

# Food vs 2 Ounces of NuVerus Plus

The USDA recommends Americans consume at least 5,000 units of ORAC daily; however, studies show that the average person consumes only 1,200 ORAC units daily. To accomplish the recommended ORAC intake each day, the USDA recommends 5 or more servings of fresh fruits and vegetables per day. However, even consuming these quantities of fruits and vegetables may not be enough: Due to over-processing of most of the foods in the American diet, and by aggressive farming practices, which deplete the nutrient levels of the soil and the food grown in it, even fruit and vegetable aficionados are oftentimes taking in inadequate ORAC levels. This means that even the health-conscious anti-oxidant (ORAC) consumer would be wise to consider complimenting his or her diet with a high-ORAC supplement.



**Doctors and Researchers have concluded that the human body can significantly benefit from higher amounts of antioxidants. The NuVerus Medical Advisory Board recommends 18,000 ORAC Units per day for optimal health . . . 2 ounces of NuVerus Plus.**

**NuVerus Plus . . . the answer to your Daily Antioxidant needs.**

**ORAC Testing (antioxidant)** - Testing showed that **NuVerus Plus** now has the highest score ever tested for a liquid nutrition product. **NuVerus Plus** has an incredible ORAC score of 278,000 per bottle or almost 9000 units of antioxidants in one ounce.

**Look at what you would have to eat to get the equivalent of 18,000 units of antioxidants in two ounces of daily NuVerus Plus. 1 serving of each fruit or vegetable below contains the amount of ORAC units listed below.**

(One serving equals 1/2 cup of raw or cooked vegetables or vegetable juice or 1 cup of leafy raw vegetables. One serving equals 1 cup of fruit or 100 percent fruit juice, or 1/2 cup of dried fruit)

Watermelon – 150 units  
Banana – 300 units  
Egg Plant – 300 units  
Boiled Carrots – 325 units  
Raw Tomato – 400 units  
Sweet Corn Ear – 480 units  
Glass Green Tea – 500 units  
Can of Vegetable Juice – 550 units  
Celery – 550 units  
Raw Orange Juice – 750 units  
Raw Pineapple – 800 units

Green Grapes – 1000 units  
Raw Spinach – 1500 units  
Steamed Broccoli – 1600 units  
Raw Pear – 1750 units  
Raw Peach – 1800 units  
Raw Apple - 2000 units  
Steamed Asparagus – 2000 units  
Can of Prune Juice – 2000 Units

