

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.

WE ARE RAIN

Rain International is a leader in harnessing the concentrated power of botanical seeds to create delicious, powerful packets of phytonutrients. We encourage everyone, everywhere to become more. Pursue your dreams, become more passionate about life and exploring more. We believe in fulfilling goals, creating opportunity and being active. Healthy lifestyles lead to increased productivity and improved happiness. At Rain International we want each individual to inspire others and leave a mark on the world. Take control of your journey, set your own course and become who you have always dreamed of becoming.



BLACK CUMIN SEED

Historically used to alleviate headaches, toothaches, nasal congestion and intestinal worms, the black cumin seed has a reputation of anti-inflammatory and pain-soothing properties. Modernly, its uses have expanded into treating digestive issues and respiratory conditions, and to regulate normal levels of blood pressure and cholesterol. Science has even found significant evidence to suggest black cumin seed boosts the immune system.



BLACK RASPBERRY SEED

Raspberries are among the top ten high-antioxidant fruits and vegetables. These antioxidants help to fight free-radicals which cause damage at the cellular level, leading to many of the different health and wellness threats that affect or will affect every person on earth.



CHARDONNAY GRAPE SEED

Chardonnay grape seed is another powerful antioxidant with anti-inflammatory benefits. It also helps with slimming down and weight loss and may assist in regulating high cholesterol and blood pressure. Soul's blend of chardonnay grape seed, red raspberry seed and black cumin seed yields a synergistic effect, multiplying the benefits of each.

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Supplement Facts		
Serving size 1 Packet		
	Amount Per Serving	%Daily Value
Calories	35	
Sodium	30 mg	1%*
Total Carbohydrate	7 g	2%*
Sugars	5 g	†
Protein	1 g	
Proprietary Blend	3.5g	†
<small>(Black Cumin Seed, Black Raspberry Seed (Rubus occidentalis), Grape Seed, D-Ribose, trans-Resveratrol)</small>		
<small>* Percent Daily Values are based on 2,000 calorie diet.</small>		
<small>† Daily value not established.</small>		

Other Ingredients: Purified Water, Evaporated Cane Juice, Natural Flavors, Xylitol, Citric Acid, Xanthan Gum, L-Lactic Acid.

Manufactured exclusively for Rain International LLC, American Fork, Utah 84003.

www.rainintl.com 855.724.6606

Essential Fatty Acids (Omega 3,6,9) Naturally Derived from our Cold Pressed Proprietary Seed Blend.

