

BioGreen™

Product Update:

BioGreen SuperFood

Item#6041PC \$39.95

Superfoods are a concentrated potent source of vitamins, minerals enzymes, antioxidants, fiber and the essential amino acids, which reputedly add alkalinity to our system, balance us, increase our energy, improve stamina, sharpen mental activity, and deodorize and cleanse the cells and colon. Alfalfa, barley grass, wheat grass, lecithin, spirulina, royal jelly, chlorella and non-dairy probiotic cultures are all packed with nutrients that strengthen our immune system and neutralize toxins.

Superfoods are a return to the basics of the food chain, generally they are organically grown in a chemical free environment and spray-dried rather than heat-dried to preserve vital enzyme activity. These concentrated, nutrient-rich food powders are mixed with water or juice and consumed in liquid form.

The Sensational Characteristics of Greens

Alfalfa, barley grass and wheat grass juice powders are good for those who like to drink their greens. Pleasant tasting alfalfa, a lentil rather than a grass, is one of the most nourishing greens on earth – probably because its roots reach deeper into the soil than those of any other vegetable, usually 10 to 30 feet. Included in 10 grams of alfalfa are 8000 IU of beta-carotene, 200,000 IU of vitamin K (which helps the blood to clot properly), as well as liberal amounts of vitamins D and E and K. The chlorophyll in alfalfa deodorizes the intestinal tract.

Barley grass is a remarkable food. Dr. Howard Lutz, Director of the Institute of Preventive Medicine in Washington, said, "*Barley grass improves stamina, clarity of thought, and reduces addiction to things that are bad for you. It improves the texture of the skin and heals the dryness associated with aging.*" Barley juice powder contains four times more vitamin B than whole wheat flour and thirty times more than milk, three times

more vitamin C than spinach, seven times more than oranges, and five times more iron than liver.

Wheat grass juice powder is one of nature's best sources of iron, fiber, zinc, chlorophyll, vitamins A, C, and has a total of 90 minerals in all. It has a greater percentage of protein than eggs. Wheat grass is a valuable source of beta-carotene, which is converted by the body to vitamin A on command. A 1982 report of the National Academy of Sciences entitles "*Diet, Nutrition, and Cancer Status*" reported that "*Epidemiological research is sufficient to suggest that foods rich in carotene are associated with reduced risk of cancer*".

Lecithin is found in every live cell, our brain in dry composition is 30 % lecithin. In the brain,

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lecithin choline is transformed to acetylcholine, a vital compound for the transmission of messages from one nerve ending to another. This has a proven effect on memory, thinking ability, and muscle control.

In the bloodstream, lecithin helps prevent cholesterol and other fats from accumulating on the walls of the arteries, and helps to dissolve deposits that may already be there. In the liver, it metabolizes clogging fat and lessens the chance of liver degeneration.

Spirulina contains beta-carotene with ten times the concentration found in carrots. High doses of vitamin A may be toxic, but the beta-carotene in spirulina and other vegetables is safe because the body only converts to vitamin A as needed. Beta-carotene also works with lecithin to maintain the body's mucous membranes. These membranes are the first lines of defense in the nostrils, mouth, and cervix against viruses, bacteria, allergens and toxic chemicals.

Another sensational green supplemental food is the small, one cell, green fresh water algae, chlorella. It is eaten widely in Japan, where it's used to protect against radiation and highly toxic air pollution. Chlorella has been on the earth for over 2.5 billion years. Scientists say the chlorella has survived in modern items due to its inherent ability to effectively repair its own DNA. In ideal environments, it multiplies quickly

quadrupling itself every 17 to 20 hours. It has nearly twice the protein of soy and eight times that of rice, as well as an astonishing amount of chlorophyll. It has over twenty times the chlorophyll content of alfalfa, nearly ten times that of spirulina, and eight times that of wheat grass. Scientific studies have found that chlorella helps to detoxify the body of such pollutants as heavy metals and pesticides. The chlorophyll is a highly recommended health food in its own right. It is a major league detoxifying and deodorizing agent in the mouth, colon, stomach and individual cells.

Royal jelly is well known for its ability to support immune functions. Royal jelly, the bee's milk, is the concentrated super food responsible for turning an ordinary worker bee into a long-lived reproductive dynamo: the queen bee. It is her only food; the queen bee grows 40-60% larger than the worker bee and lives 4-5 years compared to her genetically identical sister. Royal jelly also contains 22 amino acids and notable quantities of minerals like calcium, copper, iron and potassium.

We must not forget *non-dairy probiotic cultures*. These beneficial lactobacilli restore a balance of necessary microflora for a healthy colon, they improve immune function by

... we can actually heal ourselves with diet.

implanting friendly bacteria along the entire gastrointestinal tract lining. They digest sugar, assimilate vitamins, make minerals more bio-available and reduce the number of harmful bacteria. By eliminating any putrefying bacteria in the throat, mouth, and tongue, these beneficial lactobacilli help prevent halitosis or bad breath.

Superfoods are on the horizon, the horizon proper. If we apprise ourselves of the latest findings, we can actually heal ourselves with diet. Choose carefully what you put into your body – you only have one.

BioGreen's Complete SuperFood Ingredient List

Calories 20
Protein (whey protein) 6g
Lecithin 782.5mg
Apple Fiber & Pectin (fruit) 670mg
Spirulina 425mg
Banana fruit 250mg
Cranberry Juice 250mg
Papaya fruit 250mg
Organic Alfalfa grass 215mg
Barley grass (leaves) 215mg
Organic Wheat grass 215mg
Rice bran 200mg
Beet root extract 125mg
Blueberry fruit 125mg
Chlorella 125mg
Dulce leaf 125mg
Pomegranate Juice 125mg
Stevia 100mg
Bee pollen 100mg
Acerola Cherry extract (fruit) 50mg
Astragalus (root) 40mg
Eleutherococcus Senticosus (root) 40mg
Grape Seed Extract 85%
Polyphenols 35mg
Royal Jelly 30mg
Suma 30mg
Licorice (root) 25mg
Milk Thistle Extract (80% silimarin) (seed) 25mg
Ginkgo Biloba Extract 24/6 (leaf) 15mg
24% ginkgo flavoneglycosides 3.6mg 6%
Terpene lactones 0.9mg
Licorice Extract (root) 10mg
Bilberry Extract 25% Anthocyanosides 5mg
Green Tea Extract 25% Catechins (leaf) 5mg
Lactobacillus Acidophilus 500 million CFU
Natural cherry flavor, natural orange and strawberry flavor.