

Body Balance

Nutrition from Land & Sea

Very much like the Wallachs, when Gerri and Wayne Hillman first founded Life Force, they were determined to bring better health to the world through foundational nutrition. When deciding on a formula that would make the most impact on health, they didn't limit themselves to only land-bound nutrients – they also turned their attention to the nutrients locked away in the depths of the sea. Oceans cover roughly 70 percent of the earth and contain 50 to 80 percent of all life on earth,^{1,2} making them the ideal place to source unique, life-giving phytonutrients.

What Are Phytonutrients?

Many plant extracts from around the globe contain the vital compounds that support human health – these are called phytonutrients.³ You already get some through the fruits and veggies you normally eat, but there are many more that can be obtained through greens we don't typically see on our dinner plates.

Sea nutrients contain many of their own unique phytonutrients, like fucoidan, which offers many potential health benefits for the immune system, thanks to its antioxidant effects.⁴ Phytonutrients from both land and sea provide a wide assortment of beneficial compounds, perfect for filling in the gaps in our nutrition.



Affected systems:



Immune



Digestive



Endocrine



Skeletal



Brain

+more

Supplement Information

Nutrition Facts

Serving Size 1/2 Cup (120mL)
Servings Per Container 8

Amount Per Serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Sodium 20mg 1%

Potassium 80mg 2%

Total Carbohydrate 4g 1%

Sugars 4g

Protein less than 1 gram

Vitamin A ** • **Vitamin C ****

Calcium 4% • **Iron ****

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, and dietary fiber.

**Contains less than 2 percent of the Daily Value of these nutrients.

*Percent Daily Values are based on a 2,000 calorie diet.

Recommended use: Shake before use. Drink ½ cup (120mL/ 4 fl. oz) as needed to support energy and hydration. Can be taken on an empty stomach. Refrigerate after opening.

Other Ingredients: Organic Aloe Vera inner leaf juice from concentrate (Purified Water, ACTIValeo® - Organic Aloe Vera inner leaf juice), Organic Honey, SeaNine® Sea Vegetable Blend (Fucus vesiculosus, Chondrus crispus, Ascophyllum nodosum, Laminaria digitata, Prophyra yezoensis, Palmaria palmata, Ulva lactuca, Alaria esculenta, Gigartina chamissoi), Natural Black Cherry Flavor, Malic Acid, Citric Acid, Caramel Color, Potassium Benzoate (to preserve freshness), Potassium Sorbate (to preserve freshness), Elderberry (Sambucus nigra L) fruit extract, and Rebadioside A (Purified Stevia Leaf Extract).

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What Sets Body Balance Apart?

Body Balance is a highly absorbable liquid dietary supplement derived from organically grown, sustainable harvested whole foods. Below, we've listed out the main ingredients of this great tasting Black Cherry blend and what makes each of them ideal for supporting your health through nutrition.

SeaNine® Sea Vegetable Blend - Sea vegetables are loaded with minerals, vitamins, amino acids, enzymes, and fiber – all of which are essential for optimal health. They also provide beneficial antioxidants and fucoidan, which can help protect your body at the cellular level.^{5,6,7}

Aloe Vera Leaf Juice – Aloe vera contains over 75 vital nutrients and is best known for its wound-healing abilities. It has also been studied to support a healthy immune system, digestive system, and more.^{8,9,10}

SOURCES:

- 1 Did you know...? Marine Life / Ocean Facts, MarineBio Conservation Society
- 2 World Oceans Day – The Importance of a Healthy Ocean, UN Division for Ocean Affairs and the Law of the Sea
- 3 Phytonutrients, USDA National Agricultural Library, U.S. Department of Agriculture
- 4 Therapeutic Effects of Fucoidan: A Review on Recent Studies, 2019
- 5 Seaweed, The Nutrition Source, Harvard T.H. Chan School of Public Health

- 6 Nutritional and digestive health benefits of seaweed, 2011
- 7 How can antioxidants benefit our health?, Medical News Today
- 8 Aloe Vera: A Short Review, 2008
- 9 Pharmacological Update Properties of Aloe Vera and its Major Active Constituents, 2020
- 10 Aloe Vera, National Center for Complementary and Integrative Health, National Institutes of Health