

Here's to a New Year of Health!

Cellagon is a simple concept; squeeze 41 different types of fruits, vegetables, herbs and oils into a concentrate in such a way (the complicated bit) that all the nutrients are kept alive, and you instantly provide countless vitamins, minerals, phytamins, fibre, probiotics and omega oils in their most natural form – from food. No need to worry about missing nutrients in the diet anymore!

At the beginning, people asked “Why do we need Cellagon?”. How do you inform people that there is not enough nutrition in the food we eat nowadays, when the government hasn't succeeded with their 5 a day campaign, on which they spend millions? The latest reports still show that people are not taking that message on board. If the government outlined the real issue – the reduced quality of food, even the ‘fresh’ produce we eat and that studies show direct links between lack of nutrition and disease, there would be uproar and rightly so. So instead they just encourage us to eat more of the same in order to get our nutrition in order.

Cellagon fills the nutritional gap, and not only do you enjoy great immediate effects but you can also look forward to the long term, as again in 2006 many studies continue to show that fruits and vegetables in the diet protect us from disease, help our children's development and keep our mind and body's feeling and looking young too!



Wishing you a happy, healthy
New Year from Envida!

Melody Williams
Melody Williams

The Problem with Pills

Taken from Jane Clarke, Daily Mail on 17th October 2006 and Dr. Dave Hnida, “Produce Better Than Pills For Getting Antioxidants”

People are often seduced into buying pills... but the best source of vitamins and minerals is freshly-picked produce.



“You glean far more vitamins and minerals from food than a pill”

“But what if you don't get five-a-day is a supplement a good back-up?” asks Jane Clarke.

“The fact is you glean far more vitamins and minerals from food than from a pill, because the body absorbs food better.

Dr Hnida agrees that “when it comes to getting antioxidants into the body, it turns out produce is the best way to go.”

“Antioxidants are those chemicals which help fight aging, keep arteries open and prevent tumors from growing.

Research from Cornell University suggests the body handles the vitamins and nutrients it gets from food differently than how it handles pills.

There are more than 8,000 chemicals in fruits and vegetables which act as antioxidants.

Eating fruit or vegetables, you get a nice mix and match of these chemicals which is much more than you could ever get from bottles of vitamins.”

Escape the FLU this Winter!

Congress of the Italian Society of General Medicine

Report of Coldiretti, Nov 06

It has been scientifically proved that a correct diet rich of fresh fruit, vegetables and salad helps prevent and fight in a natural way the seasonal 2006-2007 flu that from January may involve 3 to 5 million people, according to the expectations of the Congress of the Italian Society of General Medicine (SIMG). We break down a few of the common ones all of which are all in Cellagon, and tell you how they help!

Oranges help our body absorb iron from vegetables and stimulate the defences of the immune system, preventing irritating colds because they are very rich in vitamin C. Apart from protecting from the flu, oranges are also good against cardio-vascular problems and have anti-stress properties. They have a lot of calcium and are useful in the prevention of bone fragility and osteoporosis.



Onion - rich in vitamins and mineral salts. It is a natural antiseptic, a good expectorant, it cleanses the intestine and heals chilblains.



Apples help us keep our lungs healthy and significantly improve the conditions of our breathing system.



Carrots are indicated for curing illnesses of the breathing system (from a simple cold to chronic bronchitis to asthma) and in the prevention of infectious illnesses.



Celery, thanks to its minerals, can free the breathing system.



Yellow and Green Vegetables Guard Against Blindness

Dailymail.co.uk 21.08.06

Long hours goggling at computer screens? Too much time by the telly? Your eyes are being strained more than ever. Not to worry though, there's something you can do to protect your sight. It seems vegetables rich in Carotenoids, such as Peas, Sweetcorn, Broccoli and Squash may be very good for your eyesight.



"Scientists have found that women under 75 who ate lots of vegetables had lower rates of age-related macular degeneration (AMD)." The compounds in brightly coloured yellow and green vegetables may help reduce the risk of AMD by absorbing blue light that could damage the area at the back of the retina. It also may help prevent the condition by strengthening eye membranes and mopping up free radicals, say scientists.

While the World Heats Up Over Global Warming, Cellagon Keeps Its Cool!

Processed foods need to be kept 'fresh' on store shelves. In order to do this they are heated to extremely high levels in the process of pasteurisation. This kills all the bacteria. It also kills most of the nutrients! Unfortunately even the premium juices, smoothies and health drinks have undergone this procedure due to their packaged nature.

Cellagon is concentrated using a patented process at low temperatures of 29°C to press the ingredients without damaging any of the delicate nutrients our body needs. This is done using a vacuum and in the absence of air and light. Another one of the reasons why it is so incredibly effective.

