



## November Newsletter

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By now you know that antioxidants are essential in fighting the free radicals that cause cellular damage, which can lead to the diseases of aging. But did you know that antioxidants aren't all the same? In fact, there are literally thousands of different types of antioxidants, all playing different roles in maintaining your health. Learn more about the full spectrum of antioxidants in this month's PomGT newsletter, and then discover ways to save!

### Antioxidants—Nature's Symphony

Some antioxidants come from the foods we eat, while others are produced by our bodies. Polyphenols is the name given to a broad class of plant-based antioxidants, which are related by chemical structure.

In general, polyphenols are further categorized into two groups: flavonoids (the source of the rich red, yellow, orange and blue pigments in various fruits and vegetables) and non-flavonoids (also known as phenolic acids). With over 4,000 types identified to date, flavonoids are the larger group by far, accounting for two-thirds of all polyphenols.



The polyphenol blend of green tea and pomegranate is music to your health!

If this brief explanation has only served to remind you that you hated chemistry in high school, relax—here's what you really need to know: Antioxidants work together, like all the notes in a symphony. **The greater the number and the greater the variety of antioxidants you have working for you, the greater your body's protection against disease.**

### Antioxidant Abundance

While no single source can deliver all the antioxidants your body needs, two of nature's antioxidant super foods—pomegranate and green tea—contain an abundant variety of antioxidants to provide a wealth of protection against free radicals.

Ellagic acid is the major antioxidant polyphenol found in **pomegranate**, along with punicalgin, tannins and anthocyanins, ellagitannin, and punicalgins — a more potent combination than the antioxidants in Concord grape juice, blueberry juice, red wine, ascorbic acid and DL-alpha-tocopherol. Research suggests that the antioxidants in pomegranate reduce platelet "stickiness" and fight atherosclerosis, arthritis, and prostate and breast cancers. PomGT's pomegranate extract is a water-based extract of the whole pomegranate fruit. Many other pomegranate extracts are a seed extract, which robs you of the complete fruit's benefits.

The polyphenols in **green tea** have been found to offer more antioxidant protection than Vitamins C and E. Their therapeutic value comes from flavonoids, catechins, epigallocatechin, epigallocatechin gallate (EGCG) and proanthocyanidins. The most active of these is EGCG, which inhibits the growth of cancer cells without harming healthy tissue. Studies have shown that the antioxidants in green tea also fight infection, inflammation, and arterial plaques and support metabolism.

### PomGT: A one-two punch against free radicals

Because your body is constantly fighting the assault by free radicals, getting all the antioxidants you need from the foods you eat can be a real challenge, even if you eat a balanced diet rich in fruits and vegetables.



Now, you can close the gap and boost your intake of assorted antioxidants with PomGT. PomGT combines the antioxidant powers of two glasses of pomegranate juice and eight cups of green tea in a single, convenient formula, without all the extra calories and sugar.

## Two Ways to Save on PomGT

With PomGT, you not only get two rich sources of antioxidants in one easy-to-swallow capsule; you also get two ways to save—and that’s not hard to swallow, either!

First, try our **AutoShip** program. When you place your order for PomGT, choose the AutoShip option. We’ll automatically ship your supply of PomGT directly to your door once a month or once every three months, as you prefer. You’ll never have to worry about reordering or running out of PomGT, and you’ll save big – 15% or more over the single-bottle price.

Then, tell your friends and family about PomGT. Join our other satisfied customers who are excited about the benefits of PomGT and eager to share the news. Through our **Tell-a-Friend** referral program, you can spread the word about how PomGT can help to improve health by reducing the signs of aging, promoting cellular health, combating cancer, and maintaining a healthy heart.

When you refer five people to PomGT, each of them will receive a coupon for a 10% discount on their first order. And for sharing the good news about PomGT, you’ll receive a 15% discount on your next order, too. [Click here to Tell-a-Friend](#). Fill out the short form, including the email addresses of five of your friends or family members. We’ll take it from there—and you’ll save 15% on your next order.



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