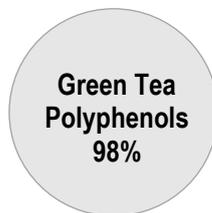


RUTIN+ GREEN TEA EXTRACT

60 Veggie Capsules

- Supports Cardiovascular & Immune Health*
- Antioxidant Support*
- Suitable for Vegetarians
- GMP Quality Assured
- Dietary Supplement

BHP's Rutin+ offers a convenient way to get the benefits of rutin and green tea in a highly concentrated form.



WHAT IS RUTIN?

Rutin is a flavonoid and is found in many plants, fruits and vegetables (1). The name rutin comes from *Ruta graveolens*, the scientific name of the herb common rue, which also contains rutin.

One of the richest source of rutin is tartary buckwheat (*Fagopyrum genera. F. tataricum*). Tartary buckwheat contains approximately 100 times higher amounts of rutin in its seeds compared to common buckwheat (2). Rutin acts as a quercetin deliverer to the large intestine.



Suggested Use: Take 2 capsules, 1 to 2 times daily with meals or as directed by a qualified healthcare professional.

Other Ingredients: Hydroxypropyl Methylcellulose Capsule, Magnesium Stearate, Silica.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Note: For adults only. Take with food. Consult physician if pregnant/nursing, taking medication or have a medical condition before using this product. Store in a cool, dry place. Keep out of reach of children.

Supplement Facts	
Serving Size: 2 Veggie Capsules	
Serving Per Container: 30	
Amount Per Serving*	
Rutin Extract (95%)	800 mg
Green Tea Extract (Tea Polyphenols 98%)	200 mg
* Daily Value not established.	

Rutin and Green Tea are great sources of antioxidants

WHAT ARE ANTIOXIDANTS AND WHY IS IT IMPORTANT

Antioxidants are molecules that fight damage by free radicals, unstable molecules that can harm cellular structures. Antioxidants do this by giving electrons to the free radicals and neutralizing them. Free radicals are molecules produced when your body breaks down food or is exposed to tobacco smoke and radiation. The body needs a certain balance between free radicals and antioxidants. When this balance is disrupted, it can lead to oxidative stress, which can cause all sorts of negative effects. Free radicals may play a role in heart disease, cancer and other diseases.

High amounts of Rutin occur naturally in foods especially Tartary Buckwheat

WHAT DOES RUTIN DO IN YOUR BODY?

Vitamin C Support

Rutin may work with vitamin C to enhance its effects, especially maintaining eye health and function.

Antioxidant Support

Rutin can scavenge superoxide radicals, which are the most active form of free radicals. It may also help to maintain the levels of reduced glutathione, which is another antioxidant.

Blood Sugar Support

Rutin targets blood sugar at various fronts:

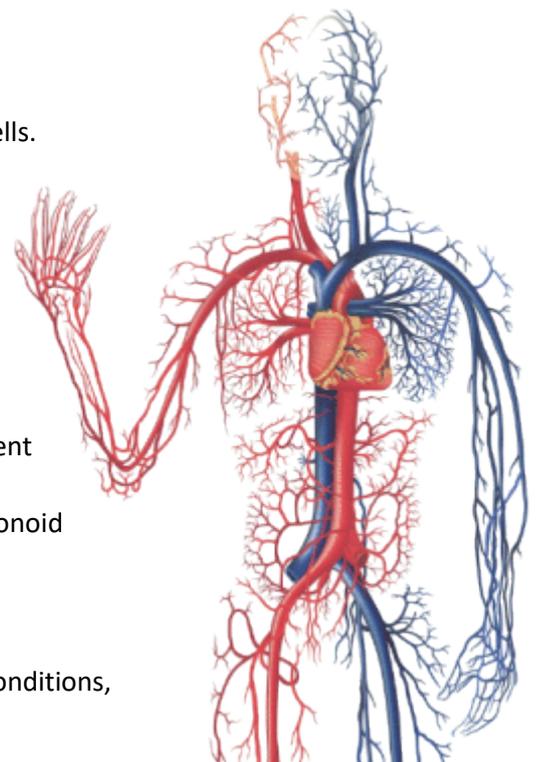
- Protects insulin producing cells from toxic agents.
- Enhances the release of insulin from insulin producing cells.
- Inhibits the digestion of carbohydrates in the gut thereby smaller amount of glucose would be released to the blood stream.

Blood Vessel Support

Rutin strengthens capillaries and can help people who bruise or bleed easily. It is known to offer nutritional support to the circulatory systems and is especially helpful in preventing recurrent bleeding caused by weakened blood vessels. One way it accomplishes this is through oxerutins, which are a group of flavonoid chemicals derived from naturally occurring rutin.

Additional Benefits

Rutin may also help manage other conditions such as seasonal conditions, varicose veins and stress.



GREEN TEA EXTRACT BENEFITS

The main active ingredients in green tea includes specific flavonols (kaempferol, quercetin, myricitin, and rutin), and the highly researched class of green tea catechins. Primary green tea catechins consist of epicatechin (EC), epicatechin gallate (ECG), epigallocatechin (EGC), and epigallocatechin gallate (EGCG). EGCG is the most potent in this group and is responsible for most of green tea's antioxidant and anti-inflammatory properties.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*