embodiments, the plant is a fruit selected from melon, citrus fruit, peach, pear, apple or banana. In some embodiments, the plant is a grain selected from wheat, barley, rye, millet, oat, spelt, bulger, sorghum and farro. In some embodiments, the plant is a tuber selected from horseradish, potato, yam, sweet potato, cassava or dahlia.

[0011] In some embodiments of the disclosure, the superoxide dismutase in the composition is extracted from an animal. In some embodiments, the animal is a cow, pig, sheep or goat.

[0012] In some embodiments of the disclosure, the superoxide dismutase in the composition is extracted from a microorganism. In some embodiments, the microorganism is phytoplankton or bacteria.

[0013] In some embodiments of the disclosure, the ratio of superoxide dismutase to soluble fiber in the composition is from about 1:100 to about 1:1000 by weight. In some embodiments of the disclosure, the ratio of superoxide dismutase to soluble fiber in the composition is from about 1:200 to about 1:800 by weight. In some embodiments of the disclosure, the ratio of superoxide dismutase to soluble fiber in the composition is from about 1:300 to about 1:700 by weight. In some embodiments of the disclosure, the ratio of superoxide dismutase to soluble fiber in the composition is from about 1:500 to about 1:700 by weight. In some embodiments of the disclosure, the ratio of superoxide dismutase to soluble fiber in the composition is from about 1:650 to 1:675 by weight.

[0014] In some embodiments of the disclosure, the soluble fiber in the composition is a water soluble polysaccharide. In some embodiments of the disclosure, the soluble fiber in the composition is isolated from corn, wheat, barley, rye, beans, apples, pears, peaches, citrus fruits, berries, peas, rice bran or oats. In some embodiments of the disclosure, the soluble fiber in the composition is selected from soluble corn fiber, inulin, dextrin, Guar gum, oligopolysaccharides, galactopolysaccharides fructo-oligosaccharides, lactulose, digestion-resistant starch, xylo-oligosaccharides and ~~isomelto~~isomalto-oligos~~s~~accharides. In some embodiments of the disclosure, the soluble fiber in the composition is soluble corn fiber. In some embodiments of the disclosure, the soluble fiber in the composition is digestion-resistant maltodextrin.

[0015] In some embodiments of the disclosure, the composition is in the form of a powder. In

inulin, dextrin, Guar gum, oligopolysaccharides, galactopolysaccharides fructo-oligosaccharides, lactulose, digestion-resistant starch, xylo-oligosaccharides and ~~isomelto~~isomalto-oligos~~s~~accharides. In embodiments, the soluble fiber is soluble corn fiber. In embodiments, the soluble fiber is digestion-resistant maltodextrin. In embodiments, the soluble fiber is Fibersol-2® as sold by Archer Daniels Midland Company and Matsutani Chemical Industry Co., Ltd. In embodiments, the soluble fiber an alternative type of Fibersol-2® such as Fibersol-2AG, Fibersol-LQ, Fibersol-2L, Fibersol-DLQ or non-GMO Fibersol.

Powder Compositions

[0056] In some embodiments of the compositions disclosed herein, the composition is in the form of a powder. In embodiments where the composition is in the form of a powder, it can be consumed in dry powder form or added to a beverage or food. In embodiments, the powder is mixed into water, a hydration beverage, a protein shake, juice, tea, coffee, milk, kefir, ice cream, yogurt, a smoothie, broth or soup prior to consumption.

[0057] In embodiments, the powder composition comprises a high concentration of superoxide dismutase by weight, e.g., greater than 0.1 ppm, greater than 0.5 ppm, greater than 1 ppm, greater than 2 ppm, greater than 5 ppm, greater than 10 ppm, greater than 20 ppm, greater than 50 ppm, greater than 100 ppm, greater than 200 ppm, greater than 300 ppm, greater than 400 ppm or greater than 500 ppm. In embodiments, the powder composition comprises from about 0.1 ppm to about 10 ppm superoxide dismutase by weight. In embodiments, the powder composition comprises from about 0.5 ppm to about 5 ppm superoxide dismutase by weight. In embodiments, the powder composition comprises from about 0.7 ppm to about 2 ppm superoxide dismutase by weight. In embodiments, the powder composition comprises from about 0.8 ppm to about 1.2 ppm superoxide dismutase by weight. In embodiments, the powder composition comprises about 0.1, 0.25, 0.5, 0.75, 1.0, 1.1, 1.2, 1.25, 1.3, 1.4, 1.5, 1.6, 1.7, 1.75, 1.8, 1.9, 2.0, 2.25, 2.5, 2.75, 3.0, 3.25, 3.5, 3.75, 4.0, 4.25, 4.5, 4.75, 5.0, 5.25, 5.5, 5.75, 6.0, 6.25, 6.5, 6.75, 7.0, 7.25, 7.5, 7.75, 8.0, 8.25, 8.5, 8.75, 9.0, 9.25, 9.5, 9.75, or 10.0 ppm superoxide dismutase by weight.

[0058] In embodiments, the powder composition comprises from about 1% to about 90% soluble fiber by weight. In embodiments, the powder composition comprises from about 1% to about

CLAIMS

1. A composition comprising:

a) from 0.005 mg/mL to 3.0 mg/mL superoxide dismutase;

b) from 70 mg/mL to 500 mg/mL soluble pre-biotic fiber selected from soluble corn fiber, inulin, Guar gum, polysaccharide fiber, galactopolysaccharides, fructo-oligosaccharides, lactulose, disgestion-resistant starch, xylo-oligosaccharides, and isomalto-oligosaccharides~~isolamtlo-oligosaccharides~~; and

c) a fruit juice;

wherein the composition is in the form of a gel.

2. The composition of claim 1, wherein the superoxide dismutase is extracted from melon, bovine liver, heterotrophic bacteria or marine phytoplankton.

3. The composition of claim 1, wherein the superoxide dismutase is a copper/zinc superoxide dismutase, an iron/manganese superoxide dismutase or a nickel superoxide dismutase.

4. The composition of claim 1, wherein the superoxide dismutase is extracted from an animal.

5. The composition of claim 4, wherein the animal is a cow, pig, sheep or goat.

6. The composition of claim 1, wherein the ratio of superoxide dismutase to soluble pre-biotic fiber is from 1:100 to 1:1000 by weight.

7. The composition of claim 1, wherein the soluble pre-biotic fiber is a water soluble polysaccharide.

8. The composition of claim 1, wherein the soluble pre-biotic fiber is soluble corn fiber.

9. The composition of claim 8, wherein the soluble corn fiber is digestion-resistant maltodextrin.

10. The composition of claim 1, wherein the fruit juice is pomegranate juice, Concord grape

juice, blueberry juice, dark sweet cherry juice, sour cherry juice, goji berry juice, acai berry juice, blackberry juice, raspberry juice, strawberry juice, gooseberry juice, cranberry juice, orange juice, grapefruit juice, watermelon juice, beet juice, apple juice, lemon juice, lime juice, lychee juice, pineapple juice, prune juice or combinations thereof.

11. The composition of claim 10, wherein the fruit juice is a concentrated fruit juice having 60% to 97% of the water of the juice removed.

12. The composition of claim 1, wherein the composition comprises ~~about~~ 5 mg/mL to 200 mg/mL of the concentrated fruit juice.

13. The composition of claim 1, further comprising aloe vera.

14. The composition of claim 13, wherein the aloe vera is concentrated aloe vera and wherein the composition comprises from 2 mg/mL to 20 mg/mL concentrated aloe vera.

15. The composition of claim 1, wherein the composition further comprises green tea.

16. The composition of claim 15, wherein the green tea is concentrated green tea and wherein the composition comprises from 2 mg/mL to 20 mg/mL concentrated green tea.

17. The composition of claim 1, wherein the composition further comprises resveratrol.

18. The composition of claim 1, wherein the composition further comprises carboxymethyl cellulose.

19. The composition of claim 1, wherein the composition further comprises xanthan gum.

20. A composition comprising:

a) from 0.005 mg/mL to 3.0 mg/mL superoxide dismutase;

b) from 70 mg/mL to 500 mg/mL soluble pre-biotic fiber selected from soluble corn fiber, inulin, Guar gum, polysaccharide fiber, galactopolysaccharides, fructo-oligosaccharides, lactulose, digestion-resistant starch, xylo-oligosaccharides and isomalto-oligossacharides;

and

c) at least two fruit juices selected from pomegranate juice, Concord grape juice,

blueberry juice, dark sweet cherry juice, sour cherry juice, goji berry juice and acai berry juice,

wherein the composition is in the form of a gel.

21. The composition of claim 20, wherein the soluble pre-biotic fiber is soluble corn fiber.

22. The composition of claim 21, wherein the soluble corn fiber is digestion-resistant maltodextrin.

23. The composition of claim 20, further comprising carboxymethylcellulose.

24. The composition of claim 20, further comprising xanthan gum.

25. The composition of claim 1, wherein the composition has an oxygen radical absorbance capacity (ORAC) of greater than 1000 µmol/g of the composition.

26. The composition of claim 1, wherein an ORAC value for the composition is at least 1.5 fold higher than the sum of individual ORAC values for each component of the composition.

27. The composition of claim 1, comprising from ~~about~~ 0.05 mg/mL to ~~about~~ 1.0 mg/mL superoxide dismutase.

28. The composition of claim 1, comprising from ~~about~~ 0.1 mg/mL to ~~about~~ 0.5 mg/mL superoxide dismutase.

29. The composition of claim 1, comprising from ~~about~~ 90 mg/mL to ~~about~~ 250 mg/mL soluble pre-biotic fiber.

30. The composition of claim 1, comprising from ~~about~~ 100 mg/mL to ~~about~~ 200 mg/mL soluble pre-biotic fiber.

31. The composition of claim 20, comprising from ~~about~~ 0.05 mg/mL to ~~about~~ 1.0 mg/mL superoxide dismutase.

32. The composition of claim 20, comprising from ~~about~~ 0.1 mg/mL to ~~about~~ 0.5 mg/mL superoxide dismutase.

33. The composition of claim 20, comprising from ~~about~~ 90 mg/mL to ~~about~~ 250 mg/mL soluble pre-biotic fiber.

34. The composition of claim 20, comprising from ~~about~~ 100 mg/mL to ~~about~~ 200 mg/mL soluble pre-biotic fiber.