

## What you need to know about Flax

Research has confirmed what has been known for centuries—flax is an outstanding nutritional food source that can play an important role in the prevention and treatment of many of today's chronic illnesses and diseases.

What isn't well known is that flaxseed can be difficult to digest, and its nutrients poorly absorbed.

Flaxseed has natural inhibitors to **prevent digestion**. This means the seed can be eaten, pass through the body and still grow into a plant. This is Nature's way of ensuring that animals, birds and humans distribute seeds.

Contrary to popular belief, you cannot over-

come this by milling or grinding raw flaxseed.

**The way to overcome the problem created by these natural inhibitors is to sprout the seed.**

Sprouting increases the enzymes, which start the seed on its way to becoming a plant. When the flaxseed begins to sprout, the natural inhibitors that protect the seed from being digested are no longer present.

Sprouting **biologically activates** the seed.

The plant proteins, oils, starches and vitamins are now bioavailable for human digestion, resulting in better absorption of all of flax's amazing nutritional benefits.

Sprouting also increases the flaxseed's vitamin, mineral and lignan (plant estrogen) content and naturally stabilizes the Omega-3 and other essential fatty acids.

Milled flaxseed and flax oil are not stable and require special packaging and storage to prevent rancidity.

Sprouting creates a stable product which does not require refrigeration or vacuum-sealed packaging.

**Organic Bio-Flax™ Sprouted Flax Powder is an extremely potent food source that, eaten daily, will enhance your digestive, circulatory, nerve, organ, immune and brain function, as**

**well as provide overall support for the body.**

This unique product has patents pending in Canada, the United States and Europe.

Bio International's innovative technology ensures that Organic Bio-Flax™ Sprouted Flax Powder has active enzymes, resulting in the highest bioavailability of any flax product on the market.

**FOR MORE  
INFORMATION,  
PLEASE CALL TOLL-  
FREE: 1-800-224-2989**



## Just 10g a day may keep the doctor away!

You've heard the old adage, "You are what you eat".

At Bio International we believe "**You are what you can digest**".

The key to getting all the benefits from the food you eat is the ability to absorb and digest it.

**Organic Bio-Flax™** Sprouted Flax Powder's increased bioavailability ensures you also get increased health benefits long associated with flax.

Research on Flax indicates a strong ability to support a healthy heart and cardiovascular system, reduce cholesterol

and high blood pressure, and help support blood sugar, intestinal and overall hormonal balance.

**Just 10 grams a day of Organic Bio-Flax™ Sprouted Flax Powder can go a long way to improving your overall health and well-being.**

### Inside this issue:

<i>Dare To Compare</i>	2
<i>Enzymes For Life</i>	2
<i>Omega-3 Fatty Acids</i>	2
<i>Proof Is In The Research</i>	3
<i>Diet: A Four Letter Word</i>	4
<i>Contact Information and references</i>	4

# If you dare to compare...We are your flax choice!

Bio International is changing the way the world looks at flax. As mentioned before, sprouting bio-activates the seed, making it more bioavailable.

**The result of the sprouting process is also a food product very different from raw, milled or flax oil.**

Some of these changes include:

- Increased enzyme activity
- Increased Essential Fatty Acids
- Increased Vitamin C, E and Choline
- Increased Folic Acid, Biotin and Beta-Carotene
- Detoxification with no laxative effect, due to change in soluble to insoluble fiber ratio

- Stability at room temperature for over one year after opening
- Ease of use in baking with no off-flavoring

**Imagine a flax product that the body can now digest and assimilate!**

Organic Bio-Flax™ Sprouted Flax Powders are easy to incorporate into your everyday diet. Mixed in cereal, yogurt or applesauce, it's a great and nutritious way to start your day. Added to juice or your favorite smoothie, you have a powerful drink with an added kick. Great for use in baking recipe's and is a great addition to your favorite entrée.

**Why would you even consider buying other flax products when you can buy Organic Bio-Flax™!?**



## Enzymes—for life

**Enzymes** once dormant come alive and activated when flax is sprouted.

Enzymes are the nutrients and biological catalysts that aid in the elimination of toxins, construction of new tissue, nerve cells, muscle, bone, skin and glandular tissue.

Every single system of your body from the brain to muscles, nervous system, vascular system, cell reproduction, growth, immunity, antioxidant defense systems and digestive systems depends upon enzymes.

All of us have a limited capacity to produce enzymes. As we age, our body becomes increasingly unable to produce enzymes. It is the general decline in enzyme activity in our body that is a fundamental cause of aging.

A body without sufficient enzymes will begin to suffer from poor digestion, premature aging, joint stiffness and decreased energy levels.

Metabolic enzymes run our body, requiring fat, proteins and carbohydrates to continuously make repairs. A shortage of metabolic enzymes can jeopardize our health.

Digestive enzymes help the digestive process to assimilate proteins, carbohydrates and fat. If enzymes to aid digestion are not available in the food we eat, our body's digestive enzymes will carry the complete load, depleting the limited resources of enzymes.

There is no food on the planet higher in enzymes than sprouted seeds. The rich enzymes found in sprouted flaxseed lead to heightened enzyme activity in the body, leading to regeneration of the bloodstream. The body's metabolic enzymes now become available to help prevent disease and maintain health.

## Omega-3 Essential Fatty Acids and your good health

**Omega-3 fatty acids** are the "good fats" required by your body for the construction of healthy cell walls. The human body cannot produce essential fatty acids.

Today's diet is severely lacking in important Omega-3 fatty acids. When we ate animals that grazed naturally, Omega-3 acids were readily available in our diet. Now that animals are raised on grains, it is much more difficult to get the Omega-3s that are essential for good health.

Recent studies suggest that the Omega-3 fatty acids in flaxseed may reduce risk factors for coronary heart disease by reducing serum triglycerides and blood pressure.

These healthy fats may also protect against stroke by regulating blood clotting and platelet aggregation. The blood regulating capabilities of Omega-3s (*linolenic acid*) prevent spontaneous blood clots caused by an excess of fatty acids derived from refined polyunsaturated oils.

Omega-3 fatty acids may be beneficial in preventing cardiovascular disease as well as inflammatory, emotional and skin disorders, PMS, mood disorders and support early brain development.

Sprouted flax is the best plant source of Omega-3 fatty acids. Just **10 grams** (1 tablespoon) of Organic Bio-Flax™ Sprouted Flax Powder gives you an amazing **2500 mg** of Omega-3 fatty acids. **Now that's food for thought!**



## The proof is in the research

Bio International's team of nutritional researchers are dedicated to the innovation of functional food products — products that provide essential fatty acids, digestive enzymes, phytonutrients, vitamins and minerals.

We are a science-based company. The claims we make about our products are based on our own findings and confirmed by assays from outside third-party laboratories and institutions. They are also backed by years of scientific research specifically surrounding the health and nutritional benefits of the ingredients in our product formulations.

While the benefits of raw flaxseed, milled flaxseed and flax oil have been well documented and accepted within the scientific and health community, the benefits of sprouted flax is only now becoming recognized.

Bio International and it's partners are pioneers in this area and our research has resulted in pending patents specific to the germination, drying and milling of sprouted seeds and grains.

Our process stabilizes the essential fatty acids (EFAs) in flax. Our product showed no sign of rancidity for over four years at room temperature in shelf studies.

Organoleptic studies showed no off-flavoring. This is unheard of with any other milled flax or flax oil product.

The germination process also results in increased enzymes, lignans, vitamins and minerals; all of which are maintained throughout our drying/milling process.

We are extremely proud of our Organic Bio-Flax™ product. It is pleasant tasting, easily incorporated into your diet and, best of all, extremely good for you.

For further information on our products, please visit our websites at [www.activegreens.com](http://www.activegreens.com) and

<b>Comparison of Bio-Flax™ Sprouted Flax Powder to regular milled flaxseed</b>		
<b>ENZYMES</b>	<b>PERCENTAGE INCREASE</b>	<b>INDEPENDENT ANALYSIS BY:</b>
Amylase	<b>28 %</b>	Tomsk State University (2002) Tomsk RUSSIA
Lipase	<b>322 %</b>	
Cellulase	<b>700 %</b>	
Protease	<b>860 %</b>	
<b>VITAMINS</b>	<b>PERCENTAGE INCREASE</b>	<b>INDEPENDENT ANALYSIS BY:</b>
B2	<b>74 %</b>	Maxxam Analytical Laboratories (2002) Guelph, Ontario CANADA
B3	<b>21 %</b>	
B5	<b>14 %</b>	
B6	<b>33 %</b>	
B12	<b>120 %</b>	
Beta-Carotene	<b>&gt; 1000 %</b>	
Biotin	<b>483 %</b>	
C	<b>925 %</b>	
Choline	<b>&gt; 1000 %</b>	
E	<b>9660 %</b>	
Folic Acid	<b>273 %</b>	
<b>LIPIDS</b>	<b>PERCENTAGE INCREASE / DECREASE</b>	<b>INDEPENDENT ANALYSIS BY:</b>
Polyunsaturated Fat	<b>+ 4 %</b>	Lipid Analytical Labs Mississauga, Ontario CANADA
Monounsaturated Fat	<b>- 12 %</b>	
Saturated Fat	<b>- 9 %</b>	
Omega-3 EFA	<b>+ 31 %</b>	
<b>LIGNANS</b>	<b>PERCENTAGE INCREASE</b>	<b>INDEPENDENT ANALYSIS BY:</b>
	<b>14 %</b>	University of Toronto Dr. L.U. Thompson (2002) Toronto, Ontario CANADA

## DIET—the truth about this four letter word

If there's one thing that experts agree on, after decades of diet books, it's that DIETS DON'T WORK! And the statistics are proving it. One in every two Americans is overweight, and one in every three is obese. In the United Kingdom, 40% of adults are overweight with 18% considered obese.

Subjecting yourself to the dieting merry-go-round not only slows down your metabolism, making it more and more difficult to shed those unwanted pounds, but can also be psychologically devastating.

Good nutrition and exercise is the key to a healthy lifestyle. Being overweight is not just about how you look, it's about the impact those extra pounds are having on your body. You are more susceptible to heart disease, diabetes, high cholesterol, high blood pressure, stroke, cancers, gall bladder disease, gallstones, immune dysfunction, respiratory problems, infertility, menstrual irregularities, complications of pregnancy, osteoarthritis and psychological complications.

Essential fatty acids (EFAs) are dietary fats that differ from other fats in that they are required in the human diet, because the body cannot manufacture them from any other substance. Fatty acids are required for maintaining the structure of cell membranes and permeability of the skin, they are the raw ingredients in the structure of the eyes, ears, brain, adrenals and sex glands and are required for proper infant growth and development.

Without an adequate supply of EFAs, our fat-burning potential stops. These fatty acids increase the overall amount of oxygen utilized by the cells to produce energy. The more oxygen we transport to our cells, the faster we burn body fat. EFAs increase the body's metabolic rate and insulin efficiency. Unwanted fat storage in the body can be greatly reduced by making EFAs our main dietary source of fat.

The North American diet has shown a dramatic decrease in the consumption of Omega-3 fatty acids, while the consumption of Omega-6s have increased. Researchers believe that too much of one EFA can interfere with the action of the other, thus decreasing the efficiency with which your body can use both.

Organic Bio-Flax™ Sprouted Flax is an excellent source of essential fatty acids, and the ratio of Omega-3s to Omega-6s is even better due to the sprouting process. Because of the remarkable increase in enzymes, Organic Bio-Flax™ products are much more bioavailable, meaning all of the nutritional benefits of flax are digested and absorbed more efficiently.



**Live Food For A Live Body!**



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