

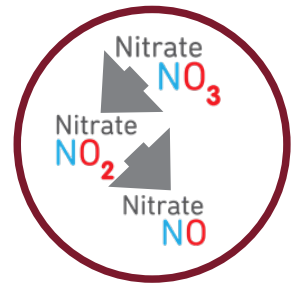


# RediBeets

The concentrated juice powder of beets makes it easy to get supplemental nutrition from these incredibly nourishing root vegetables without having to cook or juice them. Just mix 1 teaspoon of RediBeets in 4 oz (120 ml) of water and drink this beverage twice daily. If you are athletically inclined, take up to 4 teaspoons in 10 oz (300 ml) of water once a day.

## Relax: It's Vegetable Nitrate

Beets contain a sizable source of nitrate ( $\text{NO}_3$ ) that once ingested becomes part of a conversion pathway, first transforming into nitrite ( $\text{NO}_2$ ) and then converting to nitric oxide (NO). Nitric oxide naturally enhances circulation by relaxing and widening blood vessels. This inner relaxation supports healthy blood pressure levels. Each 4-gram serving of RediBeets contains 72 milligrams of beet nitrate that contributes to this pathway of relaxation.



Known to fight inflammation and play a role in lowering homocysteine levels, **betaine** is also a lipotrope that helps reduce fat accumulation in the liver.

[bit.ly/BeetBetaine](http://bit.ly/BeetBetaine)



## The Beets in RediBeets

### Color

The color of beets makes them one of the rare fruits and vegetables with an inner, dark red hue. It's created by the presence of **betacyanins**, one of the plant pigments known as **betalains**, which also provide antioxidant activity and inflammation fighting properties. This coloring gives beets different nutrients and phytonutrients than those found in produce of other colors.



[bit.ly/BeetBetacyanins](http://bit.ly/BeetBetacyanins)  
[bit.ly/BeetBetalains](http://bit.ly/BeetBetalains)

### Taste and Aroma

The earthy taste and aroma of beets is the result of an organic compound called geosmin, which means earth odor. Produced primarily by soil-dwelling, good bacteria, geosmin may protect vegetables against predators. It is not known if beets are able to produce their own geosmin or simply absorb it from the soil.



[bit.ly/GeosminB1](http://bit.ly/GeosminB1)  
[bit.ly/GeosminB2](http://bit.ly/GeosminB2)

## The Best in Beets



For a vegetable that has gotten a bad rap for its taste over the years, the beet has managed to rise to superfood status. Beets are a great source of the nitrate needed for nitric oxide production. These nourishing vegetables also provide many other beneficial nutrients, including anti-inflammatory betacyanin and betaine, which was first discovered in beet juice back in the 19th century. As a result, beets are considered to be one of the most nutritious root vegetables ever unearthed.

Cold-processing the juice of beets preserves the raw vegetable nutrients found in **RediBeets**.



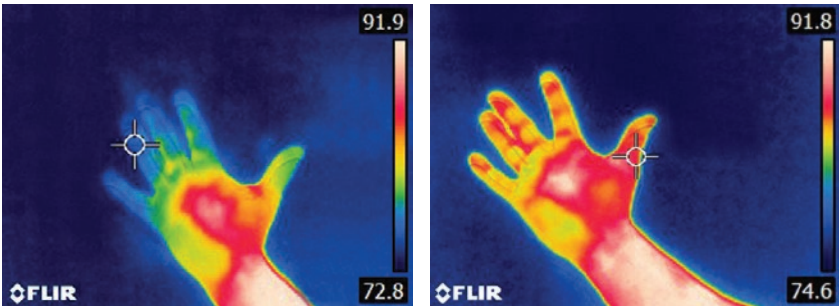
### Why Say YES to NO?

NO is the abbreviation of the nitric oxide molecule, a colorless gas that your body produces primarily through the conversion of vegetable nitrate. Nitric oxide benefits include the relaxing and widening of blood vessels, promoting lower blood pressure. Nitrate-rich vegetables such as red beets naturally support nitric oxide production in your body. RediBeets delivers over 70 milligrams of vegetable nitrate in each 4-gram serving.



Tested  
**pesticide-free**

# Did we mention improved circulation?



LEFT: The blues and greens indicate poor circulation and cooler temperatures in the fingers with the warmer palm showing yellow and red.

RIGHT: Two hours after drinking the athletic serving of RediBeets, the hand has warmed up significantly, indicating improved circulation with the reds and yellows on fingers and the warmest white in the center of the palm.

## Beet Juice Helps You Lose Weight!

- Studies have found that beet juice may turn white fat into its easy-to-burn counterpart, brown fat.<sup>1</sup>
- Higher nitric oxide levels have been linked to increased metabolism levels!
- Nitric oxide increases the amount of glucose that the skeletal muscles use during exercise. Beet juice may have the potential to help burn more fat as fuel.



[1 bit.ly/NitrateFat](https://1bit.ly/NitrateFat)

## Hey Athletes!

- Mix 4 teaspoons (16 grams) with 6 to 10 ounces of water. Take once daily one to two hours prior to an activity.
- Drink RediBeets immediately after mixing it.
- RediBeets is best taken on an empty stomach: 30 minutes before or two hours after a meal.



## From the American Heart Association:

- ♥ Blood pressure decreased about 10 mm Hg in high blood pressure patients who drank a cup of beetroot juice daily.
- ♥ Beetroot juice contains dietary nitrate, which may help relax blood vessel walls and improve blood flow.
- ♥ Increasing intake of foods rich in dietary nitrate may be an affordable and attainable way to maintain blood pressure.





*Unleash the rejuvenating  
power of **beets!***

## RediBeets

- Nutrition for whole-body health
- Rich in antioxidants such as betacyanin
- Enzymatic actions
- Cleansing and detoxification effect
- Improves circulation
- Boosts nitric oxide levels



**Science Daily:** “Daily dose of beet juice can promote brain health in older adults.”

### **Nitric Oxide and Anti-Aging**

If you're over the age of forty, then your nitric oxide levels may be taking a nosedive. Stress, high-fat diets, the aging process, high-fructose corn syrup, alcohol and obesity can all chip away at the valuable endothelial lining of your veins where nitric oxide is created. Nitric oxide strengthens the heart, relaxes your arteries and works to maintain proper blood flow.