



rain SOUL

# EXERCISE IS ESSENTIAL TO MENTAL, PHYSICAL AND EMOTIONAL HEALTH...BUT EXERCISE HAS A DARK SIDE.

Both aerobic and anaerobic exercises can tax the body of critical cellular contributors, leading to free-radical damage. Free-radicals cause oxidative stress upon your body. In the material world, oxidation breaks down metals with rust. In human biology, oxidative stress can result in damaged cell membranes, degraded DNA, impaired metabolism, lead to aging, and numerous other adverse health conditions. It's vital to have the proper nutrition to replace what exercise expends.

## NATURE'S POWERHOUSE

When you think about it, the whole plant is contained within a seed before it sprouts. Not coincidentally, seeds, the smallest part of most plants, contain the most robust form of plant nutrients and are the foundation of all of our products at Rain International.

Rain preserves the powerful benefits of seeds through a cold press process that uses the whole seed to make its nutrition more palatable and efficacious. This process is minimal and gentle and doesn't subject the seeds to chemicals and high heat which can weaken its nutritive effects. The result is a maximum concentration of nutrition including antioxidants, phytosteroids, essential fatty acids, phospholipids, and dissolved minerals.

For example, with the SOUL supplement, you get Black Raspberry Seeds and Black Cumin Seeds which support the immune system.\* You also get concentrated forms of Omega-3 and Omega-6 essential fatty acids. This ingredient combination synergizes to fight the harmful effects of free-radicals and help repair cell membranes.\*

SEEDS are the unsung heroes in the healthful foods we should be eating every day...and they are the premiere ingredient in this remarkable product.

\* 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.

# WE ARE RAIN

Rain International began with the dream of bringing the power of seeds to the masses and to build a lasting company that would provide a long term home for distributors. Rain International is a leader in harnessing the concentrated power of botanical seeds to create delicious, powerful packets of phytonutrients. That dream is being realized and we are now taking seeds to the masses in 15 markets world wide, most recently in North America.



## RAIN SOUL KEY INGREDIENTS

### BLACK CUMIN SEED

Hundreds of studies have been conducted on black cumin which have shown that compounds from the seeds help fight health ailments. Black Cumin Seeds contain over 100 chemical compounds, including some yet to be identified. In addition to what is believed to be the primary active ingredient, crystalline nigellone, black cumin seeds contain: thymoquinone, beta sitosterol, myristic acid, palmitic acid, palmitoleic acid, stearic acid, oleic acid, linoleic acid, linolenic acid, arachidonic acid, protein, vitamin B1, vitamin B2, vitamin B3, folic acid, calcium, iron, copper, zinc, and phosphorous.

### BLACK RASPBERRY SEED

Black raspberry seed is rich in both tocopherols and tocotrienols. The tocopherols are primarily the alpha and gamma type, and are superior free radical scavengers. They are low in saturated fat, and are a rich source of polyunsaturated omega-3 fatty acids. Research has demonstrated that black raspberry seed oil supports a healthy immune system.\*

### GRAPE SEED

Grapes have been used by European and Middle Eastern folk healers for years for their powerful medicinal properties. Modern scientists have found that the grape seed has the most concentrated form of health benefits from the grape. Grape seed has an incredible antioxidant potential with its flavonoid phytonutrients. These polyphenols include resveratrol and unique oligomeric proanthocyanidin complexes (OPC's). The most potent form is in grape seed, as it contains 95% OPC's, which is more than any other antioxidant extract.\*

\* 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.

Supplement Facts		
Serving size: 1 Packet (2FL OZ)		
	Amount Per Serving	%Daily Value*
Calories	35	
Sodium	29 mg	1%
Total Carbohydrates	7 g	2%
Sugars	5 g	
Protein	1 g	
Proprietary Blend**	3530 mg	
Black Cumin Seed, Black Raspberry (Rubus occidentalis) Seed, Grape Seed, D-Ribose, trans-Resveratrol		
* Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs		
** Daily value not established.		
		
Made in U.S.A.	Contains Seeds & Cellulose	
Other Ingredients: Purified Water, Evaporated Cane Juice, Natural Flavors, Xylitol (from vegetable fiber), Citric Acid, Xanthan Gum, Purac Fit Plus 80		
Contains Essential Fatty Acids (Omega 3,6,9) Naturally Derived from our Cold Pressed Proprietary Seed Blend.		

© 2014 Rain International. All rights reserved.

SKU 2020000 BX 202000001 LB 2020000