

# Triple Berry Complex

## Dietary support for urinary health.\*

For many women, urinary-tract infections are a common and bothersome occurrence. Approximately 50% of women have experienced at least one urinary-tract infection by the age of 30 and many women develop chronic or recurrent problems. The good news is that help is available from one of nature's most versatile tart fruits—the cranberry. This ruby-red berry has long been used for urinary support, but it's also super-charged with antioxidant properties that can help guard against the damaging effects of free radicals.\*

Triple Berry Complex is an exciting product that combines the goodness of whole cranberries with nutrient-rich blueberries and the herb, bilberry, to help support urinary health.\* This time-released supplement delivers benefits over a 24-hour period, so you take just one capsule a day.\* If you've been drinking cranberry juice or cranberry-juice cocktail to help promote urinary health, Triple Berry Complex is an ideal alternative that's natural, calorie free and convenient to use.\*

## Discussion Points

- Cranberry research: Why are cranberries associated with helping to promote urinary-tract health? Cranberries—and blueberries—contain condensed tannins called proanthocyanidins that prevent E. coli bacteria from attaching to cells in the urinary tract. These findings appeared in the *New England Journal of Medicine*.
- Good news for the “blues”: Blueberries are the second most popular berries in the United States...and with good reason. They not only taste great, but they are rich in antioxidant properties that can help fight the damaging effects of free radicals.\*
- Combine with other products: Triple Berry Complex can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife's entire line of nutritional products.

## Did You Know?

Researchers from the U.S. Department of Agriculture's Human Nutrition Research Center at Tufts University fed extracts of blueberries, strawberries or spinach to rats and compared their health to rats who received no supplements. All the animals that were given supplements showed improvements in short-term memory compared with those rats that didn't get fed the botanicals. In addition, the rats who got the blueberry extracts also showed distinct improvements in balance and coordination.

## Fast Facts

- Formulated from whole cranberries, which are high in vitamin C, dietary fiber and other health-promoting nutrients.\*
- Includes blueberries, which are loaded with folic acid, vitamins A and C, and dietary fiber.\*
- Contains bilberry, an herb that has many health benefits, especially for the eyes.\*
- Time-released formula allows for once-daily usage.
- 100% natural. No artificial preservatives, flavorings or colorings.



## SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings per container: 30 capsules

	Amount Per Serving
Cranberry Powder (fruit)	500 mg†
Dried Bilberry Extract 4:1 (fruit)	50 mg†
Blueberry Powder (fruit)	50 mg†

† Daily Value not established.

Other Ingredients: Gelatin, Water, Calcium Carbonate, Silicon Dioxide, Magnesium Stearate, Maltodextrin and Sodium Lauryl Sulfate.

Suggested Serving: Take one or two capsules a day.

## Ordering Details

#0279

\$13.95

\* 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.