted as saying “The results of the study were so impressive that I am thoroughly convinced that Mistica is a powerful and effective antioxidant. Mistica can help mitigate the effects of free radical damage in the body. This is the first, and only, example of a food supplement that I have found to have a significant impact on cellular membrane integrity.”



Antioxidants truly have the power to boost the body's immunity and supercharge our health. After years of examining every kind of functional food beverage, and hundreds of vitamin and herbal supplements, I have finally found a product that will actually make a significant improvement.

Dr. Norman Shealy, M.D., Ph.D., D. Sc.

Founder and first President of American Holistic Medical Association



# The Need For Antioxidants



Every day we need sufficient antioxidants to counter free radical damage and premature aging. Mistica has been proven in studies to have the highest level of antioxidants available, just one serving a day provides the equivalent of 3.5kg of fruit. Antioxidants are the sole protection against free radicals, which are responsible for many diseases, such as inflammation, allergy and pain.

The main ingredient in Mistica is a “super berry” called **Açai**, which grows wild in the Amazon. It ensures Mistica has one of the highest antioxidant values in the world. The indigenous peoples of the Amazon call the **açai** palm the “Tree of Life.”

Amazonian warriors were said to drink the juice before battle to increase their stamina and strength. This extraordinary supplement is rich in flavour and incorporates a delicious blend of fruit and berry extracts.



# Independent Lab Testing



In an independent laboratory test, people were selected to take part to see how using Mistica could potentially reduce the damage caused by Free Radicals – identifying a reduction in *malondialdehyde* (MDA).

Of the people selected, only 5% were identified as having all 4 “Cornerstones of Health”, which are defined as;

- Being a non-smoker
- Having a Body Mass Index (BMI) between 19-24
- Eating 5 servings of fruits and vegetables daily
- Exercise 20 minutes at least 3 times a week

*During the 3-week period, the participants were asked not to change anything about their diet or lifestyle, only to add taking 2 tablespoons of Mistica twice daily.*

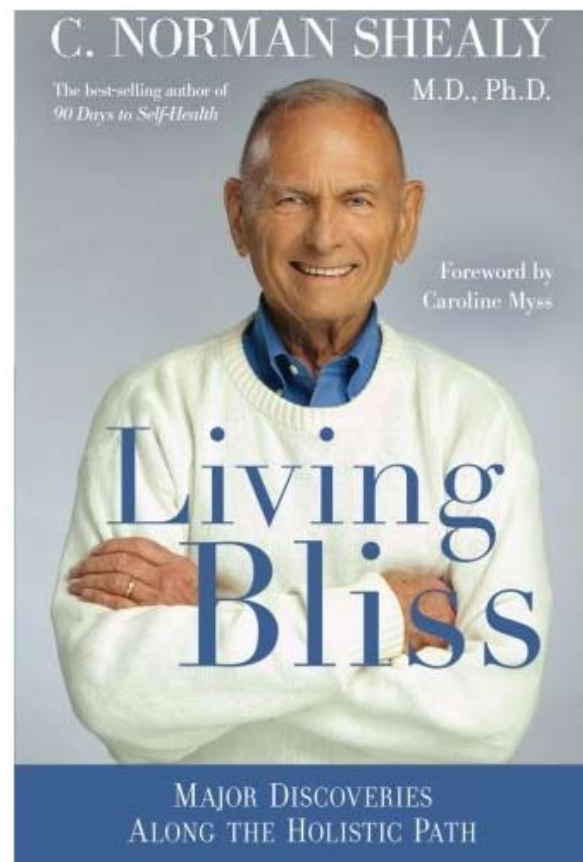
80% experienced a decrease in free radical activity and there was an average reduction of 56% in the level of free radical cell damage in those who improved.

“Mistica is the first and only example of a food supplement that I have found to have a significant impact on cellular membrane integrity.

Whether it's heart disease, Alzheimer's, cancer, arthritis – all of these are associated with free radical damage.

Stress reduction helps reduce free radicals, but the BEST that we can find is actually the antioxidants found in good foods like the Acai and its relatives.”

*Dr Norman Shealy*



# Powerful Ingredients



Powerful ingredients work in combination to fight free radicals.



Açaí contains powerful antioxidants and anthocyanins, as well as an array of naturally occurring essential fatty acids, amino acids and plant sterols.



Pomegranate delivers antioxidant activity that was measured three times higher than red wine and green tea.



Cranberry contains a wide variety of compounds, but proanthocyanidins may be responsible for their beneficial effects on the urinary tract.



Blueberry was rated as the No. 1 antioxidant when compared to over 40 fruits and vegetables tested by the USDA Human Nutrition Center.



Elderberry may stimulate the production of cytokines, compounds that play a role in the immune response system.



"Think of foods as more of an insurance policy, as a pre-emptive strike against winter's cold viruses. Unfortunately, cold viruses are very contagious, and even the healthiest of individuals can contract a cold.

Building up your immune system is as close as you'll come to finding a sure-fire cold-fighting remedy. Develop good habits and stick to them all year. You won't regret it."

*Registered Dietician (RD) at Texas Medical School*

Clinically shown to outperform its competitors

Mistica can provide you with the following benefits

Antioxidants to help counter cell inflammation and premature aging

Anthocyanins to support the cardiovascular system

Essential fatty acids to aid in digestive tract function

Phytosterols to help maintain normal cholesterol levels

Amino acids for enhance muscular activity and regeneration

Provides support for maintaining a healthy prostate

Aids in maintaining a healthy immune system

Promotes greater energy and stamina

Protects against vascular and cellular free radical damage





Live Life Optimized

