



Fruits
of Nature



The natural way
to achieve **better**
Health



ESSENTIAL OILS THAT YOUR BODY NEEDS
"ESSENTIAL IS A MUST HAVE"

“Invest in your health”

and begin the path to a pleasant, and healthy living

Every day brings us many challenges and we need to be able to prepare our body to endure them and overcome them , In Fruits of nature we develop products that will give your body the resources that it needs to fight off this circumstances and function more effectively , we now bring you our first premium dietary supplements line of products that will take your body and your spirit further to a pleasant and healthy living.



Fruits
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Avocado OIL



Benefits



Vitamins C, E,
K, and B6



Helps
digestion



Helps
detoxification



Benefits

- Excellent source of vitamins C, E, K, and B6
- Improves digestion
- Natural detox

Avocado oil is a major source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta-carotene, and omega-3 fatty acid—an avocado is high in fiber with approximately 6-7 grams per half fruit. Eating foods with natural fiber can help prevent constipation, maintain a healthy digestive tract, and lower the risk of colon cancer. Adequate fiber promotes regular bowel movements, which are crucial for the daily excretion of toxins through the bile and stool. Recent studies have shown that dietary fiber may also play a role in regulating the immune system and inflammation.



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Nutrition Facts

180 servings per container

Serving size

1 softgel (1g)

Amount per serving

Calories	10	% daily value*
Fat (lipids) 1g	1%	***
Organic Virgin Avocado Oil 1000mg (<i>Persea gratissima</i>) (fruit)		****
Typical Fatty Acid Profile:		
Omega 6 Linolenic Acid 16-18%		
Omega 9 Oleic Acid 54-74%		****
Other Fatty Acids		****

* Percent daily values are based on a 2,000 calorie diet

****Daily value not established



Fruits
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Chia OIL



Benefits



Helps
burn fat



Radiant
Skin



Heart
help



Benefits

- Helps burn stored fat
- Promotes Radiant and Youthful Looking Skin
- Support for Heart and Cardiovascular Systems

Chia oil supplements have a high amount of fatty acids, the high fat will tell the body that it has eaten enough dietary fat so that it can safely begin to burn its stored fat. It's well documented that omega-3 essential fatty acids are essential for heart health. Chia seeds' ability to reverse inflammation, regulate cholesterol and lower blood pressure make it extremely beneficial and supportive for the heart and the cardiovascular system. Looking for that "glowing" and radiant skin? Chia Seeds have more antioxidants than blueberries and those same qualities are present in organic chia oil, delivering essential, anti-aging nutrients, to your skin and hair.



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Nutrition Facts

180 servings per container	
Serving size	1 softgel (1.2 g)
Amount per serving	
Calories	10
	% daily value*
Fat (lipids) 1.1 g	2%***
Protein 1 g	1%***
Chia seed Oil 1.2 g	****
Yielding:	
Alpha Linolenic Acid (ALA) 1.2g	
Omega 3 720 mg	****
(Alfa Linolenic acid)	
Omega 6 150 mg	****
(Linolenic acid)	
Other fatty acids	
*** Percent daily values are based on a 2,000 calorie diet	
****Daily value not established	



Fruits
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Cod liver OIL



Benefits



Omega 3



Child
development



Vitamin
A and D





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ingredients

Benefits

- One of the best sources of omega 3 fatty acids
- Perfect for child development
- Excellent source of vitamin A and vitamin D

Cod liver oil is a nutrient-dense source of essential vitamins including vitamin D and vitamin A as well as anti-inflammatory omega-3 fatty acids, considering most people don't eat enough anti-inflammatory foods that provide both vitamin D and omega-3s (important nutrients that play a crucial role in cardiovascular, hormonal, immune, reproductive and neurological health) many adults and children can benefit from regularly supplementing with cod liver oil.

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Nutrition Facts

180 servings per container	
Serving size	1 softgel (1.2g)
<hr/>	
Amount per serving	
Calories	10
	% daily value*
Fat (lipids) 1g	2%***
Polyunsaturated fat 0.5	****
Cholesterol 10 mg	3%****
Fish oil 1200 mg 1.2g	****
Provides 360 mg of Total Omega-3Fatty Acidst comprising of:	
EPA (Eicosapentaenoic acid)	****
DHA (Docosahexaenoic acid)	****
Other fatty acids	****

*** Percent daily values are based on a 2,000 calorie diet

****Daily value not established



Fruits
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Cerely OIL



Benefits



Helps
Lower High
Cholestaerol



Anti-
inflammatory



Helps Prevent
High Blood
Pressure



Benefits

- Helps Lower High Cholesterol
- Natural anti-inflammatory
- Helps Prevent or Treat High Blood Pressure



Benefits of celery include its cholesterol-lowering power that make it useful for improving or maintaining heart health. Celery contains a unique compound called 3-n-butylphthalide (BuPh) that has previously been reported to have lipid-lowering action. Celery contains antioxidants and polysaccharides that are known to act as anti-inflammatories, especially flavonoid and polyphenol antioxidants. These support overall health, especially as someone ages, by fighting free-radical damage (or oxidative stress). Celery seed extracts have anti-hypertensive properties that help reduce high blood pressure, one of the important risk factors for coronary heart disease that is the largest cause of mortality in industrial countries.

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Nutrition Facts

180 servings per container	
Serving size	1 softgel (0.5g)
Amount per serving	% daily value*
Celery 500 mg (Apium Graveolens) (Seed)	***

*Daily value not established



Fruits
of Nature

Coconut OIL



Benefits



Improves
memory



Helps
skin care



Immune System
Booster



Benefits

- Improves Memory and Brain Function
- Perfect for skin-care.
- Immune System Booster



Coconut oil contains lauric acid (monolaurin), which is known to reduce candida, fight bacteria and create a hostile environment for viruses. Many diseases today are caused by the overgrowth of bad bacteria, fungi, viruses and parasites in the body. The high fat content has been shown to help improve certain skin conditions by healing wounds, reducing rashes and preventing acne. * Its anti-inflammatory effect works wonders for soothing skin ailments. coconut oil is rich in medium-chain triglycerides, or MCTs, which are metabolized a little differently than most types of fat. The MCTs in coconut oil break down into ketones, which can be used by brain cells for fuel. Supplying the brain with some extra fuel might make it run better.

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Nutrition Facts

180 servings per container	
Serving size	1 softgel (1g)
Amount per serving	
Calories	12.5
	% daily value*
Fat (lipids) 1.25g	2%***
Saturated fat 0.5g	2%****
Organic Coconut Oil 1000 mg	8%

* * * Percent daily values are based on a 2,000 calorie diet

***Daily value not established



Fruits
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Coriander OIL



Benefits



Increases
Libido



Tones
Stomach



Purifies
the Blood



Benefits

- Increases Libido
- Tones Stomach
- Purifies the Blood



Coriander oil stimulates and warms up the organ systems and various functions going on inside the body. It stimulates hormone and enzymes secretions, digestion, excretion, brain functions and nervous system activity. It also fights depression and boosts your spirits. Coriander Oil cleans the blood of toxins and thus acts as a detoxifier or blood purifier. It helps to remove regular toxins like uric acid, heavy metals and certain compounds and hormones produced by the body itself, as well as other foreign toxins which get into the blood accidentally. It ensures good health of the stomach by regulating all stomach functions and toning up the stomach.

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ingredients**

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Nutrition Facts

180 servings per container
Serving size 1 softgel (0.5g)

Amount per serving % daily value*

Coriander 500 mg
(Coriandrum Sativum) (Seed)

**** Daily value not established



Fruits
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Ginger OIL



Benefits



Natural
Aphrodisiac



Improves Liver
Function



Helps with
respiratory
problems



Benefits

- Natural Aphrodisiac
- Improves Liver Function & Digestion
- Aids Respiratory Problems

Ginger essential oil removes mucus from the throat and lungs, and it's known to beat the common cold and flu, naturally treat cough, treat asthma, naturally remedy bronchitis and help with loss of breath. Ginger essential oil increases sexual desire; *it addresses issues such as impotence and loss of libido ginger has enormous potential as a treatment for nonalcoholic fatty liver disease, or NAFLD. (This hypothesis is based on ginger's antioxidant and triglyceride-lowering effects) Since oxidative stress is thought to be a primary cause of NAFLD. Ginger aids the digestive tract by toning muscles in the intestine and stimulating the breakdown of food particles. This activity promotes motility in the gastrointestinal tract and assists in transporting food and other substances out of the intestines. Thus, ginger can help soothe your gas pains, digest and metabolize fats and relieve common stomach pains.



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Nutrition Facts

180 servings per container	
Serving size	1 softgel (0.5g)
Amount per serving	% daily value*
Ginger 500 mg (Zingiber officinale) (Root)	***
****Daily value not established	

****Daily value not established



Fruits
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Vitamin E OIL



Benefits



Fights Free
Radicals



Repairs
Damaged
Skin



Improves
muscle
strength



Benefits

- Fights Free Radicals and Prevents Disease Development.
- Repairs Damaged Skin.
- Improves Physical Endurance and Muscle Strength.

Free radicals fight and break down the healthy cells in your body, and this can lead to heart disease and cancer. These molecules form naturally in your body, and they can cause severe damage when they accelerate or oxidize. Certain isomers of vitamin E have powerful antioxidant abilities that have the power to reduce free radical damage, fight inflammation, and therefore help naturally slow aging in your cells and fight off health issues like heart disease. Vitamin E benefits skin by strengthening the capillary walls and improving moisture and elasticity, acting as a natural anti-aging nutrient within the body. Physical performance. Research suggests that increasing vitamin E intake in the diet is linked with improved physical performance and muscle strength.



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Nutrition Facts

120 servings per container	
Serving size	1 softgel (400 mg)
Amount per serving	% daily value*
Vitamin E 600 UI	1333%
(D-alpha tocopherol, d-beta, d-gamma, delta-tocopherols d)	

***Daily value not established



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CLA OIL



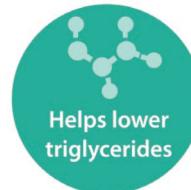
Benefits



Increases
metabolic
rate



Helps
burn fat



Helps lower
triglycerides



Benefits

- Increased metabolic rate.
- Helps burn stored fat.
- Lowers cholesterol and triglycerides.



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Cla lowers insulin resistance, this has shown that it helps prevent adult-onset diabetes and make it easier to control weight. With the variety of bacteria and poor immune systems in contemporary society, enhancing the immune system's ability to function properly is a positive benefit to all. CLA supplementation was also shown to improve the lean mass to body fat ratio, decreasing fat deposition, especially on the abdomen, and enhancing muscle growth. CLA achieves this reaction by it reduces body fat by enhancing insulin sensitivity so that fatty acids and glucose can pass through muscle cell membranes and away from fat tissue. This results in an improved muscle to fat ratio.

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Nutrition Facts

180 servings per container	1 softgel (1g)
Serving size	
Amount per serving	
Calories	12
	% daily value*
Fat (lipids) 1g	1%***
Safflower oil 1000 mg	8%****
CLA (Conjugated linoleic acid) 800 mg	****

*** Percent daily values are based on a 2,000 calorie diet

****Daily value not established



Fruits
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Rosemary OIL



Benefits



Rich in
antibacterial
properties



Boosts immune
system



Helps the
Gastrointestinal
System



Benefits

- Rich in antibacterial and anti-inflammatory properties
- Boosts immune system and memory
- Helps in regulating bowel movements and gastrointestinal system

The most important function of rosemary is as an anti-inflammatory agent in the body. Carnosol and Carnosol acid are two powerful antioxidants and anti-inflammatory compounds found in rosemary that have been linked to reducing inflammation of muscles, blood vessels, and joints.* This makes it an effective treatment for many things, including blood pressure, gout, arthritis, and injuries sustained during physical exertion or surgery. The active components in rosemary are antioxidant, anti-inflammatory, and anti-carcinogenic in nature. This represents a three-pronged attack against many different diseases and pathogens that could threaten the immune system or damage the integrity of the body. * The essential oil of rosemary is well-known for its ability to soothe digestive complaints and ease occasional abdominal discomforts by relaxing the muscles in the digestive tract. Rosemary stimulates appetite and improves gastric tone, allowing food to be more easily digested.*



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Nutrition Facts

180 servings per container	1 softgel (0.5g)
Serving size	% daily value*
Amount per serving	***
Rosemary 500 mg (Rosmarinus officinalis) (Seed)	

***Daily value not established



Fruits
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Turmeric OIL



Benefits



Anti-
inflammatory



Helps
digestion



Increases the
Antioxidant
Capacity



Benefits

- Natural Anti-Inflammatory.
- Increases the Antioxidant Capacity of The Body.
- Improves digestion and stomach health

Curcumin is the compound in turmeric that has potent anti-inflammatory property. As an anti-inflammatory agent, it inhibits the activity of nuclear factor kappa B- the master protein that regulates inflammatory process. Curcuminoids present in turmeric are strong antioxidants. Their antioxidant activity is comparable to vitamin C and E. As antioxidants they function in 3 ways-Reduce oxidative stress or imbalance between prooxidant and antioxidant species in the body- Raise the level of antioxidant enzymes- Scavenge free radical species that cause oxidative damage Curcumin's anti-inflammatory and antioxidant action is found to protect the digestive tract from bacterial infections. Traditional medicine states that turmeric is a carminative- it helps in relieving bloating, Turmeric is an effective digestive aid.



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Nutrition Facts

180 servings per container	
Serving size	1 softgel (0.5g)
Amount per serving	% daily value*
Turmeric 450 mg	***
(Curcuma longa) (Root)	
Black pepper 50 mg	***
(Piper nigrum) (Fruit)	

*** Percent daily values are based on a 2,000 calorie diet

****Daily value not established



Fruits
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Flaxseed OIL



Benefits



Omega
3, 6 y 9



Superb source
of fiber



High in
antioxidants



Benefits

- The 3 omegas 3,6 & 9
- Superb source of fiber
- High in antioxidants

Flax seed oil contains Omega-3 essential fatty acids, "good" fats that have been shown to have heart-healthy effects. Each tablespoon of ground flaxseed contains about 1.8 grams of plant omega-3s. One of the most extraordinary benefits of flax seeds is that they contain elevated levels of mucilage gum content. Mucilage is a gel-forming fiber that is water soluble and has incredible benefits on the intestinal tract. The mucilage can keep food in the stomach from emptying too quickly into the small intestine which can increase nutrient absorption. Also, flax is extremely high in both soluble and insoluble fiber which can support colon detoxification, fat loss and reduce sugar cravings. Amongst its other incredible nutrition facts, flax seeds are also packed with antioxidants. Lignans are unique fiber-related polyphenols that provide us with antioxidant benefits for anti-aging, hormone balance and cellular health.



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Nutrition Facts

180 servings per container	
Serving size	1 softgel (1g)
<hr/>	
Amount per serving	
Calories	10
	% daily value*
Fat (lipids) 1g	2%***
Organic Flaxseed Oil 1000mg	****
<hr/>	
Typical Fatty Acid Profile:	
Omega 3 ALA (alpha-linoleic acid) 40-60%	****
Omega 6 Linolenic Acid 12-18%	****
Omega 9 Oleic Acid 12-18%	****
Other Fatty Acids 1-5%	****

*** Percent daily values are based on a 2,000 calorie diet

****Daily value not established



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Green Tea OIL



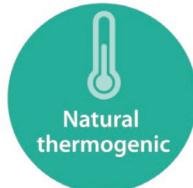
Benefits



Excellent
source of
antioxidants



Improves
brain function



Natural
thermogenic



Benefits

- Excellent source of antioxidants
- Improves brain function
- Natural thermogenic

MRIs revealed that people who drank green tea had greater activity in the working-memory area of their brains. Green tea has also been shown to help block the formation of plaques that are linked to Alzheimer's disease. (*Camellia sinensis* plant) Green tea consists of leaves that haven't been fermented so they contain the highest level of antioxidants. For example, flavonoid antioxidants account for about 30 percent of the dry weight of green tea leaves. A well-known compound found in green tea is called EGCG (which stands for epigallocatechin-3-gallate). EGCG is associated with enhanced metabolic activities that may prevent weight gain or assist with weight maintenance. Some of the ways that EGCG seems to work is by boosting thermogenesis (the body producing heat by using energy) and suppressing appetite.



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Nutrition Facts

180 servings per container

Serving size

1 softgel (1g)

Amount per serving

% daily value*

Green tea 1000 mg
(*Camellia sinensis*) (leaf)

***Daily value not established

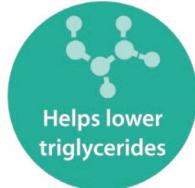


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Fish OIL



Benefits



Helps lower
triglycerides



Helps reduce
joint pain



Prevents
memory loss



Benefits

- Excellent for lowering elevated triglyceride levels.
- Helps curbing stiffness and joint pain.
- Prevents memory loss linked to aging.

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ingredients

Fish oil supplements can lower elevated triglyceride levels, having elevated levels of this fat in the blood puts you at risk for heart disease. Fish oil supplements contain (EPA+DHA) acids which are fats that can curb stiffness and joint pain. Omega-3 supplements also seem to boost the effectiveness of anti-inflammatory drugs, research suggests that omega-3s may help protect against Alzheimer's disease and dementia, and have a positive effect on gradual memory loss linked to aging.

Certificados



Nutrition Facts

180 servings per container	
Serving size	1 softgel (1.2g)
Amount per serving	
Calories	10
	% daily value*
Fat (lipids) 1g	2%***
Polyunsaturated fat 0.5g	****
Cholesterol 10 mg	3%****
Fish oil 1200 mg 1.2g	****
Provides 360 mg of Total Omega-3 Fatty Acid(s) comprising of:	
EPA (Eicosapentaenoic acid)	****
DHA (Docosahexaenoic acid)	****
Other fatty acids	****

*** Percent daily values are based on a 2,000 calorie diet

**** Daily value not established



Fruits of Nature

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