



**CONTACT: Karen Murphy**  
**800-344-4229 ext. 239**  
**karen.murphy@natureseal.com**

**For Immediate Release**

### **Fruit & Vegetables: Keep Your Neurons Active and Healthy**

WESTPORT, CT (February 01, 2007) – As scientists, neuroscientists and researchers continue to study the compounds found in fruit and vegetables, the more we are able to understand the profound effects they have on our heart, brain, and overall bodies.

The Rush Institute for Healthy Aging (at Chicago's Rush University Medical Center) conducted a study of 3,718 people in the Chicago area...aged 65 and older...to measure their mental functions (including sharpness, short-term and delayed memory, and cognitive decline) over a six-year period. Study author, Martha Clare Morris, states "people who ate at least 2.8 servings of vegetables a day saw their rate of cognitive change slow by roughly 40 percent. Their test results resembled what would be expected in people about five years younger."

Researchers at the University of Quebec have also recently discovered that the compound (antioxidant) quercetin found in apples reduces oxidation and inflammation of neurons that contribute to the death of the brain's neurons, which play a part in cognitive decline and Alzheimer's disease.

With the government's new fruit and vegetable dietary recommendations (increased from 5 to 13 daily), consumption goals can seem a little intimidating. That's why the fresh-cut fruit and vegetable industry (processors worldwide) and the NatureSeal® product line have made it easy and convenient for health conscious shoppers, busy executives, and moms-on-the go to run to their local supermarket and grab fresh-cut produce, that's washed, pre-sliced and ready to eat.

Americans can significantly slow down the mental decline and progressions of growing old by simply eating more fresh fruit and vegetables.

More *really* matters.

#### **About NatureSeal**

NatureSeal is a family of sulfite-free, vitamin-mineral blends, which extend the shelf life of fresh-cut produce. The first NatureSeal formulation was jointly developed and patented by Mantrose-Haeuser Co., Inc. and the USDA. The NatureSeal R&D team continues to develop NatureSeal products using FDA-GRAS approved vitamins and minerals.

#### **About Mantrose-Haeuser**

Mantrose-Haeuser, Co., Inc., headquartered in Westport, Connecticut, is a world leader in edible film coatings for the pharmaceutical, confectionery and agricultural industries. Founded more than 100 years ago, Mantrose-Haeuser is a subsidiary of RPM International, Inc.; a specialty coatings company traded on the New York Stock Exchange under the symbol RPM.