



Process & Packaging, Inc.

Fortified Water & Juices

By Dr. Alicja Zobel Ph.D.

Extensive research supports the benefits of fortifying drinking water with high quality minerals, ensuring that you receive the same standardized benefits in each and every drop.

Mineral Smart Certified drinking water ensures a proper balance of minerals that the body needs.

CALCIUM (Ca): Macro element. Essential for Healthy Bone Structure.

MAGNESIUM (Mg): Macro element. Essential for the coordination of many cellular & normal body functions. A Crucial catalyst for strengthening the immune system and creating energy at a cellular level.

POTASSIUM (K): Macro element. Responsible for transferring essential nutrients across cell membranes, allowing maximum absorption of other Essential Minerals, crucial to your health.

SELENIUM (Se): Trace element. Essential in enhancing the immune system. Works as an antioxidant to remove and prevent free radical damage. Selenium supplementation has been found to reduce rates of prostate and colorectal cancers and increases the elasticity of the arteries and veins, helping to prevent heart disease.

ZINC (Zn): Micro element. Essential for synthesis of DNA, which is necessary for cell multiplication and encourages healing of cuts & bruises. Also supports normal prostate functions and helps eliminate free radical damage.

COPPER (Cu): Micro Element. Essential in increasing the elasticity of the arteries and veins, therefore coordinating the proper function of the circulatory system. Also responsible for strengthening the nervous system throughout the body.

CHROMIUM (Cr) and VANADIUM (V) are responsible for proper reaction of insulin, lowering level of sugar in our blood. Beneficial for Diabetes control in relation to insulin levels in the blood.

Dr. Alicja Zobel Ph.D.

World renowned researcher, Dr. Alicja Zobel originally from Poland, residing in Canada is concerned about how the health of our bodies is affected by our diet, and which specific nutrients our bodies must have to stay well.

Dr. Zobel is a professor of biochemistry, cell physiology and photo-chemistry at the University of Warsaw (Poland), Trent University (Canada) and visiting professor at Cornell University (U.S.A.). She holds two patents for anti-cancer natural products and was the secretary of the Phytochemical Society of North America for seven years. As a researcher, Dr. Zobel has applied her interest in the health of plant cells to the health of human cells, studying and teaching how every cell must be nourished, protected from bad environmental influences, and freed of harmful toxins, leading to a healthy body.



Dr. Zobel travels extensively in her research, collaborating with scientists at seven other international institutions. She participates in six to ten scientific meetings and colloquiums each year and gives free public seminars at Trent University (Canada) and



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Lublin Medical Academy (Poland). She has a phone-in program on Trent University Radio, and a book/calendar produced in response to her listeners.



When you see the SEAL, you know it's REAL.

Protecting the environment and water source by only certifying springs that naturally flow to the surface of the earth. For more information about the NSWA please visit their website.

WATER & JUICE BLENDS

Water and juice blends are fast becoming the beverage of choice for children and adults alike. With the alarming increase of type 2 diabetes and the link to soft drinks and fast food, high sugar diets. Fruit juice blends in spring and fortified water are not only a healthy and nutritional alternative but, also very good tasting and a pleasant change from carbonated soft drinks.

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