

A recent breakthrough Harvard study published in February of 2014 further supports the benefits of a Mediterranean style diet at all life stages and all levels of activity and suggests great potential benefits from regular consumption of functional foods and beverages designed specifically to include key elements of Mediterranean diet, now accepted as the healthiest of all diets.

The Mediterranean diet focuses on fruits and vegetables common to the Mediterranean region, nuts, seeds and herbs, more seafood and less red meat and dairy, whole grains and healthy fats primarily from Olives and fish.



In recent years, leading scientists around the world have increasingly pointed to the Mediterranean diet as the healthiest dietary pattern for older populations and for those who already were dealing with cardiovascular health issues. However, until now, there was no study, large or small, that looked at the potential health benefits of Mediterranean dietary patterns for younger, active populations.

The study from Harvard provided exciting news...the more the diet of a younger, active, non-Mediterranean population reflected Mediterranean diet patterns the lower the risk of gaining weight, the lower the risk of developing metabolic syndrome, the lower the levels of LDL cholesterol and the higher the likelihood of having higher (healthy) HDL cholesterol levels.

The population studied was made up of over 700 young, healthy firefighters, a group that clearly has a high physically active occupation.

One of the more interesting points made by the researchers was that the intake of highly sweetened beverages that would not be typical in a Mediterranean style diet and are known to represent an established risk factor for cardiovascular disease. So those with higher Mediterranean diet adherence scores and lower cardiovascular risk consumed fewer sweetened beverages.

So what does this mean for Sanovita?

Sanovita is a unique functional beverage that provides whole fruits and vegetables and botanicals common in a Mediterranean style diet, with no added sugar. Additionally, Sanovita provides the benefits of both Virgin Olive Oil and olive leaf extract, both key elements of the healthy benefits of the Mediterranean diet.

And Sanovita provides highly concentrated nutrient density and extraordinary nutrient diversity in only two 60ml servings per day, making it a truly unique addition to not only a Mediterranean style diet, but to any diet.

The full Harvard study makes interesting reading and can be found in its entirety online at:

<http://www.plosone.org/article/fetchObject.action?uri=info%3Adoi%2F10.1371%2Fjournal.pone.0087539&representation=PDF>

And Sanovita is available only from BellaVita.