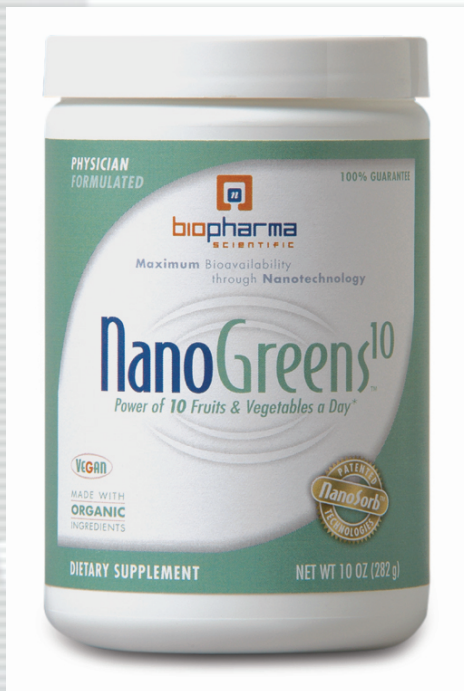


NanoGreens¹⁰: *Vegetable & Fruit SuperFood*



BioPharma Scientific

Better taste ~ Better Science



NanoGreens¹⁰

*New Great Tasting, Organic
Super Food for the whole family!*

Importance of Diet

- Longevity is associated with increased consumption of fruits and vegetables⁽¹⁾
- Chemicals in plants are called *Phytochemicals*. Scores in common plant foods, spices, and herbs have been shown to have metabolic activity in humans and have therefore been dubbed *phytonutrients*.
- These may be grouped into 7 classes: *terpenes, phenols, polysaccharides, organosulfurs, organic acids, amines and lipids*.



Importance of Diet

- Men and women whose diets are high in fruits and vegetables were shown to have lower rates of angina, arthritis, asthma, bronchitis, cirrhosis, gall stones, heart attack, kidney stones and peptic ulcers.

Epidemiology March 1998 Vol. 9, No 2 p 208



ORAC

- Oxygen Radical Absorbance Capacity.
- ORAC is a test tube analysis that measures the total antioxidant power of foods and herbs.
- High ORAC foods help our body to prevent most of the common diseases of aging, including cancer and heart disease.



ORAC

- Dark greens and brightly colored plant foods and spices have the highest ORAC scores.
- 7,000 to 22,000 ORAC units are proven to have a significant impact on plasma and tissue antioxidant capacity.
- Generally, *at least* 7-9 servings of dark greens and brightly colored fruits and vegetables are needed to reach this level.
-



The Super Greens: Spirulina

- Spirulina contains scores of vitamins, minerals, amino acids, enzymes and phytonutrients.
- Spirulina is 65-70% amino acid proteins.
- It is rich in B vitamins, iron, chromium, selenium and essential fatty acids.
- Spirulina is an excellent prebiotic.
-



The Super Greens: Chlorella

- Chlorella is a unique water green algae which contains high concentration of chlorophyll.
- Chlorophyll reduces the absorption of carcinogens (heterocyclic amines, polycyclic hydrocarbons, and aflatoxin).
- Chlorella assists in heavy metal and pesticide detoxification.
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The Super Greens: Barley Grass

- The most nutritious of the green grasses.
- Barley grass contains a multitude of enzymes.
- Barley's unique antioxidant, *2-O glycosylisovitexin*, is reported to have antioxidant activity equal or superior to Vit. E
- It contains 13 times as much carotene as carrots, 55 times as much Vit. C as apples, and 5 times as much iron as spinach.



The Super Greens: Spinach, Kale and Parsley

- Dark green “leafies” are nutrient dense in vitamins, minerals, carotenes, and the amine chlorophyll.
- Dark greens promote “alkalinization”, buffering excess acid.
- A rich source of lutein and zeaxanthin for macula health.



Carotenoids: Carrots and Tomatoes

- Terpene rich foods high in orange and red carotenoids, like beta-carotene and lycopene, reduce the risk of many cancers.



The Cruciferous

- These are rich in organosulfur phytonutrient isothiocyanates, like sulphorafane, and indoles, such as Indole-3-carbinol or IC3.
- Broccoli, cauliflower, cabbage and Brussel sprouts assist phase I and II detoxification in the liver, most notably metabolizing toxic estrogens.
- Thus regular cruciferous intake may help prevent certain types of uterine, cervical, prostate and breast cancers



The Berries:

- Blueberries, raspberries, tart dark cherries and deep purple plums/prunes are the highest scoring ORAC fruits.
- Berries are rich in pigmented phenols: flavonoids and anthocyanins.
- Phenols help protect the cardio-vascular system, the brain, and the macula.
- Grape seed extracts and pine bark extracts are powerful antioxidants shown to inhibit pre-cancerous lesions.
- Wild tart dark cherries are high in ellagic



More Phenol Flavonoids:

- Quercetin, found in green apple skins and onions, is a noted powerful antioxidant and antihistamine.
- Green tea contains several catechins that protect against heart and gum disease.
- Red wine is rich in the phenol stilbene resveratrol, which is thought to be largely responsible for the “French Paradox”.
- “PhytoActive ” is a broad spectrum of tea, fruit and vegetable extracts of concentrated phytonutrients of all the colors.



The Prebiotics

- Friendly bacteria may prevent cancerous tumors, inactive viruses, produce natural antibodies and vitamins, and reduce cholesterol.
- Prebiotics support the growth of friendly bacteria.
- Spirulina is a *prebiotic*, as are the polysaccharide soluble fibers from fruit pectin, rice bran, and oat beta-glucan.



The Plant Enzymes

- Amylase, lipase, cellulase, lactase, protease, bromelain and papain.
- These help digest starches, fats, cellulose, milk, sugar and proteins, respectively.
- These also tend to lower inflammatory proteins in the blood and tissue fluids.



Soluble and Insoluble Fibers

- Rice Bran is a phytonutrient and micro-nutrient dense soluble fiber polysaccharide.
- Oat beta-glucan is the most active ingredient in oat bran in lowering cholesterol and has immune modulation properties.
- Soluble fiber binds toxins and excess bile for elimination, which helps lower cancer risk and cholesterol.



Lecithin: 20% PC

- Phosphatidyl choline is concentrated in the brain and the myelin sheets.
- Lecithin is a lipotropic assisting in reducing the risk of coronary heart disease and fatty liver.
- PC helps maintain memory by optimizing choline nutrition.



Herbs and Spices

- Milk Thistle flavins support liver regeneration and function.
- Cynarin for artichoke supports the liver as well.
- Red beet root terpene betacyans support both liver and kidney function.
- Cinnamon powder organic acids help normalize blood sugar.
- Aloe leaf 100-1 concentrate is rich in polysaccharide glycoproteins with healing promotion properties.



SuperSorb™ Enhanced Delivery

SuperSorb® Enhanced Delivery Systems currently include:

- using forms of phytonutrients and zoonutrients that are more bioavailable.
- using forms of vitamins or minerals that are more bioavailable
- using micro-encapsulation to make ingredients more bioavailable.



To know more or order

- NanoGreens10 is sold only to Health Care Professionals.
- Available in canisters with 30 one scoop servings, a months supply.
- The taste is excellent mixed in water, juice or BioPharma's other SuperFood Formulas.
- To order CALL 877-7-SCIENCE
- To learn more visit our web site at www.nanogreens.com

