

**North American
Herb & Spice**

Purple CornMilk Drink Mix



What an enticing, nutritious, and health-giving beverage it is: Peruvian Purple CornMilk. Used as a beverage in Peru, all the way back to the Aztecs, infusions of purple corn are rich in key antioxidant pigments known as anthocyanins, which give it its beautiful purple hue. In fact, purple corn is the world's densest source of such pigments, being some 10-times richer than blueberries. Tests show that it is also more potent in quenching free radicals than the fruit. The most abundant anthocyanin in purple corn is C3G (cyanidin-3-glucoside), also found in blackberries and blood oranges. C3G is so potent that it helps block free radical damage in the body after it is exposed to harsh chemicals. In one study, the purple corn pigment blocked toxic chemical-induced damage to the livers of test animals.

Purple CornMilk is the ideal way to gain the benefits of purple corn. In a milk base the pigments are rendered more soluble, bound to the fat for easy absorption into the bloodstream and lymph. Here, they perform their crucial action of fighting toxic forms of oxygen. They also enter the cells to quench aging-inducing free radicals there. A regular

purple corn infusion is thus highly health-giving and also highly preventive against age-related degeneration.

All major health conditions are related to oxidative damage/toxic free radicals. Actually, research shows purple corn is invaluable for supporting a healthy response against inflammation and blood sugar imbalances. For instance, in one study purple corn pigments caused a 15% reduction in risk for diabetes. Other studies show these pigments help support collagen formation response, visual health response, and a healthy response of optimal immunity. It is no surprise that purple corn is helpful for vision, as purple pigments are needed for protection of the retina and also optimal night vision. Plus, cardiovascular health is dependent on the adequate intake of highly antioxidative purple pigments.

Purple CornMilk is fortified with purple maca, along with yacon powder, making it a truly diverse and potent Peruvian, Andean-mountain drink. So, drink it daily and enjoy. It's a nutrient-rich, antioxidant-empowered infusion to the extreme. Take advantage of the newest, latest superfood revelation: nutrient milk infusions, the NAHS NutraMilk revolution.

NutraMilk Purple CornMilk Recipe #1

1 teaspoon or more Purple CornMilk Drink Mix
1 cup organic milk of your choice
yacon syrup or raw honey to taste

NutraMilk Purple CornMilk Recipe #2

1 teaspoon Purple CornMilk Drink Mix
8 oz of hot water
¼ teaspoon of coconut oil
¼ teaspoon of raw honey

Heat milk on medium heat; add Purple CornMilk Drink Mix, stirring with wire whisk. Let simmer for five or six minutes to allow flavors to meld and serve hot. Or, allow to cool and serve as a cool drink.

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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.