

Fighting the Free Radical Threat

We've all heard of free radicals and the damage they can wreak on our cells. Free radicals occur everywhere in our environment, including our food and in the air we breathe. Our own energy production can create free radicals, and environmental factors such as pollution, exposure to sunlight, and smoking can increase the amount of free radicals we're exposed to.



Guarding against free radical damage is one of the most important steps we can take to protect our health. With its unique combination of antioxidants, anthocyanins, and essential fatty acids, Mistica Brazilian Açaí fights free radicals better than any other fruit blend supplement on the market.

“When I started taking Mistica, I really noticed a difference! I have no more joint aches, I have more energy, and I feel refreshed in the morning. Plus, the taste of Mistica is fantastic.”

About Synergy

Synergy WorldWide is a division of Nature's Sunshine Products (NSP), a highly respected company in the herbal-health industry. The company is a debt-free industry giant. In 2002, *Nutritional Outlook* magazine selected NSP as Supplement Manufacturer of the Year. Dunn & Bradstreet and Entrepreneur magazine rated Synergy eighth in its "Hot 100 Fastest-Growing Businesses in the U.S."



Synergy WorldWide is a world leader in health, anti-aging, and wellness products. Visit us at www.synergyworldwide.com to learn more about Mistica Brazilian Açaí and its complementary products: VitaPak, SyneMax, and ProArgi-9.

For more information, contact:



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Mistica Brazilian Açaí

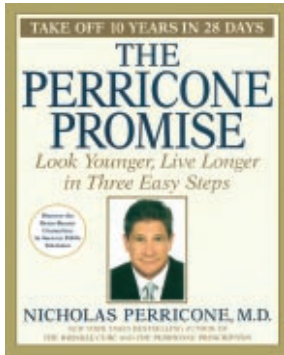
The Essence
of Health ...
The Wisdom
of Nature



Açai in the News

The national press has become aware of açai's impressive health benefits. On the *Oprah Winfrey Show*, açai was declared the No. 1 super food, and articles extolling the virtues of açai have appeared in the *Washington Post*, *Wall Street Journal*, *Men's Journal*, *Health Sciences Institute*, *New York Times*, and *Time Magazine*.

In his best-selling book *The Perricone Promise*, well-known natural health expert Dr. Nicholas Perricone lists 10 super foods that can help you look younger, feel better, and promote long life. Dr. Perricone was so impressed with açai's many health benefits that he puts açai at the top of his list!

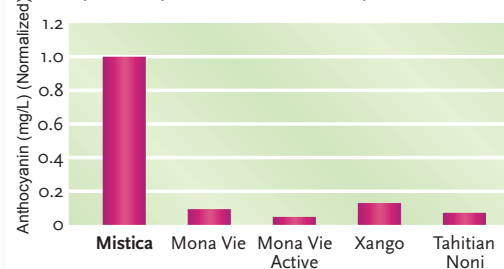


Benefits of Mistica

- **Antioxidants** to help counter cell damage due to free radicals.
- **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 enhanced muscle activity.

Anthocyanin Comparison

Anthocyanins impart color to plants that provide powerful antioxidant protection



“When I started taking Mistica, there was a marked improvement in my overall wellness. It also helped with my digestive system in how it regulated and controlled these natural functions.”

Powerful Ingredients

WORK IN COMBINATION



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



Pomegranate. The total antioxidant activity of pomegranate juice polyphenols was measured three times higher than red wine and green tea.



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



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



Blueberry. The USDA Human Nutrition Center ranked blueberries as the No. 1 antioxidant over 40 fruits and vegetables tested.



Bilberry. British pilots during World War II ate bilberries before night flights to support their vision.



Red Raspberry. Research has linked the anthocyanins in red raspberries to enhanced vision, circulation, and to slowing the effects of aging.



Lycium. Also called wolfberry, the Chinese have used lycium for centuries to help strengthen muscles and bone, enhance liver function, and help the eyes.



Red Grape. Red grapes contain antioxidant pigments called anthocyanins.



Concord Grape. Purple grape juice has been shown to protect the cardiovascular system.