

# NUTRITION NEWS

## Exotic Fruits: Enhancing Your Health

by Wayne Geilman, Ph.D.

(NAPSA)—A berry with a strange name has long been the apple of many nutritionists' eyes. Called the seabuckthorn berry, the small, pungent fruit has an orange hue and a scent reminiscent of pineapple. The berry is found in the mountains of China, where it's been revered as a "holy fruit" and prized for its restorative health benefits.



Legend holds that the berry was used by Genghis Khan to give his soldiers and horses strength before and after battle.

Modern science indicates that Khan and native healers may have been on to something—seabuckthorn as well as other exotic fruits may have powerful health benefits.

Seabuckthorn and mangosteen are two exotic fruits that offer unique nutritional advantages and deliver nutrients not commonly found in American food sources, including omega-7 fatty acids, found in seabuckthorn, and xanthenes, found in mangosteen.

Consuming seabuckthorn berries has been shown to support circulation and a healthy cardiovascular system, improve skin tone, enhance the immune system and fight free radicals.

Mangosteen, or "The Queen of the Fruits," is native to many Southeast Asian countries. Like seabuckthorn, mangosteen provides anti-oxidant health benefits, helps control free radicals and gives the immune system a boost. It also helps increase energy and stamina and promotes a healthy digestive system.

These exotic fruits are rare, expensive and are not commonly sold at local supermarkets. However, they are now available in exotic juice supplements such as Seabuck•7 and Mango•xan from Pure Fruit Technologies.

Exotic juice supplements provide a convenient, cost-effective way to not only get the unique



**Scientists have begun to prove what traditional Asian healers have known for centuries: Some exotic fruits such as mangosteen have powerful health benefits.**

nutrients found in these fruits, but also help meet the dietary recommendation of five or more servings of fruits and vegetables each day. Pure Fruit Technologies' juice supplements cost only 99 cents per ounce, which delivers the equivalent anti-oxidant value of three servings of fruits or vegetables.

Although these juice supplements are formulated to taste great out of the bottle, try this recipe as another simple way to incorporate them into your diet:

### Mangosteen Smoothie

- ½ cup of blueberries and raspberries (for a thicker smoothie, use frozen berries)**
  - 1 banana**
  - ½ cup of yogurt (flavor optional)**
  - 1 cup of orange juice**
  - 3 oz. of Mango•xan**
- Blend until smooth**

Look for these exotic fruit juice supplements at your local health food store or visit [www.purefruittechnologies.com](http://www.purefruittechnologies.com).

• *Dr. Geilman has been a nutrition and food science consultant for 30 years and holds advanced degrees in food science and nutrition. Dr. Geilman is passionate about how foods, specifically exotic fruits, can have a profound effect on individuals' overall well-being.*