



The Super-Nutrition of AlpineV

The Nutrition Guy Featuring John Heinerman, Best-Selling Author

In the last several years a number of exotic fruits have taken the American beverage industry by storm. Among the more well-known types are noni, mangosteen, and açai which have made their appearances in a variety of brands, but usually in severely diluted forms that include water and the inexpensive high-sugar juices of apple, grape, and pear. Such beverages often list ten or more ingredients on their respective labels, with the exotic fruits themselves actually being a lot less than what

There is really nothing illegal about doing this except that the consumers end up getting short-changed and paying a great deal more than they should for products with very little nutritional value in them. Because this practice is SO widespread within the beverage industry, it prompted three astute businessmen, a medical anthropologist, chemists and industry professionals to roll up their sleeves and go to work to come up with an affordable alternative that included MORE exotic fruits and NONE of the

high-sugar juice fillers such as apple, grape, and pear. Furthermore, they wanted something very high in its combined

nutritional value that would do the body good and not play havoc with a person's blood sugar levels as many competing products seem to do.

After nearly a year of intensive research and considerable taste testing, the final result was AlpineV, a sensational drinking experience on a health gauge equivalent to a massive ten on the Richter scale that would measure earthquakes of such monstrous proportions. The

underlying tremors to its strong nutritional goodness have already been felt by some of the competition who are deeply worried as to just how well their own exotic fruit beverages will perform alongside AlpineV. And as reports of its substantial value continue to spread with ever-increasing popularity, the competition will, no doubt, be further shaken by the wonderful nutritional results being obtained with AlpineV.

Just 4 & No More

One of the most telling features of this new beverage is its fine quartet of elegant fruits: the alpine sandthorn berry, guanabana, watermelon, and pomegranate. JUST FOUR and no more!

Another exciting feature is the incredible nutritional richness of this very unique and tasty mix.

Alpine Sandthorn Berry

According to the two-volume study *Hippophae L., A Multipurpose Wonder Plant*, edited by Virendra Singh and published in English in India (Delhi: Daya Publishing Rouse, 2006), alpine sandthorn berry (one of several names by which it goes) "is a highly nutritious fruit, with multiple uses for food, cosmetic and pharmaceutical industries" (11:285). Furthermore, as this multi-volume text states, "[it is] one of the richest plant[s] from the dietary point of view" with exceptionally high antioxidant activity, major vitamin C and beta-carotene contents, impressive amounts of folate (a water-soluble vitamin B), and vitamin E components including the more potent and readily absorbable tocotrienols (which have been making medical news of late), and respectable

The nutrition available in AlpineV makes it the BEST super-fruit formula in the industry

unsuspecting consumers may realize. The plain truth of the matter is that such constituted fruit drinks are really cheap to produce for mere pennies on the dollar. Were they to really contain significant amounts of the exotic fruits mentioned, their individual production costs would soar dramatically. So to help keep such expenses down as much as possible more water, apple, grape, and pear are utilized than are the single exotic fruits themselves.

FIRST super-fruit drink to reveal its potency (25 mg per 2 ounce serving)



amounts of major minerals such as calcium and iron (11:288-306).

In addition, alpine sandthorn berry "is a rich source of amino acids", including a number of the essential ones, such as tryptophane, isoleucine, methionine, leucine, valine, phenylalanine, lysine, and threonine. In fact, the total essential amino acids per 100 grams of alpine sandthorn berries is 51.57 mgs (11:306-307). It is also the only fruit known to contain the valuable omega 3, 6, 7 and 9 fatty acids which have proved indispensable for the brain, heart, lungs, muscles and nerves. The berry is common to selected parts of Eurasia. AlpineV has a whopping 25 grams of this exceptional fruit in every 2 ounce serving, considerably more than those meager amounts offered in other exotic fruit drinks.

Guanabana

The second fruit is guanabana (also known as soursop) which today is found in Bermuda, the Bahamas and throughout the West Indies as well as from southern Mexico to Peru and Argentina. It is very high in vitamin C and phosphorus, with respectable amounts of calcium and certain B vitamins (thiamin, riboflavin, and niacin), and has impressive yields of certain amino acids (tryptophane and methionine), being particularly rich in lysine (60 mgs per 100 g of fruit pulp). (A nutritional analysis of the guanabana was obtained from the Laboratorio FIN de Nutricion in Havana, Cuba, where it is used extensively to prevent nutritional deprivation.)

Watermelon

Watermelon is the third juice component in the AlpineV beverage. This sweet and juicy fruit is an excellent source of vitamin C and packed with considerable vitamin A in the form of the carotenoid, lycopene. It is also rich in some the B vitamins necessary for energy production, especially B-6 and B-1. These several nutrients make watermelon one of the richest sources in nature for some very important antioxidants, as well as containing considerable fiber which exerts positive effects on blood

sugar and cholesterol metabolism.

Pomegranate

Pomegranate is the last fruit added to AlpineV. While containing moderate amounts of calcium, iron and phosphorus, it excels in potassium (259 mg per 100 g of fruit pulp). Along with its modest vitamin content, surprisingly enough it contains a trace amount of boric acid, which in company with various tannins, gives the fruit its distinctive astringency or puckery flavor and makes it highly valuable for its antibacterial, antifungal and antiseptic properties.

It's the Nutrition That Counts

As a medical researcher of many years, I've come to the conclusion that what the human body really needs is good nutrition (or what I call nutritionals) in order to repair itself and function reasonably well. A good part of this should obviously come from carefully selected foods that will do the body good and afford it the greatest amount of nutrients possible.

But another portion needs to come from supplemented sources which are easily absorbed into the body with minimal difficulty. Capsules and tablets don't quite measure up to this as well as liquids do. Which is why AlpineV comes to you as a wonderful beverage enclosed in elegant glass instead of a plastic pill bottle. Being intimately acquainted with each of this product's four lovely constituents and knowing well their full array of fine nutrients, I can understand how this remarkable beverage mix performs so outstandingly within human and animal systems.

Basically what happens is this: The full complement of nutrients contained therein goes to those parts of the body most in need of nutritional support. (I like those body parts, be they major organs, vital glands, or functioning systems, receive sufficient nutrition from adequate daily intakes of AlpineV, then they are able to return to normal operation. When this happens, any number of problems are remedied simply because the body was given the

necessary nutritionals it so desperately needed for health restoration.

I've heard countless tales from many well-intentioned distributors of competing exotic fruit drinks, making medical claims all over the place for presumed recoveries from this-and-that ailment. As a scientist, such reports greatly concern me for two very legitimate reasons: (1) Those telling such improbable stories are making medical claims for the drinks they represent; and (2) assigning pharmaceutical activities to such products, whether doing so unintentionally or otherwise. Only licensed physicians can diagnose and prescribe! For anyone else in a selling or management position to do so is being highly irresponsible. That is why the three co-founders of the company that sells AlpineV, and myself as their in-house 'science guy', have always insisted that those who represent this exceptional beverage, always do so from a nutritional rather than medical perspective. For it is the DYNAMIC NUTRITIONALS within that make it work so astoundingly well in helping the body to readjust in different ways, and going from vitamin-mineral deprivations to states of nourishment which account for true health after all. AlpineV doesn't need wild medical exaggerations as many of its competitors seem to do to gain market notoriety. Nor does it want any of those representing it falling to the same 'doctoring' temptations that scores of other exotic fruit juice distributors have so carelessly done.

The incredible nutrition in the AlpineV drink speaks for itself and what it is capable of doing. For once the body becomes use to this marvelous source of tremendous nutrition, it will actually crave it when daily intakes of 2 ounces somehow become temporarily interrupted. The body knows what's good for it and immediately recognizes those few sources offering the greatest amount of nutritionals. Which helps to explain why the body remembers AlpineV for so long and is constantly communicating its desires for more of the same in different ways.