



Who can benefit from taking Flavin7®?

Everyone can benefit from supplementing with the vital bioflavonoids in Flavin7®, but those in the following groups should especially consider taking the product:

- Those with malignant diseases
- Those undergoing chemotherapy treatment
- Those needing to strengthen their immune systems
- Those with heart conditions, high blood pressure or high LDL cholesterol
- Those under stressful conditions or who smoke
- Those seeking to slow down the aging process
- Those with allergies
- Those with Type II diabetes
- Those wanting to boost their athletic performance

How do you take Flavin7®?

Flavin7® is available in liquid and capsule form.

FLAVIN 7® Liquid (100 ml, 200 ml)



Flavin7®'s liquid format is a unique stabilized concentration of bioflavonoids and resveratrol.

Recommended dosage:

- For preventive purpose: 5 ml daily. It can be used continuously, i.e. long term. For users over 40 years of age, 5 ml twice a day is recommended.
- As supplementary therapy: 10 to 20 ml daily, in 5 ml doses, with or before a meal.

Flavin7® liquid can be taken directly or added to fruit juice, lukewarm tea, or drinking water. Keeping it under the tongue for two minutes further accelerates absorption.

We recommend that you measure out the drink with the help of the measuring cup rather than drinking directly from the bottle. Shake it well before use and keep refrigerated after opening.

FLAVIN+7® Capsules (30 capsules, 90 capsules)



The capsule format is a lyophilised powder concentrate of the Flavin7® fruits. In addition to the active ingredients of Flavin7®, the capsules contain choline and amino acids. Its active ingredients are absorbed in the intestines. The capsules are recommended



especially for those suffering from stomach problems and the overproduction of gastric acids. It does not require refrigeration and is convenient for traveling.

Recommended dosage:

- For prevention purpose: 2 capsules twice a day. For users over 40 years of age, 2 capsules four times a day.
- As supplementary therapy: 2 to 4 capsules four times a day.

The drink and the capsules may be consumed together; 5 ml of the drink is equivalent to the active ingredients of 4 capsules.

Is Flavin7® safe?

Flavin7® has no known harmful interactions with other products or medicines. The product has also been tested by the Hungarian Sports Medical Institute to be free from any banned substances, confirming its safety for use by elite athletes.

Where is Flavin7® available?

Flavin7® is available from better health foods stores and leading natural practitioners across North America. For a list of stores, visit our website at www.flavin-7.com.

EUROPEAN NATURE INC.

Toll Free: 1-866-FLAVIN7 (1-866-352-8467)

Phone/Fax: (416) 631-9105

www.flavin-7.com

Distributor:

Hedley Enterprises Ltd
5A-2010 Currie Blvd., Brandon MB, R7B 4E7
Toll-Free Phone: 1-888-292-5660 Fax: 1-204-571-1811
E-mail: info@hedleys.ca

Exclusive distributor to Health First Network stores:

Gordian Global Marketing Inc.
P.O. Box 488, 505 Queensway West, Unit A2, Simcoe, ON N3Y 4L5
Toll-Free Phone: 1-866-846-7447 Fax: 1-519-426-7158
E-mail: healthfirst@gordianglobal.com

FLAVIN 7 Healing Fruits

RED BIOFLAVONOID COMPLEX



Endorsed by the Hungarian Cancer Society



What is Flavin7®?



Flavin7®, Europe's most popular liquid antioxidant supplement, is now available in North America. Developed in Hungary, where bioflavonoids were first discovered in 1936 by Nobel Prize winner Dr. Albert Szentgyörgyi, Flavin7® products harness the healing power of bioflavonoids to provide an extensive array of health benefits.

What are the benefits of supplementing with Flavin7®?

Flavin7®'s powerful bioflavonoids act as a "super antioxidant", helping to lower LDL (low-density lipid) cholesterol and high blood pressure, enhancing the immune system and supporting the body's natural healing processes through detoxification.

Flavin7® products have been extensively studied for their positive effects on the treatment of malignant diseases and for helping to eliminate the side-effects of chemotherapy treatment.

What are the ingredients in Flavin7®?

Flavin7® products are all-natural and organic. They are derived from the concentrated extracts of seven fruits (grape, blackberry, black cherry, black currant, elderberry, plum and blackthorn juices, together with the seed and shell extracts of sorghum, grape, blackberry, and black currant) chosen for their high concentration of red bioflavonoids and resveratrol.

Flavin7® is so concentrated that you would have to consume over 140 kg of fruit to equal the content of a single 200 ml bottle of the liquid format.

Flavin7® does NOT contain citrus-based bioflavonoids. The red bioflavonoids contained in Flavin7® are superior in binding to dangerous free radicals vs. citrus-based bioflavonoids, thus providing increased antioxidant protection.

Special care is taken to make sure that the best fruits are selected for Flavin7® products. Only the choicest growing regions of Hungary are used for



harvesting Flavin7® fruits. These regions are famous for their nutrient-rich soil and are located far from any industrial activity or pollution. The Crystal Institute of Hungary, makers of Flavin7®, contract only those growers willing to farm organically and subject their soil and harvest to extensive quality control testing prior to the processing stage.

Resveratrol levels are tested in every batch of Flavin7® fruit. A natural defense-mechanism in plants, resveratrol tests high in plants grown organically and low in plants grown with the use of pesticides. Only those fruits that test positively for high resveratrol levels are accepted for processing, further ensuring that organically grown fruits are used exclusively in Flavin7®. The Crystal Institute's unique extraction method then helps to preserve the rich antioxidant and resveratrol content of the fruit.

What are bioflavonoids?

Plants are rich in aromatic compounds, many of which are bioflavonoids of the polyphenol family.

Bioflavonoids have long been known to possess beneficial pharmacological and physiological properties for the human body. Clinical research is being conducted continually to further understand these positive effects.

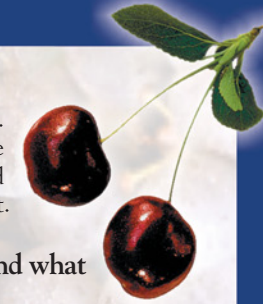
Bioflavonoids are known for their antibacterial, liver-protective, and anti-viral effects, as well as helping to prevent tooth decay and promoting skin healing in case of burns or other damage to the skin.

Bioflavonoids work primarily in the digestive and circulatory systems. They bind to damaging free radicals, prevent the oxidation of fatty acids in the cell wall and decrease the proportion of LDL cholesterol, all of which lessens the danger of atherosclerosis. They have a positive effect on the heart and circulatory system by increasing the flexibility of the cellular walls and decreasing the level of cholesterol and the formation of blood clots (preventive effect against thrombosis).

Recent studies have shown that fruits and vegetables can lose up to 97% of bioflavonoid content when cooked in a microwave. Other forms of cooking also reduce bioflavonoid and



antioxidant levels in food. Consuming Flavin7® daily is the best way of getting much-needed bioflavonoids back into your diet.



How does Flavin7® work and what are antioxidants?

The bioflavonoids and resveratrol contained in Flavin7® act as "super antioxidants" which help to boost the immune system and prevent illness.

A weak immune system leaves us vulnerable to illness. There are several causes of a weak immune system. First, environmental influences (from the diet, contact with carcinogenic agents, pollutants, radiation, etc.) can result in the production of more faulty cells than our system is able to destroy. Second, stress may weaken the immune system, thus decreasing the body's capacity to destroy malignant cells. Individuals exposed to both factors simultaneously are at increased risk of developing malignant diseases.

Antioxidants are stable molecules that can attach to unstable oxidants (free radicals) and destroy them. For many years, research has associated high levels of oxidants with heart diseases, cancer and premature aging. Bioflavonoid compounds, like those found in Flavin7®, have a significant radical binding and antioxidant effect.

Bioflavonoids are important as antioxidants as they are true antioxidants, which allow the vitamins you consume to function in a vitamin-like role rather than as inferior antioxidants. Bioflavonoids and vitamins work together synergistically for health maintenance.

Has there been clinical research conducted on Flavin7®?

Independent clinical research on Flavin7® products has been conducted by the Medical and Health Science Center at the University of Debrecen in Hungary. In fact, the research has been so promising that the Flavin7® has been officially endorsed by the **Hungarian Cancer Society** (Magyar Rákellenes Liga) as an effective product for enhancing the health of those coping with chemotherapy treatments and for those striving for a cancer-free lifestyle. To see a review of the clinical studies conducted on Flavin7®, visit the "Studies" area on our website at www.flavin-7.com.