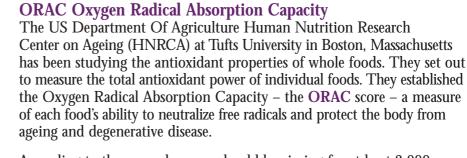
# THE ORAC DIET

# ADD YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS

The ORAC Diet is a delicious way of eating, a natural path to health and vitality It is simple: every one of you can slow down and may even reverse many of the body's natural ageing processes, and you'll not only feel better and look better, but you'll gain enormous protection against the scourges of modern degenerative diseases. All you have to do is eat more foods rich in dark blue colour pigments, the antioxidants that have a high ORAC rating.



According to the researchers, we should be aiming for at least 3,000 and, for a maximum protection, 5000 ORAC units every single day.

### **BIO-GRAPE** Life from the Grape

Australian Harvest Fine Foods have released a range of delicious high ORAC functional foods made with added BIO-GRAPE the dark blue colour pigment extracted from the skin and seeds of red wine grapes which is a powerful antioxidant.

> The Australian Harvest range of BIO-GRAPE high ORAC foods have been tested in Massachusetts by America's foremost technicians specializing in antioxidant research.

**BIO-GRAPE** Red Wine JUS was given a very high ORAC rating of 6,127 per 100ml which is higher than the best food source. It is delicious used to make a salad dressing with an Australian Harvest Organic Olive Oil or can be used as a health tonic.

A range of delicious **BIO-GRAPE** pastes to serve with cheeses, Red Wine JUS to use as the base for a salad dressing, Red Wine Chilli Sauce which is great as a steak or barbecue sauce and Red Wine JUS Mustard are available from all good food outlets.





## Australian Harvest Fine Foods Pty Ltd Est 1993

LIFE FROM THE GRAPE

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