

# **JUMBA-JARA WILD PLUM EXTRACT**

Jumba-Jara means "CLEVER NATIVES"

Wild plum fruit and leaves have been traditionally consumed to maintain stamina and endurance. This product is therefore especially beneficial for sports people and others with an active lifestyle.

We are lucky to reap the benefits that have been handed down through one of our oldest cultures. The native Australians' knowledge of every aspect of nature, especially plants, allowed them to use a vast array of native herbs for their various nutritional requirements. This knowledge was gleaned from closely observing nature at work over thousands of years. It was then entrusted to the appropriate people.

Recent Tests (October 2002) have also found that Wild Plum contains high levels of magnesium, potassium and iodine.

People who use Jumba-Jara may be interested to know that a considerable portion of the proceeds go to a charity especially created to assist Australian indigenous people in education, training, employment, health and housing.

Jumba-Jara is a grass roots initiative without the assistance of government or private funding. Jumba-Jara is proud to be associated with SAFE, working together for the betterment of all, making a difference where it counts.

**Jumba-Jara Wild Plum Extract** is a unique food supplement suitable for all age groups.

## **Recommended Amounts:**

1-2 teaspoons daily