



3 SECOND SALAD

PRODUCT OVERVIEW:

Eating a diet rich in phytonutrients (a.k.a. plant nutrients) **promotes cellular health and supports proper immune function**.* It has never been more important to make sure you are getting enough plant-based nutrition. When you can't get enough, get 3 Second Salad.

The physician formulated 3 Second Salad Fruit & Vegetable Juice Caps utilizes ingredients sourced directly from fresh, whole foods to give you **10 servings of powerful phytonutrients** all contained in convenient and portable capsules. The power of science and specific technological advancements have made it all possible to **get your produce in pill form**. This product gives you beneficial plant-based nutrition, like that found in a fresh salad, but in just 3 seconds; the time it takes to swallow a capsule and continue with your busy day.*†

The groundbreaking AMES™ (advanced micro-encapsulated system) “beadlet” technology allows the 3 Second Salad to provide a **slower and protected release** of the delicate phytonutrients contained within each capsule for **maximum absorption**.

Don't let a lack of time and rising costs get in the way of your health, we make it simple to get complex nutrition by the capsule with 3 Second Salad.

3 SECOND SALAD PRODUCT HIGHLIGHTS:



5 SERVINGS of vital fruit phytonutrients from a proprietary blend of 8 different fruits packed with antioxidants and proanthocyanidins.



5 SERVINGS of nutritious vegetable phytonutrients from a proprietary blend of 8 unique vegetables that provide potent antioxidants and polyphenols.



AMES™ beadlets with Slow Reach technology to promote maximum nutrient potential.*



POTENT DIGESTIVE ENZYMES to promote increased absorption and maximum nutrient utilization.*



TRACE MINERAL BLEND that plays a vital role in the metabolic processes throughout the body and are necessary for achieving optimal wellness.*

†The aforementioned capsules contain the plant-based nutritional equivalent of 10 servings of fruits and vegetables, but it does not contain all of the nutrients found within whole fruits and vegetables.

*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.

bode PRO

3 SECOND SALAD

THE POWER OF PHYTONUTRIENTS:

3 Second Salad contains a number of potent phytonutrients, which simply means "plant nutrients," such as Proanthocyanins, Quercetin, Polyphenols, and other powerful plant-sourced antioxidants.

Plants contain thousands of these natural chemicals that have been found to be beneficial for human health. Phytonutrients can help **keep your body functioning properly** and have beneficial effects working with other essential nutrients to promote optimal health at the cellular level.

These potent micronutrients can help **aid in digestion, support healthy bones & muscles, promote a healthy immune system,** and so much more.*

Each capsule contains specifically selected fruits & vegetables that are especially high in phytonutrients for maximum potency.

3 SECOND SALAD PRODUCT FACTS:

The 3 Second Salad provides 10 servings of fruit & vegetable phytonutrients all contained inside a convenient, portable, and ready to take capsule.†

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Proprietary Fruit and Vegetable Blend PhytoServ® Fruit Blend and PhytoServ® Vegetable Blend.	650 mg	†
Proprietary Digestive Enzyme Blend Papain, Bromelain, Fungal Amylase, Cellulase, and Fungal Protease.	45 mg	†
Trace Mineral Blend	5 mg	†

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

† Daily Value not established.

Other ingredients: Carnauba Wax, HPMC (capsule), Monk Fruit, and Stevia.



*The aforementioned capsules contain the plant-based nutritional equivalent of 10 servings of fruits and vegetables, but it does not contain all of the nutrients found within whole fruits and vegetables.

*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.



3 SECOND SALAD

PRODUCT LABEL:

• PHYSICIAN FORMULATED • 8 FRUIT AND 8 VEGETABLE SOURCES INSIDE • DIGESTIVE ENZYMES • TRACE MINERALS

DIRECTIONS: Take 3 capsules daily with or without food. Swallow the capsules whole with water or open them up and add the beadlets to any food, shake, or smoothie.

Supplement Facts
 Serving Size: 3 capsules
 Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Proprietary Fruit and Vegetable Blend	650 mg	†
PhytoServ® Fruit Blend and PhytoServ® Vegetable Blend.		
Proprietary Digestive Enzyme Blend	45 mg	†
Papain, Bromelain, Fungal Amylase, Cellulase, and Fungal Protease.		
Trace Mineral Blend	5 mg	†

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.
 † Daily Value not established.

Other ingredients: Carnauba Wax, HPMC (capsule), Monk Fruit, and Stevia.

3 SECOND SALAD
FRUIT & VEGGIE JUICE CAPS
 with AMES™ beadlet technology

10 SERVINGS OF FRUIT & VEGETABLE PHYTONUTRIENTS

5 SERVINGS OF FRUITS - contains the phytonutrient equivalent of 5 servings of fruit including Grape Seed Extract, Wild Blueberry, Raspberry, Cranberry, Prune, Tart Cherry, Wild Blackberry & Strawberry.

5 SERVINGS OF VEGGIES - contains the phytonutrient equivalent of 5 servings of veggies with Broccoli Sprout, Carrot Powder, Onion Extract, Kale, Broccoli Extract, Tomato Powder, Spinach Powder & Brussels Sprouts.

POTENT DIGESTIVE ENZYMES - a blend of natural enzymes that aid in healthy digestion, increase the efficacy at which the body turns food into energy, and promotes maximum nutritional absorption.*

*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.

Distributed by: Bodē Pro, Inc.
 7343 E. Scottsdale Mall Suite 3001, Scottsdale, Arizona, USA 85251
 bodepro.com

CONTAINS 90 VEGETARIAN CAPSULES

PRODUCT USAGE:

As a dietary supplement, for individuals aged 6 and older **take 3 capsules daily with or without food**. For children under 6, take 1 capsule daily. You can swallow the capsules whole with water or open them up and add the beadlets to any food, shake, or smoothie, which is perfect for children or those who can't or don't want to take a capsule.

The 3 Second Salad beadlets are naturally sweetened with monk fruit allowing for a versatile application. **Sprinkle them on food, add in your favorite recipe, in a smoothie, yogurt, the options are endless.**

Store in a cool, dry place out of direct sunlight. Do not use if safety seal is broken. As with any supplement, we suggest you contact your healthcare provider before starting a new supplement routine.

3 SECOND SALAD TARGET MARKET:

3 Second Salad was designed to provide the average consumer with access to plant-based nutrition that truly matched the modern lifestyle. With a large portion of the population missing out the daily recommendations of fruit & vegetables, **3 Second Salad provides a healthy supplementation when you can't meet your daily requirements of phytonutrient nutrition.***†

*†The aforementioned capsules contain the plant-based nutritional equivalent of 10 servings of fruits and vegetables, but it does not contain all of the nutrients found within whole fruits and vegetables.

*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.





THE SCIENCE BEHIND THE BEADLETS:

BEADLET DISSOLUTION PROCEDURE

Approximately 30 mL of Deionized Water was inserted into two glass containers that were each warmed to the average human body temperature (~98F). The pH of the water was lowered to approximately 2.0 to mimic the physiological pH of human stomach acid, using Hydrochloric Acid. 1 gram of “red” beads were placed in the first container and 1 gram of “green” beads were introduced into the second container at time “0.” The mixture was allowed to “incubate,” with continuous agitation, maintaining temperature to mimic gastric churning and peristalsis for 30 minutes (the average gastric emptying time in the human stomach is from 20-40 minutes, depending upon stomach contents, age, and sex).

At the end of the 30 minutes, the beads were carefully extracted from the aqueous-acid solution and filtered. The beads were then allowed to dry to obtain accurate weights, indicating the dissolution of the beads during the digestion process. For testing purposes, green and red beadlets were colored for easy observation. This study was to test the slow release coating, not the contents inside.



Precisely weighed and measured materials.



Accurately timed.



Left contains the green beads after 30 minutes of agitation and heat. Right bottle contains the red beads after the same procedure.

OBJECTIVE FINDINGS:

“Green” Bead

Measurement	Time (0)	Time (30 mins)	Time (90 mins)
1. Weight	1.12 grams	0.985 grams	0.766 grams
2. pH	2.0	2.0	N/A
3. Temp (F)	98.6	99.0	N/A
4. Appearance	Clear	Pink/Yellow	Yellow-Green

“Red” Bead

Measurement	Time (0)	Time (30 mins)	Time (90 mins)
1. Weight	1.12 grams	0.987 grams	0.766 grams
2. pH	2.0	2.0	N/A
3. Temp (F)	98.7	99.0	N/A
4. Appearance	Clear	Deep Red	Light Red

[†]The aforementioned capsules contain the plant-based nutritional equivalent of 10 servings of fruits and vegetables, but it does not contain all of the nutrients found within whole fruits and vegetables.

*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.

OBJECTIVE FINDINGS (CONTINUED):

The objective findings note an approximate 35% decrease in the overall mass of the red and green beads when subjected to the beadlet dissolution procedure. **This suggests that that the majority of the beads safely make passage into the small intestine, bypassing digestion by the harsh acidic pH of the stomach.**

Although, this is an in-vitro experiment to test the hypothesis that the coating on both beads is engineered to “delay” the release of the active compounds, in-vitro studies are warranted to validate these findings.

A DISCUSSION ON THE BEADLET SCIENCE:

The human stomach is a dynamic organ utilized for food breakdown and to a lesser degree, digestion and absorption of nutrients. Interestingly enough, **the vast majority of nutrient absorption actually occurs in the small intestine rather than in the stomach.**

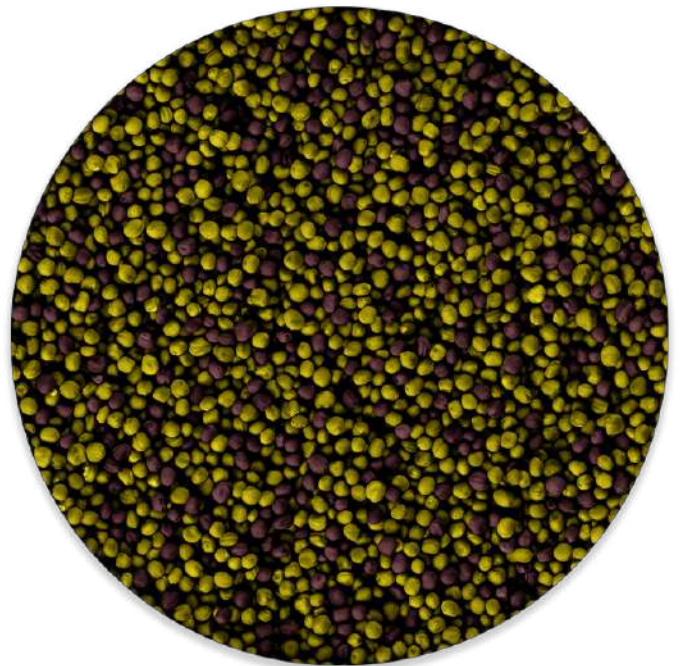
The pH of the average human stomach is from 1.5-2.5 (depending upon age, race, diet, medication, stomach contents and gender).

Once a material is ingested a chemical signal is sent from the stomach to the brain to release Hydrogen Ions from small transporters called “Proton Pumps.” These Hydrogen Ions rapidly form Hydrochloric Acid and dramatically decrease the stomach lumen pH to aid in digestion. The action of “churning” or gastric peristalsis also begins and further assists in breaking down food.

To mitigate the breakdown of certain ingested substances prior to entering the small intestine, “coatings” of various materials have been used to envelop active materials allowing for passage into the small intestine.

Once inside the first part of the small intestine (Duodenum) the pH rises dramatically to around 6-7.5. Where Pancreatic enzymes and other biliary products are released to further breakdown partially digested food into absorbable constituents.

We have implemented this type of coating for the 3 Second Salad AMES™ (Advanced micro-encapsulated system) beadlets. **We utilize a Slow Reach protective coating for a measured, precise, and controlled release of the delicate phytonutrients contained inside to promote maximum absorption.***



[†]The aforementioned capsules contain the plant-based nutritional equivalent of 10 servings of fruits and vegetables, but it does not contain all of the nutrients found within whole fruits and vegetables.

*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.

bode PRO

3 SECOND SALAD

KEY INGREDIENTS:

5 Servings of Fruit Phytonutrients – The exclusive PhytoServ® Fruit Blend contains the phytonutrient equivalent of **5 servings of fruits** which is a proprietary blend containing Grape Seed Extract, Wild Blueberry, Raspberry, Cranberry, Prune, Tart Cherry, Wild Bilberry & Strawberry.

5 Servings of Vegetable Phytonutrients – The potent PhytoServ® Vegetable Blend contains the phytonutrient equivalent of **5 servings of vegetables** which is a proprietary blend containing Broccoli Sprout, Carrot Powder, Onion Extract, Kale, Broccoli Extract, Tomato Powder, Spinach Powder & Brussels Sprouts.

Digestive Enzyme Blend – In addition to the AMES™ Beadlets, 3 Second Salad includes a unique blend of naturally-occurring enzymes that **aid in healthy digestion and increase the efficacy at which the body turns food into energy.***

Our Proprietary Digestive Enzyme Blend has been shown to **improve symptoms of bloating, abdominal pain, and generalized discomfort.*** On top of encouraging and improving digestion, this special blend also **helps promote healthy skin, hair, and nail growth.***



Trace Mineral Blend – An exclusive assortment of 72 major, trace, and ultra-trace minerals sourced directly from the Great Salt Lake that function as key components in regulating fundamental metabolic activities necessary for achieving optimal wellness.*

REAL FRUITS & VEGGIES INSIDE:

Each capsule of the 3 Second Salad features **two powerful PhytoServ™ blends** that are packed full of powerful cellular nutrients. These specific ingredients were selected because they **feature some of the most phytonutrients, polyphenols, and other potent antioxidants** when compared to other similar fruits and vegetables.

The PhytoServ® Fruit & Vegetable blends are sourced from the **highest quality ingredients available** and provide one point of ideation and traceability. The whole-food ingredients are freeze dried, which has been found to be the best way to capture the maximum nutritional value of fruit and vegetables while ensuring a long life of each ingredient.

The process begins with placing the frozen raw materials in a refrigerated vacuum system where they are gently dehydrated before they can thaw. The ice turns directly into water vapor without passing through the liquid phase. This drying method allows for the **superior retention of the food's color and nutrients**, far more than alternative drying methods.

Quality is key to potency. The facilities that process these fresh ingredients are of the highest quality, cGMP-compliant, kosher-certified, and certified as organic processing plants by QAI (Quality Assurance International) and the State of California.

*The aforementioned capsules contain the plant-based nutritional equivalent of 10 servings of fruits and vegetables, but it does not contain all of the nutrients found within whole fruits and vegetables.

*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.

FREQUENTLY ASKED QUESTIONS:

Why should I supplement with 3 Second Salad?

A large number of people do not eat enough fruits and vegetables in their daily diet. That means **many of us simply aren't getting adequate plant-based nutrition** for a variety of reasons ranging from high prices, limited availability, distractions, food deserts, and a lack of time. It has never been harder get your daily phytonutrients, yet it has never been more important.

Simply because you don't have the time to find, buy, clean, cook, and eat the proper number of fruits and vegetables every day, doesn't mean that you can't supplement your phytonutrient intake in just 3 seconds.*†

3 Second Salad was designed to provide you with a means to get **potent plant-based nutrition** when you may not have the time to otherwise. 3 Second Salad is a robust alternative to give your body the phytonutrition it craves.

What are phytonutrients?

The term phytonutrients is a broad name for thousands of natural compounds that are produced by plants. Phytonutrients is simply a fancy way to say "plant nutrients." Phytonutrients are composed of various flavonoids, polyphenols, proanthocyanins, quercetin, and so much more.

These chemicals are found in fruits, vegetables, beans, grains, and all sorts of plants. Each specific phytonutrient has a variety of different effects and benefits on the body. They are a **powerful source of natural antioxidants**, which our bodies require to **support our immune system from the harmful effects of oxidative stress**.*

There are multiple studies that illustrate the benefit of phytonutrients and it is believed that they may even have a greater role to play in human health than we currently know, which is why experts highly encourage everyone to get their phytonutrients each and every day.

What fruits and vegetables are inside?

3 Second Salad contains **16 potent fruit and vegetable extracts that are directly sourced from whole foods** including: Bilberry, Blueberry, Broccoli Extract, Broccoli Sprout, Brussels Sprouts, Carrot Powder, Cranberry, Grape Seed Extract, Kale, Onion Extract, Prune, Raspberry, Spinach Powder, Strawberry, Tart Cherry, and Tomato Powder.

What are the beadlets for?

The power of 3 Second Salad is not just in the ingredients contained in every single capsule, but in the science behind our beadlet technology. **We protect the phytonutrients inside so that your body can use them in the most efficient way possible.**

Our independent testing illustrated **a dramatic increase in the absorption capabilities of the AMES™ Beadlets when compared to more traditional capsules and foods**. To mitigate the breakdown of the phytonutrients too early, our beadlets are coated with a proprietary formula of various natural ingredients that completely encase and protect the active materials inside allowing for **safe passage into the small intestine**.

This protective coating is what sets 3 Second Salad apart from the rest and is **unlike anything else you will see anywhere** with this type of nutritional supplement.

†The aforementioned capsules contain the plant-based nutritional equivalent of 10 servings of fruits and vegetables, but it does not contain all of the nutrients found within whole fruits and vegetables.

*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.