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 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 fiber is from 1:100 to 1:1000 by weight.

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

8. The composition of claim 1, wherein the soluble 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 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.