



A jam that strengthens your brainpower.

Anti-Aging Bread Spread

This yummy extract packs a big berry punch

Blueberries are one of the richest sources of antioxidants, which protect against cancer, heart disease, and the aging process. Eating just $\frac{1}{2}$ cup a day may improve balance, coordination, and short-term memory.

Here's a delectable way to get your daily quota: **Blueberry Solid Extract is a concentrated spread made from 90% New Jersey blueberries.** The product was developed through a partnership

of New Jersey blueberry growers, researchers at Rutgers University, and Herbalist & Alchemist in Washington, NJ, an herbal company founded by noted herbal educator David Winston. Two tablespoons of the extract, which makes a delectable spread or tea, equals a $\frac{1}{2}$ -cup serving of blueberries.

Find Blueberry Solid Extract at most health food stores. A 3-oz jar retails for about \$16.75; a 6-oz jar is \$30.