

# Essentials

Organic fruit and veggies deliver the goodness of natural vitamins and minerals essential to health.

Doctors say to eat more fruits and vegetables. Easier said than done. Maybe that's why greater than 75% of us don't get the recommended 5 to 9 a day. And we suffer for it.

Studies show an antioxidant-rich diet leads to a healthy life. Essentials has a wide variety of organic fruits, veggies, herbs and botanicals. Together they deliver a diverse range of much-needed antioxidants, vitamins and minerals.

Wow your doctor with your daily intake of organic fruits and veggies as you look and feel better from the inside out with Essentials.\*



## Daily Anti-Aging Defense



**Heart Health:** Resveratrol from red grapes, essential fatty acids from acai and mangos, and polyphenols from green tea all support cardiovascular health.



**Brain Boosters:** Antioxidant anthocyanins from organic blueberries, blackberries, and raspberries support a healthy brain.



**Blood Sugar Support:** Organic aloe vera and cinnamon help support balanced blood glucose levels.



**Immune Support:** Whole food vitamin C sourced from organic acerola, and protective beta-glucans from organic mushrooms nourish immune health.



**Eye Health:** Lutein, beta-carotene from organic sweet potatoes and other carotenoids support eye health.



**Digestive Health:** Broccoli sprouts brim with protective sulforaphane, Jerusalem artichoke acts as a prebiotic while added enzymes and organic aloe vera support nutrient absorption.

## The Good Inside



- 30 day supply (3 capsules per day)
- Proprietary Antioxidant Booster Blend: (1,781 mg per serving)  
Organic Aloe Vera, Organic Jerusalem Artichoke Inulin, Organic Kale, Organic Apple, Enzyme Blend (Amylase, Protease, Cellulase, Lactase and Lipase), Organic Cinnamon, Organic Green Tea Extract (Decaf), Organic Acai, Organic Acerola, Organic Agaricus Mushroom, Organic Beet Root Powder, Organic Blackberry, Organic Blueberry, Organic Broccoli Sprout, Organic Carrot, Organic Cranberry, Organic Grape, Organic Lemon, Organic Maitake Mushroom, Organic Mango, Organic Noni, Organic Pomegranate, Organic Raspberry, Organic Shiitake Mushroom, Organic Spinach, Organic Sweet Potato.
- Other Ingredients:  
Organic Brown Rice Flour, Plantcaps™ Capsules



## Whole Food for the Whole Body



Inside Essentials are whole foods harvested at the peak of nutrition, with cold-processing to preserve all the goodness of earth's bounty.

It's all the benefit of a diet rich in raw fruits and veggies, in three small capsules, backed by a 30-day "good inside" guarantee.

## Doctor Recommended

"In the age of industrial agriculture, our unique and powerful body systems require complete nutrition. Touchstone Essentials offers the completeness of whole food nutrition to meet our daily needs and to build and maintain strong, healthy bodies." —Darrel Hestdalen, D.C., DIBAK, FASA



touchstone essentials

TheGoodInside.com