Whole Foods and Phytonutrients

Phytocompounds are substances that plants produce to help them thrive and protect themselves from their environment. Many of these compounds are also beneficial in the human diet, where they are referred to as phytonutrients and can make an important contribution to optimized health. By using whole food concentrates from around the world, the diversity of phytonutrients found in Zeal is as unique as the environments from which they originate. Whole foods deliver a plethora of nutrients including phytonutrients, enzymes, vitamins, minerals, antioxidants and healthy fatty acids — things we need and cannot get from diet alone. Zurvita products contain whole food concentrates so that the beneficial effects and the molecular structure of these phytonutrients remain intact. The vitamins in these supplements are highly complex and work together synergistically, this helps them to do their job in your body.*

Zeal Wellness is featured in The Journal of the American College of Nutrition which is published eight times per year and accepts submissions pertaining to innovative research of nutritional importance with useful application for physicians and health care specialists. The results confirmed the findings of the clinical studies, proving that two servings of Zeal each day help to increase vitality and provide an overall sense of well-being.

Trace Minerals and the Benefits of Adaptogens

Trace minerals, while only making up a small portion of our body mass, can make an important contribution to optimal health. It is estimated the majority of American diets may be lacking in these trace minerals. Trace mineral deficiencies have been studied in relation to numerous functions within the cells of our bodies: Adaptogens, which have been studied by scientists around the world, are plants or herbs that typically grow in extremely harsh climates. These ingredients can also be beneficial for our bodies when they become nutrients with energizing, healthy-aging properties. Individual compounds found in adaptogens can number in the hundreds and include such phytonutrients as antioxidants, vitamins, trace minerals and other substances. Zeal contains multiple adaptogens.*

Clinical studies confirm the benefits of Zeal.

Clinical study results show that by drinking two Zeal a day, 85% of healthy participants experienced a variety of positive results...including a 23% increase in vigor and activity!

Zeal's proprietary products contain a wide range of nutritional elements including:

Complex Carbohydrates
The complex carbohydrates in rice bran have a low glycemic index and may support already healthy blood sugar levels that are already at a normal range while providing a source of slow releasing energy.

Insoluble and Soluble Fiber
Insoluble fiber helps support a healthy digestive system. Soluble fiber can support already healthy cholesterol levels.

Essential Fatty Acids (Omega 3 & 6)
Help maintain normal nerve-cell function in the brain, already healthy cholesterol levels, and overall cardiovascular health.

Beta-Sitosterol
A specific phytosterol that may provide specific support for the maintenance of a healthy prostate.

Alpha-Lipoic Acid
Is an antioxidant and may also promote healthy vitamin E and C levels, while supporting previously noted healthy blood sugar levels.

Carotenoids
A plant form of Vitamin A that can support your immune system and play an important role in vision.

Tea polymers (T)
Like alpha, beta, gamma, and delta, these are forms of vitamin E that act as key antioxidants and play numerous roles in staying healthy.

Teotrienols (T3)
Similar to vitamin E, they are known for antioxidant properties and are an essential nutrient for the body.

Phytosterols
May also support already healthy cholesterol levels.

Smart Subscribe. Easy, planned, savings.
Smart Subscribe as a Preferred Customer for savings that ensure you get the products you need without the hassle of having to reorder. Smart Subscribe is the easiest way to receive optimal benefits by staying on your product month after month.

30-DAY PRODUCT GUARANTEE

Our promise is to provide effective health and wellness products made up of the most powerful and nourishing ingredients available today. To prove our confidence in the products we provide and their value to you, we offer a 30-day money back guarantee. If you are not satisfied with your experience, simply contact the Zurvita Independent Consultant that you purchased your product or contact Zurvita Customer Service at (844) 987-8482.

An Important Note to Our Readers: The information contained within this issue of the Zeal Science Update is not intended to replace advice from your physician or healthcare professional. It is recommended to consult with a qualified healthcare professional before starting any diet or supplementation program.

*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.
FROM A-TO-ZEAL
OVER 120 VITAMINS* MINERALS AND ANTIOXIDANTS, WHEN COMBINED, CONTRIBUTE TO A FOUNDATION OF A HIGHER WAY OF LIFE

26 BOTANICALS

1 STABILIZED RICE BRAN Is a unique natural concentrate that contains essential vitamins, minerals, essential amino acids, Omega 3’s, 6’s and 9 fatty acids, and both soluble and insoluble fiber along with soluble dietary fiber protein and a variety of beneficial antioxidants. It also contains plant compounds that may help support healthy cholesterol levels already at a normal range, support immune system function and support the body’s defenses against free radicals.

2 ACAI BERRY POWDER Is thought to support the effects of free radicals due to a wide variety of antioxidants.

3 ALFALFA LEAF POWDER Contains essential vitamins including the entire spectrum of B-vitamins, along with Vitamins A, D, E and K. Alfalfa leaf is a source of iron, mangan, folic acid, calcium, magnesium, phosphorous, potassium and choline.

4 ALOE VERA POWDER Is used as a dietary supplement to support a healthy digestive system. Aloe vera gel has been shown to improve the absorption of phytochemicals, such as mannose, polyphenol, lectins, and antioxidants that are considered to be beneficial.

5 ASHWAGANDHA POWDER Is widely used to facilitate overall health and promote longevity. Some studies have also indicated a positive antioxidant and anti-stress effect.

6 BACOPA EXTRACT It has beneficial antioxidant properties and may provide support for brain and nervous system function.

7 BROCCOLI POWDER Is a cruciferous vegetable that supports bone health, brain aging and cognitive function, and digestion. Helps maintain healthy cholesterol levels already at normal range.

8 CHOLELLA POWDER Contains vitamins from the entire fruit, including B-vitamins, vitamin C, vitamin E, calcium, magnesium, and potassium. It is known for supporting a healthy urinary tract and digestive system.

9 CRANBERRY POWDER Is known for supporting a healthy bladder and digestive system.

10 FENNEL SEED POWDER A culinary herb that may also provide nutritional support for proper digestive function.

11 GOJI BERRY EXTRACT May support the health of eyes, skin and the cardiovascular system. It may help maintain previously noted normal blood pressure and blood sugar levels.

12 GOUTO KOLA POWDER Promotes healthy memory cognitive function, and overall mental well-being. It helps maintain previously noted normal blood pressure and blood sugar levels.

13 GUARANA SEED EXTRACT (Zeal is also available in Guarana Free) Guarana seed powder helps increase energy, regulate a healthy immune system and suppress the appetite.

14 GRAPE SEED EXTRACT Containing phytochemicals that may help support healthy circulation.

15 GREEN TEA EXTRACT Has powerful antioxidants and flavonoids, and has also been shown to encourage healthy energy levels.

16 GUARANA SEED EXTRACT (Zeal is also available in Guarana Free) Guarana seed powder helps increase energy, regulate a healthy immune system and suppress the appetite.

17 KUDZU ROOT POWDER Supports normal blood circulation and has been used in China for its healthy benefits since at least 200 B.C.

18 MACA POWDER (Found in Zeal vegan blend) Is an adaptogen which may improve stamina, endurance energy, and support a healthy mood.

19 MILK THISTLE EXTRACT Milk thistle extract is related to healthy liver support and for providing other important antioxidant benefits.

20 MORINGA OLEIFERA POWDER Is a strong antioxidant that maintains an already healthy digestive system and joint function.

21 NONI JUICE POWDER Contains many essential nutrients and phytochemicals including polyphenols. It may help support cellular activity in the body and the immune system.

22 RED GINSENG POWDER Has effects that range from enhancing the mind to stimulating the body.

23 TURMERIC EXTRACT Contains curcumin, a potent antioxidant which is known to support collagen formation and immune function.

24 VITAMIN D Is a nutrient primarily associated with healthy bones and supporting calcium and phosphorus in the body. It may help maintain a healthy immune system. Cholecalciferol (vitamin D3) is linked to the immune and neuromuscular systems and the modulation of mood and circadian rhythms.

25 WILDCAP TEA EXTRACT (From a-zeal team blend) Has many benefits due to the wildcrafted nutrients and organic compounds present in its fruit.

26 YERBA MATE Is believed to promote healthy blood levels by stimulating focus and clarity, and increase physical energy.

12 VITAMINS

27 RETINOL PALMITATE Promotes vitamin A. It supports bone development and plays a role in vision health.

28 THIAMIN (VITAMIN B1) Is a vitamin required by our bodies to properly function.

29 RIBOFLAVIN (VITAMIN B2) Supports healthy eyes, hair, skin, and nails and is involved in the process of glutathione, one of the body’s primary free radical scavengers.

30 NIACINAMIDE (VITAMIN B3) Is a natural blood support and antioxidant.

31 PANTOTHENIC ACID (VITAMIN B5) Is an ‘anti-stress vitamin,’ it plays a role in cellular function and cellular metabolism.

32 PYRIDOXINE HCL (VITAMIN B6) May sustain the proper utilization of fats, sugars, and proteins in the body and is used to support the typical development of the brain, nerves, skin, eyes, and many other parts of the body.

33 BETA CAROTENE (VITAMIN A) Is an antioxidant that supports vision and immune health.

34 BOLFIC ACID (VITAMIN B9) Is needed for the proper development of the human body and is involved in the DNA process.

35 METHYLCOBALAMIN (VITAMIN B12) Is known for the proper function and development of the brain, nerves, blood cells and many other parts of the body. It also serves a healthy nervous system and proper immune function.

36 ASCORBIC ACID (VITAMIN C) Is an important antioxidant that is antioxidant and is known to support collagen formation and immune function.

37 VITAMIN D Is a nutrient primarily associated with healthy bones and supporting calcium and phosphorus in the body. It may help maintain a healthy immune system. Cholecalciferol (vitamin D3) is linked to the immune and neuromuscular systems and the modulation of mood and circadian rhythms.

38 FLAVONOLS Is a component of hemoglobin and red blood cells.

39 ONION EXTRACT Is believed to improve mental clarity and energy and is known to support the body’s defenses against free radicals.

40 L-GLUTAMINE Is a well-absorbed combination of potassium and citric acid. It is known for supporting a healthy heart, muscles, kidneys, nerves and digestive system.

41 LYSINE Is a vital component of muscle and nerve function. It also sustains calcium and other minerals as well as addresses adrenal function.

5+ AMINO ACIDS

42 L-ARGININE Is an amino acid involved in a number of different functions in the body, including support for healthy kidney function, normal immune and hormone function.

43 GLUCYNE Is an amino acid which is a building block for protein. It is also involved in supporting brain function.

44 L-TYROSINE Is a well absorbed combination of potassium and citric acid. It is known for supporting a healthy heart, muscles, kidneys, nerves and digestive system.

45 TYROSINE Is an essential amino acid which is a building block of protein. It plays a major role in calcium absorption, and muscle support.

46 ORNITHINE Is an amino acid believed to support energy.

12 ESSENTIAL MINERALS

47 CALCIUM Supports healthy bones and teeth.

48 MAGNESIUM Supports healthy nerves, muscles and many other parts of the body.

49 SODIUM Is a prebiotic that supports overall immune function.

50 MANGANESE Is considered a mineral involved in many of the body’s chemical processes including cholesterol, cardiovascular, and protein formation.

51 POTASSIUM Supports healthy blood pressure and blood sugar levels.

52 POTASSIUM CITRATE Is a well-absorbed combination of potassium and citric acid. It is known for supporting a healthy heart, muscles, kidneys, nerves and digestive system.

53 PHOSPHORUS Is involved in cell growth and energy production. It is involved in cell structure and energy transport and storage.

54 FLUIDS 

55 FOCUS & CLARITY

56 IODINE Is an amino acid which is a building block for protein. It is also involved in supporting brain function.

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64 ORNITHINE Is an amino acid believed to support energy.

AND MORE

65 BETA GLUCAN Is available from the rice bran, which may help maintain previously noted healthy blood glucose and blood sugar levels within normal range.

66 CERICRICID Is an acid that acts as part of flavor systems and is a natural preservative. It plays a role in metabolism support.

67 CRYSTALINE FRUCTOSE Is a simple sugar found in honey and fruit and part of more complex sugars such as sucrose. Fructose may have less impact on blood sugar levels than other sugars.

68 FRUCTOOLIGOSACCHARIDE Is a prebiotic that supports gut health and maintains osmotic balance in the cells, supporting a feeling of health and vitality.

69 IODINE & PVULIC MINERALS Assists cellular state of health and helps maintain osmotic balance in the cells.

70 POTASSIUM Supports healthy bones and teeth.

71 MAGNESIUM Supports healthy nerves, muscles and many other parts of the body.

72 SODIUM Is a prebiotic that supports overall immune function.

73 MANGANESE Is considered a mineral involved in many of the body’s chemical processes including cholesterol, cardiovascular, and protein formation.

74 PHOSPHORUS Is involved in cell growth and energy production. It is involved in cell structure and energy transport and storage.

Zeal may help people feel less anxious and more positive, with more energy and vitality. That’s exactly what you want to see in a nutritional product.

-Scott VanLue, M.D.