

Liquid dietary supplement made from fruit juice and vitamin C.

Do you need to boost your intake of antioxidants and vitamin C in your diet?

Do you fancy a great tasting still drink with no added sugar?

Did you know that antioxidants can combat free radicals?

What does Riovida provide?

Vitamin C helps reduce tiredness and fatigue, protect cells against **oxidative damage** and maintain normal **immune system** function.

Contains ingredients from 6 fruits: grape, apple, blueberry, pomegranate, açai and elderberry.

Contains 600 mg of 4Life Transfer Factor Tri-Factor Formula per dose.

Low in calories.

Nutritional Information

Daily dose: 30 ml

Daily doses per bottle: 16

Amount per daily dose		%NRV*
Calories:	20 Kcal	—
Protein:	0.3 g	—
Total carbohydrate:	4.54 g	—
of which sugars:	3.17 g	—
Fibre:	0.24 g	—
Total fat:	0.12 g	—
Vitamin C	60 mg	75%
Colostrum	420 mg	—
Egg yolk	180 mg	—
Apple	11 g	—
Blueberry	8.78 g	—
Grape	7.53 g	—
Pomegranate	1.31 g	—
Elderberry	0.87 g	—
Açai	0.08 g	—

*NRV: Nutrient Reference Values



NET VOLUME: 2 x 500 ml

INGREDIENTS: Apple juice (*Malus domestica*), blueberry juice (*Vaccinium myrtillus*), grape juice (*Vitis vinifera*), thickener (glycerin), pomegranate juice (*Punica granatum*), elderberry juice (*Sambucus nigra*), 4Life Tri-Factor™ Formula (made from colostrum (**milk**) and **egg** yolk), L-ascorbic acid, berry cream flavour, açai berry pulp powder (*Euterpe oleracea*), antifoaming agent (silicon dioxide)

Enjoy a healthy lifestyle with other 4Life products according to your nutritional goal



SPORTSPEOPLE: PRO-TF™, Energy Go Stix™, Glutamine Prime™, Fibro AMJ™ and Renuvo™.

WEIGHT CONTROL: 4LifeTransform Burn™, Super Detox™, Fibre System Plus™ and Nutrastart™ (as a meal replacement).

SUPPLEMENT YOUR DIET:

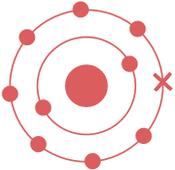
Women: RiteStart™, Belle Vie™ and 4LifeTransform™ Woman.

Men: RiteStart™, MalePro™ and 4LifeTransform Man.

DIRECTIONS: Drink 30 ml daily. Shake well before serving. Once opened, keep refrigerated and consume within 14 days of opening.

Warnings: Store in a cool dry place before opening. Do not exceed the recommended daily dose. Dietary supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. KEEP OUT OF THE REACH OF CHILDREN.

Free radicals and antioxidants

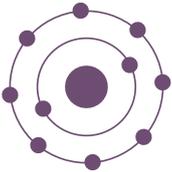


What are free radicals and what causes them?

Human beings need oxygen to survive and to give them energy. Despite being necessary, in high quantities, oxygen can be toxic because it produces highly reactive substances (free radicals).

When excessive quantities of free radicals are produced, or when antioxidant defence systems fail, free radicals can react with cellular components and cause oxidative damage (to the skin, arteries, joints, etc).

Certain factors increase the production of free radicals, such as smoking, pollution, stress, etc.



Antioxidants

To counteract the effect of free radicals, the body has antioxidant defence systems. Certain vitamins, minerals and plant components also help protect cells from oxidative damage.



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