

## High antioxidants • Highly remote source

Lingonol is made from the most remote source wild berries conceivable. These are wild lingonberries found in the far north of Canada. Lingonberries are extremely remote and only grow in pristine areas untouched by humans. It would be a major ordeal to find this berry in the wild. Yet it would be worthwhile, as lingonberry is one of the most powerful of all wild berries. This is a dark, reddish-brown berry, and it is packed with potent antioxidants. In fact, lingonberry is much more powerful in antioxidant power than blueberries.

In northern Europe lingonberries have a proven history as a highly potent berry. This is a tough berry. Since it grows low to the ground it produces a wide range of antioxidants and germicides for self-protection. Lingonberry is one of the cleanest, least polluted of all fruit. Tests show that it is exceedingly low in contaminants, including heavy metals.

The brilliant crimson-to-reddish color is also a sign of Lingonol's significant power. The powerful anthocyanins and antioxidants which give it that beautiful deep color are found in abundance in the raw lingonberry. Quercetin and cinnamic acid, along with considerable amounts of epicatechin and catechin, can be found in lingonberries. This means that extracts of lingonberry are among the most powerful antioxidants known. Of all northern berries, lingonberry scores highest in antioxidant activities. For instance, ORAC testing proves it is over twice as potent as wild blueberry.

According to the *European Journal of Clinical Nutrition* (2003) 57, 37-42: increased intake of lingonberry can be recommended because, in addition to quercetin, it is a rich source of many other beneficial substances, as well, and is low in fat. Lingonberries contain vitamin C, provitamin A, B1, B2, and B3. It is also a top source of minerals, especially potassium, calcium, magnesium, and phosphorous. The true beauty of this nutritional content is the natural spice oil blend added to preserve Lingonol. Completely avoiding the use of heat, alcohol, or synthetics, we have developed a method of maintaining these factors. At NAHS we know that whole food supplements, especially from wild-crafted plants, have many delicate components necessary for optimal nutrition, which are destroyed by typical processing methods.

**Directions:** Take twenty or more drops of this potent extract under the tongue twice daily. For maintenance take at least 10 drops daily. Also add to water, juice, or milk.



To place an order: North American Herb & Spice, P.O. Box 4885, Buffalo Grove, IL 60089  
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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.