



Product training

All about the V3 System

TABLE OF CONTENTS

3	Introduction
4	PhytoLife
14	ProArgi-9+
27	Mistify
41	Using the V3 System

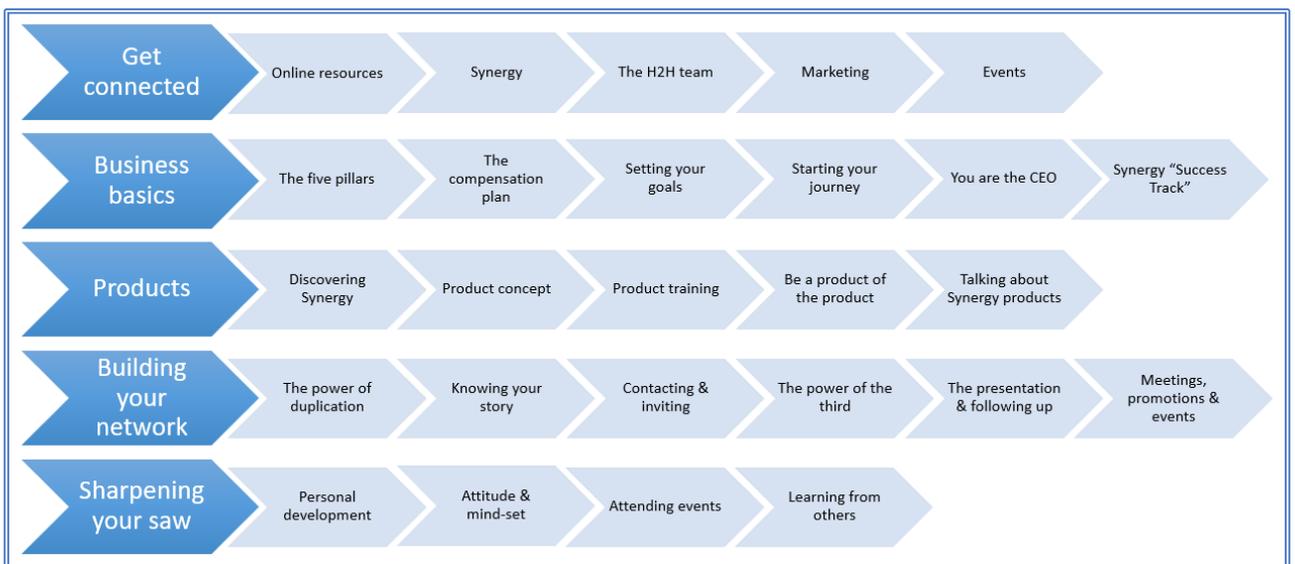
Introduction

The H2H System

To help you be informed, educated and trained on the Synergy products, Kim & Simon Bradley have created the *H2H System*, exclusively for Heart 2 Heart team members.

Product Training

Each of the Synergy products is explained in a short overview section – detailing what is in the product, what it can do for people and how to consume the product. In addition to the overview, each product has a deep dive section where we explore each of the ingredients in more detail, reference scientific studies and research on the topic as well as its benefits.



Full H2H System Training Modules

PhytoLife

The human body needs green, natural nutrition but our body simply doesn't get enough; more than 90% of the world's population lives in an unhealthy acid pH range.

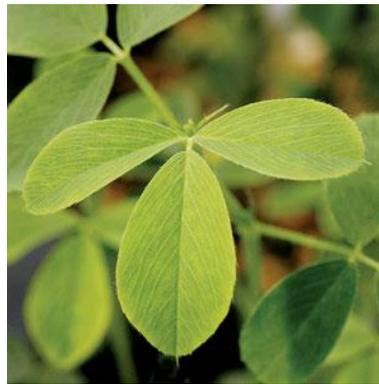
In taking a liquid chlorophyll drink, you can keep your body in balance because over acidity is what causes many diseases.

We need to have plenty of greens every day and this is an easy way to make sure you have enough in your diet, as 2 teaspoons is the equivalent of 1kg of green leafy vegetables as well as removing heavy metals from your body.



Ingredients

- Chlorophyllin
- Peppermint
- Alfalfa
- Barley Grass
- Mulberry





Using PhytoLife

Bottle

730 ml 48-day supply

Serving size:

7.5 ml – ½ Tablespoon

Daily dose - Maintenance: **15 ml** (7.5 ml, equal to ½ Tablespoon, 2 x daily)

Daily dose – Intensive: **45 ml** (15 ml 3 x daily)

Dose form:

Dark Green Liquid – intended to be mixed with water

Directions:

Mix 15 ml in 240 ml water (or to taste)
Lightly stir and drink. **Best taken prior to, or with a meal**

Contraindications:

None known

Length of use:

As desired



Deep Dive

What We Eat Affects Our Health



- Vitamins, Minerals, Bioactive Compounds
- Hectic lives make it difficult to obtain vital nutrients from diet alone

Stress Affects Our Health



- Stressful lives can wreak havoc on health
- Bodies weaken and become prone to immune system failure

Farming Methods



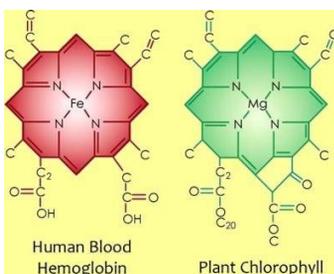
- Over-farming has depleted soil of vital nutrients
- Mass production techniques increases the use of chemicals
- Heat intensive processing methods rob food of important nutrients

Aging takes its toll



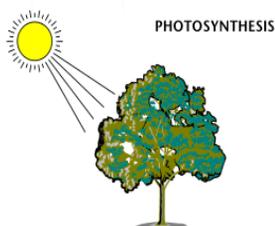
- Bodies Slow Down
- Lose Strength and Resiliency
- Physiological Changes Occur
- Biological Systems Begin to Falter

Proper diet is critical to our health



- In addition to diet, we should fortify our health through proper supplementation
- An important nutrient missing from today's diets is **Chlorophyll**

Chlorophyll



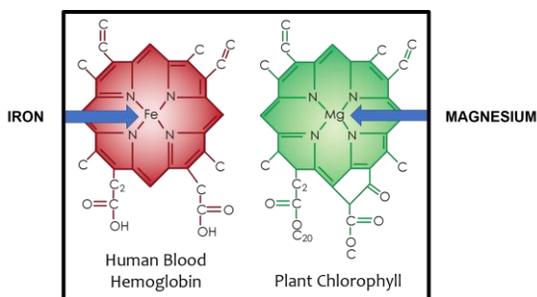
- Chlorophyll, which resides in the chloroplasts of plants, is the green pigment that is necessary in order for plants to convert carbon dioxide and water, using sunlight, into oxygen and glucose
- During photosynthesis, chlorophyll captures the sun's rays and creates sugary carbohydrates or energy, which allows the plant to grow
- Chlorophyll has the ability to harness the sun's energy to perform various life-promoting functions
- Naturally contains important vitamins, minerals, and essential nutrients



Chlorophyll Breakthrough

In 1913 Dr. Richard Willstatter discovered the functions of Chlorophyll

- Awarded a Nobel Prize for his work on Chlorophyll in 1915
- Discovered striking similarity between chlorophyll and hemoglobin, the red pigment in human blood
- Hemoglobin is a web of carbon, oxygen, and nitrogen atoms around a single atom of iron
- Chlorophyll is a similar web of the same atoms except at the core is a single atom of magnesium

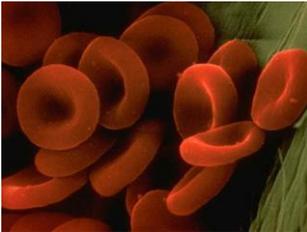


PhytoLife combines the power of chlorophyll with peppermint to bring you a great tasting liquid chlorophyll supplement.

Name comes from the Greek language: **Chloros** means fresh green + **Phyllon** means leaf



Chlorophyll



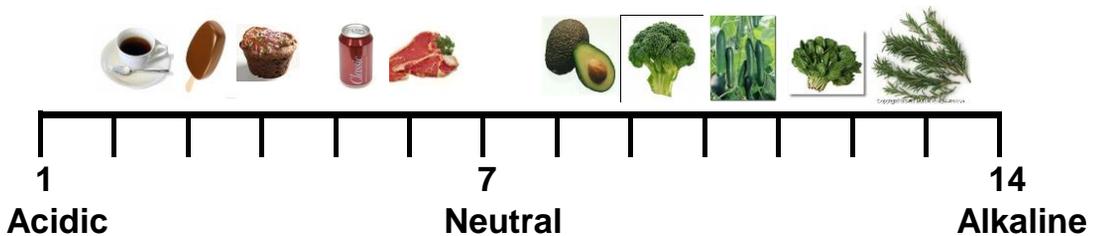
Build Blood

- Red Blood Cells carry oxygen to the body and carbon dioxide away from the cell
- Without proper blood production individuals can become anemic, particularly pre-menopausal women
- Chlorophyll is high in nutrients that can spur the body's production of healthy blood
- Traditionally used as blood cleanser



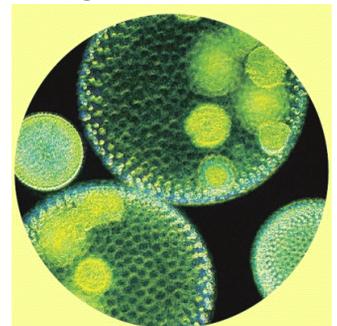
- To remain healthy the body must remain in alkaline state
- Chlorophyll is a rich source of alkaline substances to help achieve proper pH
- Works in the digestive system where most acidity is generated

pH balancing

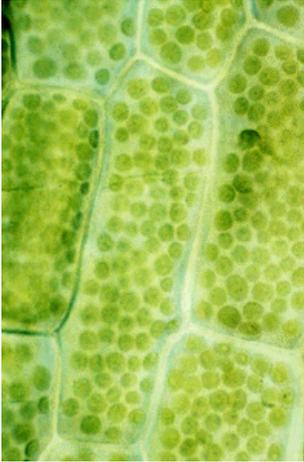


Additional Benefits of Chlorophyll

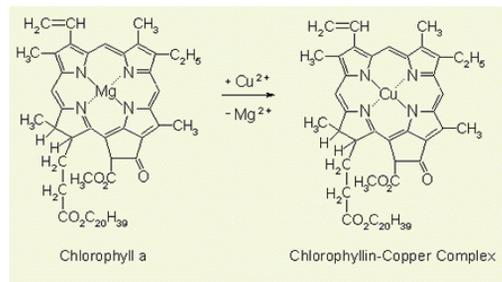
- Antioxidant properties to protect against free radical damage
- Protects cells and builds immunity
- Acts as natural deodorizer
- Intercepts toxins and stops metabolism of dangerous chemicals
- Soothing properties



Chlorophyllin



- Chlorophyll pigment is found in organelles called chloroplasts.
- Chloroplasts convert light energy to chemical energy during photosynthesis.
- Chlorophyll is a fat-soluble compound with a magnesium ion in the center of the molecule.
- Synergy Chlorophyll Plus uses a copper atom to replace Magnesium making it stable for liquid supplementation and more effectively absorbed by the body.



Water Detoxification



- PhytoLife is taken with water
- Helps to sterilize and detoxify water
 - The body is 60 – 70% water and needs continual replenishment to function properly
 - Every system in the body depends on water
 - Increased water intake helps balance alkalinity

Peppermint

- Peppermint is a great tasting aromatic herb
- Provides soothing actions to the digestive system
- Increases the flow of digestive fluids and calms digestive spasms
- Helps relieve occasional stomach upset and digestive gas
- Studies show peppermint inhibits bacteria, viruses and certain fungi in the body

Jellin JM, Gregory PJ, Batz F, Hitchens K, et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database. 8th ed. Stockton, CA: Therapeutic Research Faculty; 2007:pg 996.



Alfalfa

- Has been used by humans as food and medicine for over 1500 years
- Long root system (6-16 feet long) allows alfalfa to absorb many nutrients from the soils
- Excellent source of vitamins and minerals including A, B1, B6, C, E, K, Calcium, Potassium, Iron and Zinc
- Contains essential enzymes including lipase, amylase, protease, and invertase that support healthy digestion of fats, proteins, sugars and starches
- Boosts immune function
- Mild diuretic reduces water retention
- Rich in chlorophyll



Barley Grass

- Good source of vitamins, minerals and proteins
- High in calcium, iron, potassium, antioxidants, enzymes and vitamins C, E, B12
- Contains beta-sitosterol, an active component that supports healthy cholesterol levels
- Contains polyphenolic compounds that have antioxidant properties which protect against free radical damage
- Rich in superoxide dismutase (SOD), an important, powerful antioxidant enzyme



Dermarderosian, A. (Ed.), Review of natural products. St. Louis, MO: Facts and Comparisons Publishing Group. Jellin JM, Gregory PJ, Batz F, Hitchens K, et al. Pharmacist's Letter/Prescriber's Letter Natural Medicines Comprehensive Database. 8th ed. Stockton, CA: Therapeutic Research Faculty; 2006;pg 99.

Mulberry



- Native to China, Japan, and Southeast Asia
- Mulberry is a rich source of chlorophyll
- Compounds in mulberry protect against atherosclerosis and oxidation of LDL or "bad" cholesterol
- Mulberry is used in China to support healthy blood sugar levels and maintain healthy blood pressure

Research & Studies

Sodium Copper Chlorophyllin

Analysis of the therapeutic effect of sodium copper chlorophyllin tablet in treating 60 cases of leukopenia. (Low white blood cell count)

Chinese Journal of Integrative Medicine – December 2005

<http://www.ncbi.nlm.nih.gov/pubmed/16417778>

Natural compounds in the human diet and their ability to bind mutagens prevents DNA-mutagen intercalation

Department of Physics and Biophysics, University of Warmia and Mazury, Olsztyn, Poland.

Journal of Toxicology and Environmental Health – January 2010

<http://www.ncbi.nlm.nih.gov/pubmed/20706936>

Effects of the dietary supplements, activated charcoal and copper chlorophyllin, on urinary excretion of trimethylamine in Japanese trimethylaminuria patients

Life Sciences – April 2004

<http://www.ncbi.nlm.nih.gov/pubmed/15043988>

The protective effect of chlorophyllin against oxidative damage and its mechanism

Research Center of Occupational Medicine, Peking University Third Hospital, Beijing China – June 2012

<http://www.ncbi.nlm.nih.gov/pubmed/22943759>

Inhibition of fried meat-induced colorectal DNA damage and altered systemic genotoxicity in humans by crucifera, chlorophyllin, and yogurt

Public Library of Science – January 2010 <http://www.ncbi.nlm.nih.gov/pubmed/21541030>

Dietary chlorophyllin inhibits the canonical NF- κ B signaling pathway and induces intrinsic apoptosis in a hamster model of oral oncogenesis

Food and Chemical Toxicology – March 2012 <http://www.ncbi.nlm.nih.gov/pubmed/22210229>



ProArgi-9+

ProArgi9 improves circulation and protects our cardiovascular system from fat and plaque build up. It has been clinically proven to reduce bad cholesterol, regulate blood pressure and helps all the cells in the body get enough oxygen and nutrition.

One of the primary ingredients in ProArgi-9+ is L-arginine, which was researched by three American scientists who were awarded the Nobel Prize in 1998 for discovering its powerful health benefits.

ProArgi-9+ also contains five essential vitamins: Vitamin C, Vitamin D3, Vitamin K2, Vitamin B6 and Vitamin B12. Each plays a vital role in supporting the body's overall performance.



Ingredients

- L-arginine – 5g free-form, pharmaceutical grade
- L-citrulline
- Vitamin D3
- Vitamins B3, B9 & B12
- Vitamin C
- Vitamin K2
- Pomegranate juice
- Grape skin extract
- Steviol



Using ProArgi-9+

Packet

30 sachets

Serving size:

Sachet

Daily dose - Maintenance: 1 - 2 sachets

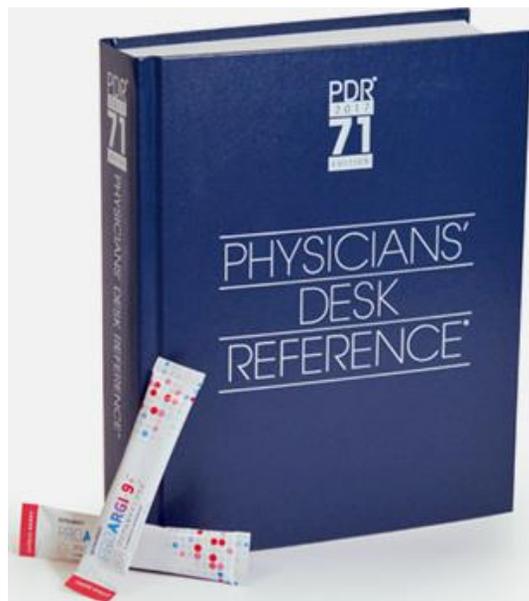
Daily dose – Intensive: 3 - 4 sachets

Dose form:

Powder, to be mixed with water

Directions:

Mix sachets in 240 ml water (or to taste)
Lightly stir and drink.

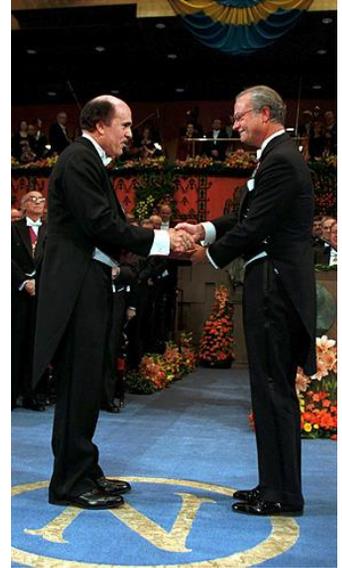


Deep Dive

Nobel Prize

Every year since 1901 the Nobel Prize is awarded to “those who, during the preceding year, shall have conferred the **GREATEST BENEFIT on mankind.**”

- 1901 – **The X-Ray**
- 1923 – **Insulin**
- 1945 – **Penicillin**
- 1998 – **Nitric Oxide**

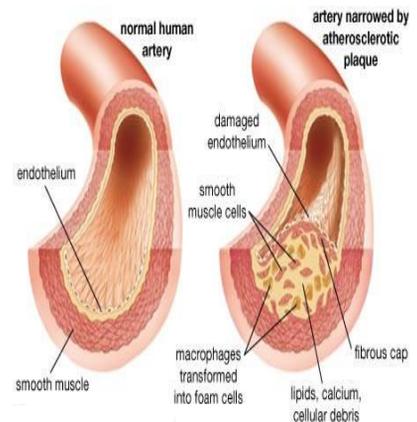


A Miracle Molecule

Nearly half of all deaths in the UK for men and women are due to heart disease.

Nitric Oxide influences the functioning of virtually every bodily organ, including the lungs, liver, brain, kidneys, stomach, genitals, and, of course, the heart.

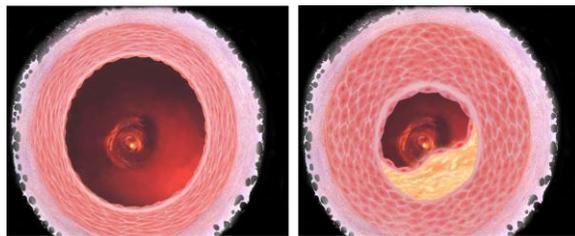
Nitric Oxide performs its role as a vasodilator, meaning that it helps control blood flow to every part of the body!



Your Arteries

We have 100,000 miles of arteries in our body and like the branches of a tree, it is the tiny twigs (capillaries) that are where nutritional exchange takes place.

This is the business end of your blood flow network. Without blood flow at this level cells either die or do not function well. The more blood can flow, the more nutrients are delivered to the cells.

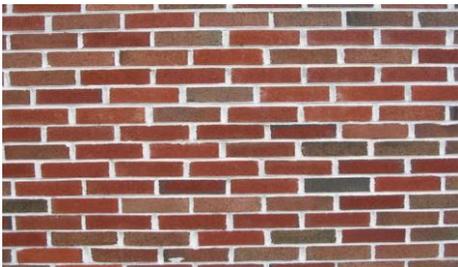


Healthy Artery

Unhealthy Artery

The Endothelial lining of your Arteries is a truly remarkable, dynamic layer. It is one cell thick and the cells should be packed tightly together like a brick wall.

It is within this layer that Nitric Oxide flows



However, this layer is easily damaged and cells are destroyed leaving gaps in the lining for fat deposits and other detritus to seep in to the Arterial lining.

As well as relaxing and widening the arteries, Nitric Oxide has the ability to positively remodel the lining – in other words it helps the body to put healthy bricks (cells) back in the holes

Benefits of Enhanced Circulation

Reduces Stress on the Heart

Helps Maintain Healthy Blood Pressure

Helps Increase Muscle Mass and Decrease Body Fat

Helps Reduce LDL Oxidation

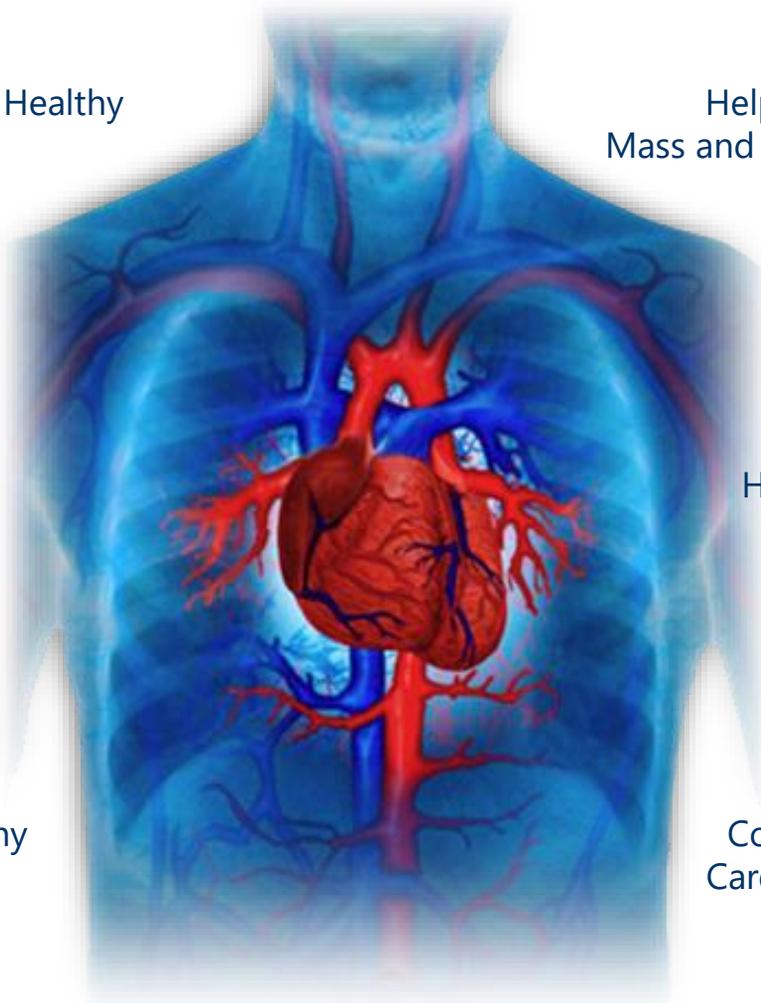
Helps Maintain Healthy Blood Sugar Levels

Promotes Healthy Energy Levels

Combats Premature Cardiovascular Aging

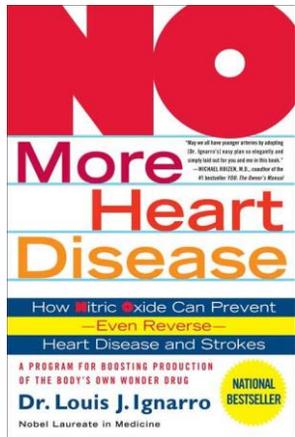
Improves Memory

Supports a Healthy Inflammatory Response

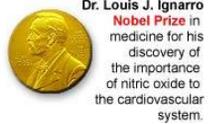
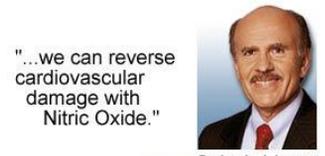


How do we get more Nitric Oxide in our body?

The answer comes from the consumption of L-arginine.



In the book No More Heart Disease by Nobel Laureate Dr. Louis J. Ignarro, he states "After L-arginine is consumed in food and supplements, it makes its way into the bloodstream. As it enters the endothelial cells that line the walls of the blood vessels, an enzymatic reaction occurs that convert to Nitric Oxide".



How can we consume L-Arginine?

Foods

Shrimp (7 oz. cooked)	3689 mg
Crab (7 oz. cooked)	3400 mg
Spinach (frozen, chopped or leaf - 24 oz)	3317 mg
Spirulina (dried about 2.5 oz. or ¾ cup)	3285 mg
Turkey Breast (roasted - 5 oz)	3107 mg
Elk (cooked, roasted - 5 oz)	2840 mg
Watercress (raw - about 49 cups or 60 oz)	2727 mg

Plants

Tofu (Mor-nu silken, lite firm, low fat - 20 oz)	2540 mg
Mustard Greens (49 oz boiled)	2200 mg
Pumpkin Seeds (1.3 oz or about ½ cup)	2076 mg
Lentils (mature seeds, boiled, without salt raw – 7 oz)	1186 mg
Peanuts (oil roasted with salt – about 1 oz)	1082 mg
Almonds (raw 1.25 oz or about ¼ cup)	875 mg
Hazelnuts (raw, about 1 oz or 24 whole nuts)	737 mg

Based on a 200 calorie serving - Nutritional values obtained from www.nutritiondata.self.com



1 sachet = 5000 mg

L-Arginine Research

The number of studies by 2018 mentioning L-Arginine

- Nitric Oxide 31,036
- Cardiovascular 17,797
- BP/Hypertension 16,241
- Circulation 6,532
- Diabetes 5,308
- Supplementation 2,031
- Exercise 1,267
- Other 24,056

Total Studies 118,875*

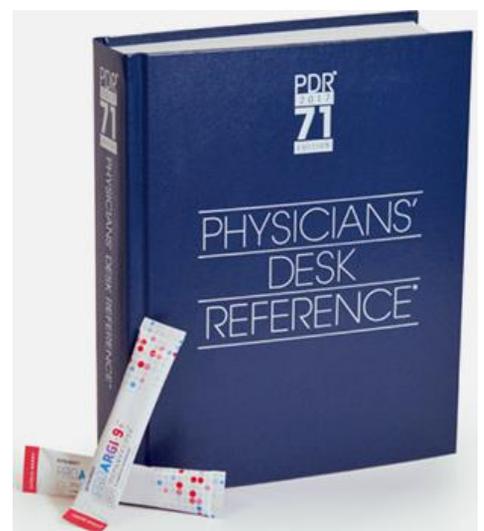
*Source: www.pubmed.gov - Internet Search January 22, 2018



2017 Physicians Desk Reference

ProArgi-9+ is the only L-Arginine supplement in the book

“ProArgi-9+ is the highest quality L-Arginine supplement in the world. This proprietary formulation combines the powerful cardiovascular benefits of L-Arginine with a variety of superior heart health ingredients to give your cardiovascular system optimum support.”



High Desert Heart Institute Study 2009

In 2009 the High Desert Heart Institute concluded a comprehensive clinical study of ProArgi-9+. The Institute was founded by Dr. Siva Arunasalam, who is an affiliate of Cedars-Sinai of Los Angeles and internationally respected for superior care of high-risk heart patients.

For this study 33 high-risk heart failure patients were selected. All patients in the study had reached the end of what medical science could do for them. They were at maximum drug levels, maximum supplemental oxygen and maximum therapy. 60% of these patients were on the heart-transplant list.



"There was nothing else for us to try, we had tried everything with these patients. All patients showed a tremendous improvement in many, many objective data points that only can be attributed to ProArgi-9+" Dr Siva Arunasalam

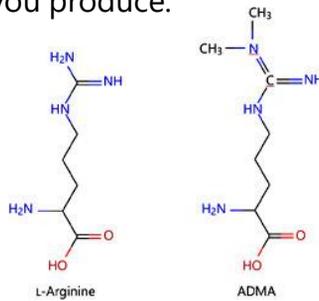
Overall Results

- 18% increase in HDL Cholesterol
- 40% decrease in triglycerides
- 8% Glucose reduction
- 25% decrease in c-reactive proteins
- 11% reduction in creatine levels
- 35% increase in magnesium levels (even though there is no magnesium in the product) magnesium is very important in improving heart health
- Decreases in platelets in the blood
- Albumin decreased by 70%
- Bilirubin decreased significantly
- Vitamin D levels increased by 183%
- Systolic BP decreased by 13%
- Diastolic BP decreased by 17%
- Peripheral blood flow increased to the feet (ankle reading) by 16%
- CASP (Central Aortic Systolic Pressure) decreased by 6%
- Pulmonary Hypertension dramatically improved

Quality of life measurements significantly improved for all participants

ADMA- Asymmetric Dimethylarginine

ADMA interferes with L-arginine in the production of nitric oxide and how much nitric oxide you produce depends on what Arginine/ADMA ratio you have in your blood. How much ProArgi-9+ you need will therefore vary from person to person, depending on your ADMA levels and how much nitric oxide you produce.



The person on the left has a higher natural amount of ADMA, so taking 1 sachet per day they may notice a small difference. Taking 2 sachets they will match the 160:1 ratio which is required to override ADMA. Taking 3 or 4 sachets will produce a lot more Nitric Oxide Gas and start the repair process.

The person on the right has a much lower level of ADMA, so taking 1 sachet is going to bring their Arginine levels above the 160:1 ratio required to override ADMA. Taking 2,3 or 4 sachets will dramatically increase the progress of repair in their cardiovascular system.

Main Ingredients within ProArgi-9+

L-arginine

ProArgi-9+ contains **5 grams** of **free-form, pharmaceutical grade pure L-arginine**. Synergy's L-arginine is **isolated** and **purified** from the fermentation of carbohydrates derived from tapioca, maize and/or cane sugar

L-citrulline

The L-citrulline found in ProArgi-9+ is **naturally derived**, It acts as a time release and allows for longer production of Nitric Oxide

Vitamin D3

Synergy uses Vitamin D3 which is the form our bodies produce from sun exposure. Vitamin D3 helps the body respond to inflammation and absorption of calcium

Vitamin B6, B9 & B12

These essential vitamins help to make red blood cells and support the nervous system. They help reduce tiredness and fatigue

Vitamin C

This vitamin helps to boost the immune system and the Macrophages (white blood cells) which remove detritus from the artery lining

Vitamin K2

Helps the body to deliver calcium to the bones and contributes to blood coagulation

Quantity per maximum recommended daily dose
for 1 packet (9.83 g of powder): % NRV*

L-Arginine	5 g	
L-Citrulline	200 mg	
Vitamin C	60 mg	75%
Vitamin D	5 µg	100%
Vitamin B6	2 mg	143%
Vitamin B12	3 µg	120%
Vitamin K	20 µg	27%
Folic Acid	200 µg	100%

* NRV = Nutrient Reference Values

Ingredients: L-arginine, acids (citric acid, malic acid), pomegranate fruit juice concentrate (*Punica granatum*), natural flavourings, L-citrulline, anti-caking agent (silicon dioxide), D-ribose, grape skin extract (*Vitis vinifera*), L-ascorbic acid, sweetener (steviol glycosides), red grape extract (*Vitis vinifera*), menaquinone, folic acid, pyridoxine hydrochloride, cholecalciferol, cyanocobalamin.

Benefits of ProArgi-9+ For Sports and Fitness

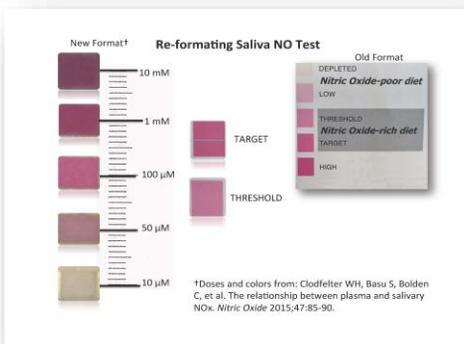
- Reduced lactic acid build up --
- Increased muscle mass --
- Greater oxygen to cells and tissues --
- Speeds up recovery rates --
- Anti-inflammatory for joints --

Enhances Performance by 15%

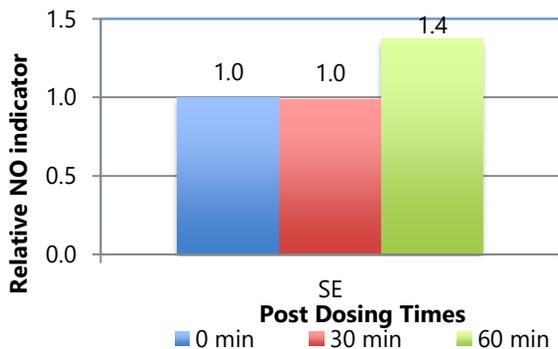
"In stage races, ProArgi-9+ helps me maintain normal muscle function – it helps me fight tiredness and fatigue. This is what makes the difference."
 Matthias Brandle, Pro Cyclist, IAM Cycling team



Using a chemical test strip to determine the increase in nitric oxide after taking ProArgi-9+



140% increase of Nitric Oxide indicator within an individual after 60 minutes



Mistify

We all know that we need antioxidants and Mistify has been proven in studies to have the highest level of antioxidants available, just one serving a day provides the equivalent of 3.5kg of fruit. Antioxidants are the sole protection against free radicals, which are responsible for many diseases, such as inflammation, allergy and pain.

The main ingredient in Mistify is a “super berry” called **Açai**, which grows wild in the Amazon. It ensures Mistify has one of the highest antioxidant values in the world. The indigenous peoples of the Amazon call the **açai** palm the “Tree of Life.”

Amazonian warriors were said to drink the juice before battle to increase their stamina and strength.



Ingredients



Acai Fruit
Concord Grape

Elderberry

Red Grape

Bilberry

Blueberry

Pomegranate

Red Raspberry

Grapeseed

Cranberry

Green Tea Leaf

Goji Berry (Lycium)



Using Mistify

Bottle **730 ml 12 to 24-day supply**

Serving size: **30 ml – 2 Tablespoons**

Daily dose - Maintenance: **30 ml**

Daily dose – Intensive: **60 ml (30 ml 2 x daily)**



Dose form: Purple Liquid – drink neat

Directions: 30 ml, shake well before using
Refrigerate after opening.

Contraindications **None known**

Length of Use: **As desired**

Certifications: NSF- GMP verifies Good Manufacturing Practices and product manufacturing safety



Deep Dive

Mistify benefits you in five important ways:

- Protects against inflammation caused by free radicals
- Enhances mental focus
- Supports the immune system
- Promotes increased vigor and greater energy
- Helps support cardiovascular and digestive tract health

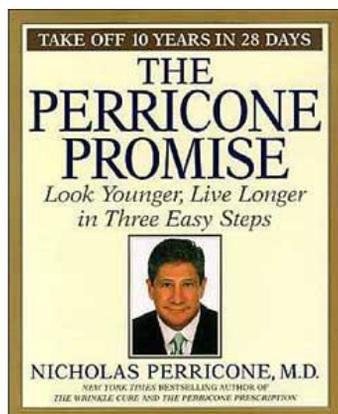


Several studies have indicated potential roles for dietary antioxidants in the reduction of degenerative disease such as vascular dementia, cardiovascular disease, and cancer.

–Nutrition interventions in aging and age-associated disease. Ann N Y Acad Sci. 2001 Apr;928:226-35.

Mistify fruit blend contains naturally occurring levels of:

- Antioxidants
- Anthocyanins
- Essential fatty acids
- Phytosterols
- Amino acids



In his book, Dr. Nicholas Perricone names ACAI as the NUMBER ONE SUPER FOOD

The Perricone Promise – Nicholas Perricone, M.D.

- The **açaí** berry was named the Number One Super Food on the **Oprah Winfrey Show** and featured on the **Today Show** on **NBC**.
- Articles about the **açaí** berry appearing in the popular press include:



- **WASHINGTON POST** - August 11, 2004.
- **THE WALL STREET JOURNAL** - April 18, 2003.
- **MEN'S JOURNAL** - July 2003.
- **HEALTH SCIENCES INSTITUTE** - July 2003.
- **SPORTS ILLUSTRATED** for WOMEN - Sept 2003.
- **NEW YORK TIMES** - August 4, 2004.
- **TIME MAGAZINE** - February 14, 2005.

The indigenous peoples of the Amazon call the **açaí** palm the "**Tree of Life**."

Amazonian warriors reputedly drank the juice before battle to increase their stamina and strength.

Local legends claim that the juice has magical powers to enhance sexual desire and is referred to as the "**Viagra of the Amazon**."



What is a Free Radical?

A free radical is a molecule with a negative ending. Free radicals don't like having a negative ending so they go travelling through the body robbing positives from our good cells, thereby speeding up the ageing process.



“Healthy atoms”

have balanced electrons and are stable.

“Free radicals”

are missing an electron and seek to steal electrons from healthy atoms.

“Antioxidants”

supply the free radical with a replacement for a missing electron.

Free radicals and oxidative stress have been recognized as important factors in the biology of aging and of many age-associated degenerative diseases.

– *Nutrition interventions in aging and age-associated disease.*
Ann N Y Acad Sci. 2001 Apr;928:226-35.



FREE
RADICAL

The **açai** berry can fight the free radical threat with the natural power of antioxidants and **anthocyanins**.

An extremely potent type of antioxidant, **anthocyanins** are the pigments found in berries, red grapes, and other healthful foods.



Anthocyanins in red wine are thought to contribute to the “**French paradox**” – superior vitality and long life despite a prevalence of smoking and a diet high in saturated fat and cholesterol.

– *Cook-Fuller C, editor. Annual Editions Nutrition 00/01 – 12th ed.*
Connecticut: Dushkin/McGraw Hill; 2000.

Açai pulp contains 10-30 times the **anthocyanins** of red wine per equal volume.

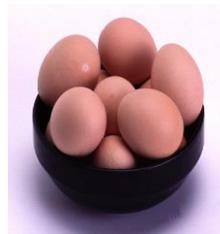
– *Rogez H. Açai: Preparo, Composição, e Melhormento da Conervação.*
Belem:EDUFPA; 2000.

Acai provides whole food nutrition

- High in amino acids
- A fatty acid profile similar to olive oil
- High in fiber
- Low sugar content - low glycemic index
- Excellent source of plant sterols
- Contains a generous amount of vitamins and minerals

Only Açai contains an amino acid profile similar to that of an egg

- contains a total of 18 amino acids



A fatty acid profile similar to olive oil including:

- 60 % Oleic – Omega-9 Essential Fatty Acid
- 12 % Linoleic – Omega-6 Essential Fatty Acid

An excellent source of plant sterols

- Acai contains valuable phytoosterols

- Sterols provide numerous benefits to the human body, namely the reduction of blood plasma cholesterol



Contains a generous amount of vitamins & minerals

- Contains a total of 9 minerals including:

- Calcium, Magnesium, and Zinc.

- Contains essential vitamins including:

- Vitamins B, C, and E.

Ingredients in addition to Acai



Concord Grape

Elderberry

Red Grape

Bilberry

Blueberry

Pomegranate

Red Raspberry

Grapeseed

Cranberry

Green Tea Leaf

Goji Berry (Lycium)



CONCORD GRAPES, RED GRAPES, GRAPE SEED



- Contain anthocyanins, polyphenols and flavonoids
- Help reduce blood pressure and cholesterol levels
- Help protect against cardiovascular disease and atherosclerosis
- Display anti-viral properties
- Help protect brain cells and brain function

Red Raspberry



- Promotes anti-aging
- Contains high levels of ellagic acid
- Ellagic acid is an effective anticarcinogen
- High in anthocyanins

Blueberry



- High in antioxidants
- Helps prevent cardiovascular disease
- May help fight cancers and Alzheimer's
- Helps improve eyesight and memory

Goji Berry (Lycium)



- Helps improve vision acuity
- Supports the immune system
- Helps protect against cellular damage
- Combats fatigue

Pomegranate



- Contains numerous polyphenols
- Helps reduce arterial plaque build up and blood pressure
- Helps reduce cholesterol
- Helps to neutralise free radicals

Bilberry



- High in antioxidants
- Supports vision health
- Helps prevent the formation of free radicals
- Helps reduce bad cholesterol levels

Green Tea



- Powerful antioxidant
- Green tea catechins can help prevent prostate cancer
- Boosts the immune system
- Contributes to heart health

Cranberry



- Contains high amounts of antioxidants, including anthocyanins
- Cranberry helps prevent the adhesion of bacteria to the bladder walls
- May help protect against infections caused by gastrointestinal viruses
- Cranberry juice promotes good cholesterol levels

"Cranberry Reduces Urinary Infections," Avorn, Jerry, M.D., Monane M, et al.: Journal of the American Medical Association, Mar. 9, 1994; 271: 751-4

Elderberry



- Helps reduce the severity of symptoms and duration of influenza
- Rich source of anthocyanins and polyphenols
- Rich in vitamin C
- Helps boost the immune system

Zakay-Rones Z, et al. Inhibition of several strains of influenza virus in vitro and reduction of symptoms by an elderberry extract (Sambucus nigra L.) during an outbreak of influenza B. Panama.J Altern Complement Med 1995 Winter;1(4):361-9

Independent Lab Testing

In an independent laboratory test by Dr N. Shealy, 36 people were selected to take part in a test on how using Mistify could potentially reduce the damage caused by Free Radicals – specifically the test identified reduction in *malondialdehyde* (MDA).

Of the 36 people selected, only 2 were identified as having all 4 “cornerstones of health”, which are defined as;

- Being a non-smoker
- Having a Body Mass Index (BMI) between 19-24
- Eating 5 servings of fruits and vegetables daily
- Exercise 20 minutes at least 3 times a week

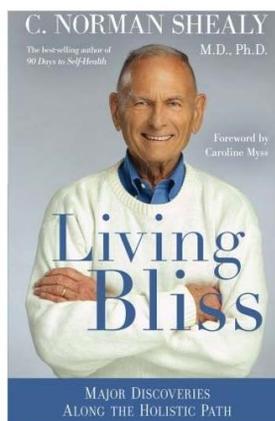


During the 3 week period, the participants were asked not to change anything about their diet or lifestyle, only to add taking 2 tablespoons of Mistify twice daily.

29 of 36 (80%) who completed the study had a reduction in free radicals and there was an average reduction of 56% in the value of free radicals in the urine in those who improved.

“Mistify is the first and only example of a food supplement that I have found to have a significant impact on cellular membrane integrity. Whether it’s heart disease, Alzheimer’s, cancer, arthritis – all of these are associated with free radical damage. Stress reduction helps reduce free radicals, but the BEST that we can find is actually the antioxidants found in good foods like the Acai and its relatives.”

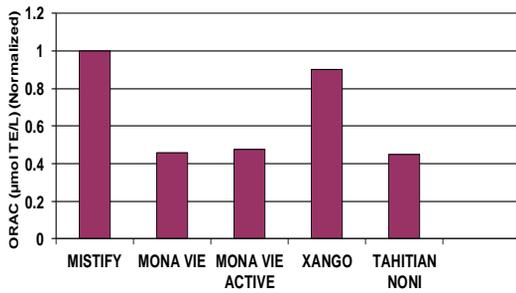
Dr Norman Shealy, 2007



Mistify in comparison to other Acai based products

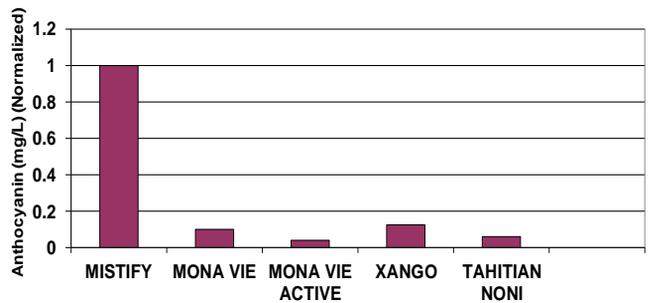
ORAC COMPARISON

ORAC is a measure of Oxygen Radical Absorbance Capacity – Antioxidant Activity



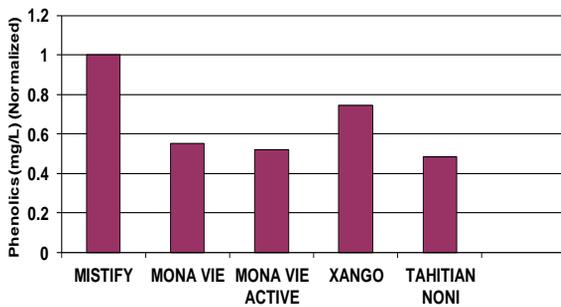
ANTHOCYANIN COMPARISON

Anthocyanins impart color to plants – providing powerful antioxidant protection



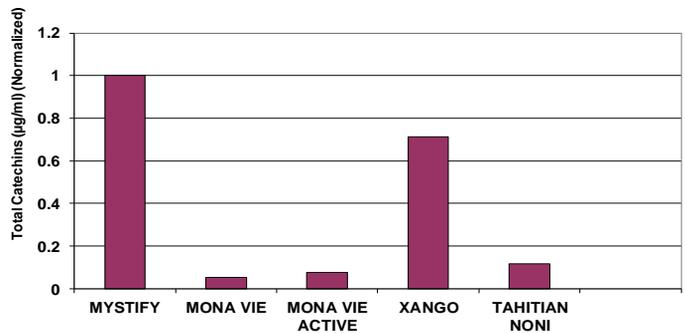
PHENOLICS COMPARISON

Biologically active compounds found in plants – impart antioxidant protection



TOTAL CATECHINS COMPARISON

Biologically active compounds found in plants – impart antioxidant protection



The Vital 3 System

The Vital 3 System is composed of 3 carefully formulated products that enhance the body's overall performance and wellness. These products contain pure ingredients that construct a framework for ideal health.

ProArgi-9+, PhytoLife & Mistify

Synergy came up with this three-pronged approach to modern health issues with unique products that:

- Increase Nitric Oxide Levels
- Reduce Inflammation
- Balance pH

- ProArgi-9 Increases Nitric Oxide ("Circulates and Enhances") --
- Mystify reduces inflammation ("Boosts and Protects") --
- PhytoLife balances pH ("Builds and Strengthens") --



Ingredients



- Chlorophyllin
- Peppermint
- Alfalfa
- Barley
- Mulberry



- L-arginine – 5g free-form, pharmaceutical grade
- L-citrulline
- Vitamin D3
- Vitamins B3, B9 & B12
- Vitamin C
- Vitamin K2
- Pomegranate juice
- Grape skin extract
- Steviol



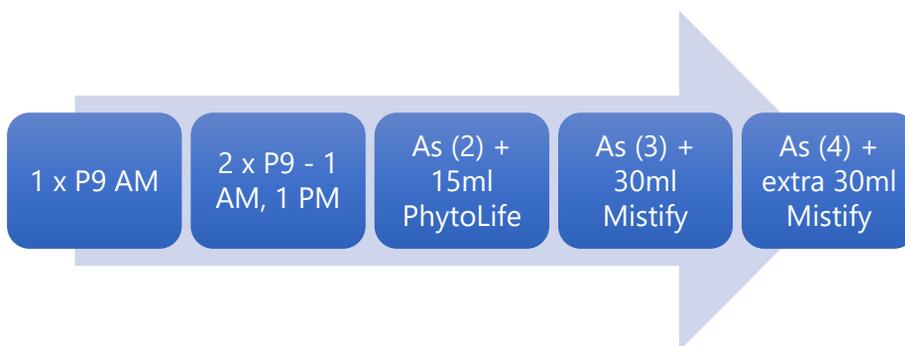
- Açai
- Concord Grape
- Elderberry
- Red Grape
- Bilberry
- Blueberry
- Pomegranate
- Red Raspberry
- Grapeseed
- Cranberry
- Green Tea Leaf
- Goji Berry (Lycium)

Using the V3 System

Experience has shown us that it is best to bring the V3 system into daily life in stages. Depending on your constitution, we recommend increasing your intake every 4 to 10 days. Possible detox symptoms may be apparent as your body begins to heal and clean itself of toxins and unwanted waste.

An example of increasing your intake over time:-

If you have a strong constitution, increase to each step every 4 days. If a sensitive constitution or likely to have high levels of toxins in the body then a step per 7-10 days.



Nutrition

The nutritional value of 1 salad in 1965...



...would need 47 salads in 2018 to match it



Swiss survey on the decrease of vitamins and minerals in fruits and vegetables from 1985 - 2002

	Mg per 100 gr	1985	2002	% diff
	Calcium	103	28	- 73 %
	Folic acid	47	18	- 62 %
	Magnesium	24	11	- 55 %
	Calcium	14	3	- 78 %
	Magnesium	27	14	- 48 %
	Calcium	37	28	- 24 %
	Magnesium	21	6	- 75 %
	Calcium	21	12	- 43 %
	Vitamin C	39	8	- 87 %



	Mg per 100 gr	1985	2002	% diff
	Calcium	56	22	- 51 %
	Folic Acid	39	30	- 23 %
	Magnesium	26	18	- 31 %
	Vitamin B6	140	32	- 77 %
	Calcium	8	7	- 12 %
	Folic Acid	23	5	- 79 %
	Magnesium	31	24	- 23 %
	Vitamin B6	330	18	- 95 %
	Magnesium	62	19	- 68 %
	Vitamin B6	200	82	- 59 %
	Vitamin C	51	21	- 58 %

V3 – Build, Sustain, Enhance

- The Importance of Constitutional Integrity
- Sustaining Homeostasis*
- Vital delivery pathway for optimal health

**The ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its physiological processes.*

	BUILD	SUSTAIN	ENHANCE
PROARGI-9+	Nitric Oxide	Blood Pressure	Vasodilation
PHYTOLIFE	White Blood Cells	pH (acid/alkaline)	Reduced Toxin Load
MISTIFY	Structural Integrity	Immune system	Tissue Elasticity

	L-ARGININE	SUPERFRUITS	SODIUM COPPER CHLOROPHYLLIN
HEART	NO – Vasodilation/ Blood Flow ↑	Endothelial Inflammation ↓ Açaí & Red Grape	Homocysteine Modulation via Cu ↓
BLOOD SUGAR	NO-Insulin Secretion and Transport ↑	Insulin Sensitivity ↑ Blueberry	Pancreas Support ↑
BRAIN	Endothelial NO modulates Amyloid Precursor Protein. ↓	APP Modulation ↓ Bilberry Inflammatory Stress ↓ Açaí Memory Function ↑ Concord Grape	Oxidative Damage ↓

About H2H

The Heart 2 Heart (H2H) team was created to enable team members to learn, share, empathise and build a successful business together, with a clear set of values;



- Love
- Courage
- Being Honest
- Staying Calm
- Being Humble

Unlike many Network Marketing organisations, the H2H team works crossline, upline and downline in a community spirit, understanding that whilst everyone is the master of their own business, they are not in business alone. You are a part of a large successful team with many people willing to help you achieve success.

It is of great advantage to leverage being a part of a large, supportive and successful team when it comes to talking to new people.



Kim Bradley, H2H founder

The team will lift you up when you are feeling low, celebrate your success, help you with 3 way calls for your customers, answer questions and be your biggest supporter. We call ourselves the Heart 2 Heart team, a name that means people who care about people.