



The Green and Red Diet

Professor Potter's dietary recommendations:

Primarily have a vegetarian diet including **fruits**, **vegetables**, and **herbs**. Following this advice, and being selective about both the type and quality of produce you consume will help to maximise your dietary intake of the important salvestrols. Wherever possible eat organic.

This is the easily remembered '**Green and Red**' diet, where the savoury course includes the **green vegetables** and **herbs**, and the dessert course includes the **red fruits**. It is no accident that as a species we prefer to eat savoury foods first and sweet foods after. This preference has evolved, we believe, to maximise the absorption and activation of vital nutrients, such as salvestrols.

For the savoury course the **vegetables** should be cooked as lightly as possible, and the goodness retained in the food. For example, if **vegetables** are boiled use the water from this to make gravy or sauces. Roasting whole **vegetables** is also a good way of retaining the plants goodness.

The **fruits** and **vegetables** with the highest salvestrol contents are listed below:

Vegetables: All "**Greens**", including:
Broccoli, cabbages, kales, savoy, brussels sprouts, cauliflower, kohlrabi, chinese leaf, spinach, chard, lettuces, watercress, green beans, broad beans, garden peas.
As well as artichokes (globe), red & yellow peppers, beansprouts, celery, salad rocket, avocado, pumpkins, squashes, gourds, marrows, zucchini, cucumbers, melons, gherkins.

Herbs:
parsley, sage, rosemary, thyme, basil, mint.

Fruits: All **Red** fruits:
(grapes, blackcurrants, redcurrants, blackberries, mulberries, cranberries, bilberries).
As well as apples, pears, pineapples, mangoes, tangerines.

Adequate amounts of salvestrols for maintenance of good health should be obtained from the diet when you:
Stick to the World Health Organisation's recommendation of five portions of fresh fruit and vegetables a day;
Make sure that the fruits and vegetables that you eat were picked at times of flowering and ripening; and
Make sure that the fruits and vegetables that you eat have not been treated with synthetic chemicals.

Prof. Potter is a Professor of Medicinal Chemistry, Director of the Cancer Drug Discovery Group in the Leicester School of Pharmacy at De Montfort University, England.



The healing power of salvestrols is equivalent to 20 kilograms (kg) of organic fruit for each Professional capsule and 33 kilograms (kg) for each Gold capsule!

A minimum of one hundred salvestrol points are required in your diet each day. Each capsule contains 350 Salvestrol points.



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