

Probiotic enhanced "greens" are the Extraordinary Immune System Building Block That Help So Many!

Significant numbers of scientific reports are being written by doctors, professors and researchers **linking the benefits of probiotic bacteria** (friendly bacteria) in the defense against many common, rare and even mysterious maladies such as **SARS** and **West Nile** disease.

Many contemporary microbiologists and medical researchers agree that a shortage of probiotic bacteria in the gastro-intestinal tract is the underlying cause of premature aging and upwards of 90% of all diseases!

Conditions such as:

Acne, Acid Reflux, Allergies, Arthritis, Asthma, Attention Deficit Disorder, Autism, Candida, Colitis, Chronic Yeast Infections, Crohn's Disease, Constipation, Eczema, Epstein-Barr, Diarrhea, Diverticulitis, Fatigue, Fibromyalgia, Gastritis, Halitosis, Heart Burn, Inflammatory Bowel Disease, Irritated Bowel Syndrome, Joint Inflammations, Leaky Gut Syndrome, Lupus, Multiple Sclerosis, Psoriasis, Sinitus, Skin Disorders, and Spastic Colon to name but a few.

Our ingredients - all of which are found in the plant kingdom - already represent the highest natural nutrient counts on the planet!

We actually culture and biopotentiate these amazing "greens" even further via an absolutely unique delivery system - a secret that has taken nearly two decades and more than \$2 Million to create and perfect!

We refer to this "secret" as "**The Missing Link**", because in addition to it being the unique key that unlocks all the nutrient potential of our whole food formula for our proprietary bacteria, it provides quantum amounts of these same nutrients to you!

And . . . because the probiotics have already pre-digested the formula . . . you get **the amazing exponential benefits of rapid and complete assimilation!**

Spectra 12™ stands as an absolute performance benchmark in probiotic foods!

WE'VE DEVELOPED A RESULTS-GETTING PROBIOTIC SUPERFOOD THAT YOUR BODY WILL LOVE!

A PROBIOTIC FIRST: Each of **Spectra 12's™** pristine ingredients are sourced from **Certified Organic** farms in Australia, and each and every one is recognized as a whole food. These amazing crops, otherwise known as **STAFFS of LIFE**, are never exposed to pesticides, herbicides, colorings, preservatives or other chemical additives. Our formula is also Lactose and genetically modified foods free!

Spectra 12™ PROBIOTIC PROFILE:

SporogeneL.Acidophilus
L.Delbruekeii
L.Caseii
L.Bulgaricus
L.Causasicus
L.Fermenti
L.Planarum
L.Brevis
L.Heleveticus
L.Leichmannii
L.Lactis
L.Bifidus

Probiotic bacteria (friendly bacteria) prevent the invasion and colonization of harmful bacteria, fungi, yeast, viruses, molds, and other parasites. They maintain chemical and hormonal balance, regulate nutrients, and stimulate correct digestion and proper immune function. They will process putrefied materials and pathogenic products like candida, bacteria and parasites, and in many cases will penetrate the permeable lining of the gut wall and permanently destroy potentially harmful organisms.

In short, the main health benefits of probiotics include:

Increased digestion, alleviation of digestive disorders, enhanced assimilation and synthesis of nutrients, (including vitamins, minerals, and proteins), improved absorption of calcium, protection against E. coli infection, improved immune function, improved lactose tolerance and digestibility of all milk products, reduction of vaginal infections and yeast infections, increased anticarcinogenic (anticancer) activity, reduction/prevention of peptic ulcers caused by H. pylori bacteria, reduction in bad cholesterol, and reduction of acne.

Each of the 17 "perfect" whole food ingredients that comprise Spectra 12™™ are pre-digested in these 13 uniquely cultured probiotic lactobacillus for three weeks prior to bottling. We call this process "biopotentiating" - as it increases the bioavailability of all the free-form nutrients, by orders of magnitude. See: Probiotic Fermentation: The \$2 Million Difference

SPOROGENES: A GIFT FROM THE TIBETAN MONKS BECOMES THE 13TH PROBIOTIC WARRIOR

Sporogenes derive their name from spore bearing lactic acid bacteria, and are an inspired and wonderful gift from the Tibetan Monks who have been cultivating them for centuries from a cheese they make from yak's milk.

Sporogenes are in fact, the most stable and "intelligent" of any of the 1000 odd Lactobacilli bacteria members, and it has taken several years to develop them to the point where they are compatible with our other chosen 12 probiotic bacteria!

When good bacteria die they give their bodies up as food to the others. Our Sporogenes actually convert this expired bacteria to nutrients for the body - and . . . Sporogenes do not require vitamins for growth or proliferation!

This highly sophisticated probiotic actually interrupts the hidden disease process . . .

During the life cycle of this species it forms spores. Spores are a fully alive but dormant stage for these bacteria. They have developed a protective envelope in which they wrap themselves, therefore, they are totally unharmed by stomach acid, and in fact are actually benefited by it, as it helps the sporogenes release their outer envelope to begin their life cycle in the intestines. They are also not harmed by rather high temperatures.

Once they reach the intestines, they are very rapid and effective colonizers and are one of the most prolific lactic acid producers of all the Lactobacillus bacteria. As a result they soon lower the pH of the intestine, making it inhospitable to yeast and the putrefactive bacteria. As the pH of the colon becomes normal, the putrefactive and pathogenic bacteria continually diminish in number, allowing other beneficial bacteria besides the Lactobacillus to multiply. The result is a rapid increase in lactic acid and butyrates, which serve as nourishing fuels for the cells which line the colon. This allows polyp cells, precancerous and cancer cells to normalize themselves.

With the vastly reduced number of putrefactive and pathogenic bacteria inhabiting the colon, a substantially reduced level of toxic substances leaves the colon with the fluids absorbed into the portal blood stream that goes to the liver. With a now manageable level of toxins to deal with, the liver is able to neutralize all of them, and the post-hepatic blood circulation is clear of even low levels of toxins. Hence, there is no longer a stimulation of the disease process or the breakdown of weak genes in the outlying tissues. **The hidden disease process is thus halted.**

AMINO ACID PROFILE:

NOTE: Protein is composed of these amino acids which are responsible for the growth, maintenance, and repair of our bodies throughout our lives. These amino acids form over **1600 basic proteins** which are used by the body to manufacture blood proteins, antibodies, hormones and enzymes.

The main health benefits of amino acids:

Amino Acid	Benefit
Alanine	Acts as an important "fuel" for muscle tissue, the brain and the central nervous system. Strengthens the immune system by producing antibodies. Aids in the metabolism of sugars and

	organic acids, which maintain blood glucose levels.
Arginine	Stimulates the immune response and protects it from bacteria, viruses and the formation of tumor cells. Promotes wound healing and the regeneration of the liver. Causes the release of growth hormone. Crucial to the body for both tissue repair and muscle growth. Promotes detoxification of ammonia.
Asparagine	Is an energy source for the brain, as well as a metabolism booster for the liver. It helps with the elimination of mood extremes and promotes serenity.
Aspartic Acid	It is the precursor to RNA and DNA. It improves endurance and alleviates fatigue. It promotes detoxification of ammonia, and contributes to overall vigor. It is known to relieve muscular spasms.
Cystine	It protects the lungs, and functions as an antioxidant. It is a powerful defender to the body in protecting against radiation, UV rays (protects from cataracts) and pollution. It supports the following: Faster wound healing, slowing down the aging process due to free radicals, neutralization of toxins, reduction of substance addictions or dependencies, ridding the system of endometriosis as well as mammal or uterine fibroids, lowering insulin needs, and ridding the body of excess copper. It is highly recommended in the treatment of lung, skin, bladder and prostate cancer, as well as; the treatment of arthritis, hardening of the arteries, and respiratory ailments such as bronchitis, and emphysema. Hair and skin are made up 10-14% of Cysteine.
Glutamine	Sustains mental activity and decreases mental fatigue. Reduces an individual's desire to consume alcohol and sugar. Assists the system with connective tissue diseases such as polymyositis and scleroderma. Supports all forms of intestinal disorders (intestinal life protection), including peptic ulcers.
Glutamic Acid	50% of the amino composition of the brain is represented by Glutamic Acid and derivatives. It is also considered to be another one of nature's "Brain foods" as it improves mental capacities. Like Glutamine, it speeds the healing of ulcers, gives a "lift" from fatigue, helps to control alcoholism, schizophrenia and the craving for sugar. It aids the system in the transportation of potassium across the blood-brain barrier.
Glycine	It stimulates the pituitary gland and the release of growth hormone. It enhances muscle growth, while inhibiting muscle deterioration. Effective for hyperacidity. Contributes to the health of skin, tendons and cartilage.
Histidine	A deficiency can cause poor hearing, while the use of, can assist the body to eliminate progressive deafness. Assists with arthritis as it removes heavy metals from tissues. Effective with peptic ulcer, allergic disease, & anemia. Important in production of red

	and white blood cells.
Isoleucine Leucine	Both provide the elements for the continued manufacture of other essential biochemical components in the body - many of which are utilized by the body for the production of energy, stimulus to the upper brain, and mental acuity.
Lysine	Aids in the production of hormones, enzymes and crucial antibodies. Insures the adequate absorption of calcium, and helps collagen formation. Lysine is used in the treatment of Herpes Simplex.
Methionone	Functions as an antioxidant. Helps neutralize toxins. Helps to prevent disorders of the skin and nails. Helps prevent hair loss. Acts as an anti-fatigue aid. Helps lower cholesterol, and prevents accumulation of fat in the liver.
Phenylalanine	Utilized by the brain to produce a chemical called Norepinephrine - which transmits signals to and from nerve cells and the brain. This keeps one alert and helps to reduce hunger pains.
Proline	Maintenance and repair of joints and tendons. Strengthens, maintains and repairs the cardiac muscle. Helps with the healing of damaged cartilage.
Serine	Much needed to properly metabolize fats and fatty acids, as well as grow muscle and maintain the immune system health through the production of antibodies. It is also a storage source of glucose by both the liver and the muscles.
Threonine	Important constituent of collagen (joints) and elastin (tendons and ligaments). Helps to prevent fatty build-up in the liver; while aiding both the digestive and intestinal tract function. A powerful immune system enhancer.
Tryptophan	Promotes normal sleep and reduces both anxiety and depression. Supports and enhances the immune system. Reduces the risk of heart and artery spasms, and works in conjunction with Lysine to reduce cholesterol levels. Beneficial in the treatment of migraine headaches.
Tyrosine	Improves memory while increasing mental keenness. Supports and promotes the healthy functioning of the pituitary, adrenal and thyroid glands.
Valine	Contributes to mental vigor and overall coordination of the muscles. It also has calming effect on the emotions.

YEAST PROFILE: *Saccharomyces Cerevisiae* and *Saccharomyces Boulardii*

Both these yeasts are rich sources of Vitamin B1, whose presence in the body, is integral to Acidophilus being able to perform its tasks - mainly that of being supportive to the growth of the other "friendly" (beneficial) bacteria in the gastrointestinal tract. As such, these yeasts are also used in third world countries for the treatment of Dysentery and Gastrointroidces.

Health Benefits of *Saccharomyces boulardii*: SB helps to protect the Gastrointestinal Tract from Cholera. SB alleviates Diarrhea (especially when Diarrhoea is caused by *Clostridium difficile*, Crohns Disease and Travellers Diarrhea).

SB alleviates the Diarrhoea that commonly afflicts persons with Acquired Immune Deficiency Syndrome (AIDS) [scientific research - 3 grams of SB was administered to persons afflicted with AIDS with Diarrhoea of no known cause - within 2 days the volume of their Diarrhoea was reduced to 1 litre and after 8 days their stools were normally formed].

The Omega 3, 6 & 9 Essential Fatty Acids:

Naturally-Occurring Ionic Minerals

PACIFIC OCEAN SOURCED:

World-renowned "Oceana Pacifica" Hawaiian Spirulina: Spirulina is the richest and most complete source of total organic nutrition in the world, containing over 100 synergistic nutrients!

Spirulina is nature's richest whole food source of the entire all- important antioxidant spectrum - and the only source of Phycocyanin - an immune stimulant. It also contains Beta-Carotene, Vitamin E, Selenium, Methionine, Cysteine, Super Oxide Dismutase (aka S.O.D.), Copper, Manganese, Zinc - and the complete B Complex: B- 1, B-2, B-3, B-5, B-6 and B12. It is also the richest whole food source of GLA, Chlorophyll and Complete High Biological Value Protein and Bio-Chelated Organic Iron.

Spirulina is 58 times richer in iron than raw spinach and has 28 times the iron of raw beef liver! Further, the naturally occurring Beta-Carotene (Pro-Vitamin A), delivers 25 times more Beta- Carotene than raw carrots! Spirulina is also a good source of the natural enzymes so vital to our health because they assist in releasing the valuable nutrients from foods so that our bodies may assimilate them.

Kelp: Studies indicate that the Sodium Alginate in Kelp prevents the absorption of the radioactive substance, **Strontium 90**. Since the nuclear accidents at Three Mile Island and Chernobyl, Strontium 90 has been researched and linked to Hodgkin's Disease, leukemia and bone cancer. The Nuclear Regulatory Commission, formerly known as **The US Atomic Energy Commission** recommends the daily ingestion of a Kelp supplement to prevent Strontium 90 absorption.

THE LEGENDARY AUSTRALIAN GRASSES

Green Barley Grass - Barley Grass contains a rich concentration of vitamins, minerals, protein and live enzymes, and an **incredible 70+ trace elements**. Additionally, it has ideally balanced concentrations of the minerals, Potassium, Calcium, Magnesium and Iron.

One of the important functions of these minerals is to maintain the essential balance between acidity and alkalinity in the body. When this balance is upset, cell metabolism is jeopardized.

Barley Grass is extremely alkaline, featuring nearly twice the alkalinity of spinach! This vital pH balance insures proper synergy between vitamins and minerals and promotes optimal assimilation of minerals. Richly imbued in Carotene, B Vitamins, Biotin, Folic Acid, Pantothenic Acid, Nicotinic Acid and the enzyme S.O.D. (Superoxide Dismutase) - Barley Grass is a powerful antioxidant.

Green Alfalfa Grass - Second to Spirulina - Alfalfa is the next true protein rich super food. It is complete with Vitamins A, B, C, D, E, F, and K, Calcium, Magnesium, Phosphorous, Potassium and numerous trace elements.

With roots that grow as deep as 40 meters, it is abundant in balanced minerals, meaning they promote their own absorption. Alfalfa also contains many important enzymes and is high in Chlorophyll. A study published in the **Journal of the National Cancer Institute**, documents that Alfalfa Grass collects and binds carcinogens (cancer-causing agents) in the colon and then facilitates their subsequent elimination. A proven cholesterol fighter, Alfalfa Grass also contains two chemicals that assist menstruation - Stachydrine and Homostachydrine.

Green Wheat Grass - Wheat Grass is extremely high in chlorophyll and has a molecular structure very similar to the hemoglobin of human blood. Chlorophyll is the blood of the plants and is extremely rich in nutrients. It is a known detoxifier and as such, it promotes the cleansing of toxins from the cells. It is rich in antioxidants, Vitamin C, Vitamin A, Super Oxide Dismutase (S.O.D.), and contains the minerals, Calcium, Magnesium and Iron. It's naturally occurring anti-inflammatory qualities make it an effective intestinal cleaner.

BEANS, GRAINS & SEEDS

Adzuki Beans [Pronounced ah-ZOO-kee; AH-zoo-kee] - Renowned for centuries in the Far East as the “**Mercedes**” of beans, these small, russet-colored beans are a staple in any macrobiotic diet due to being very yang, and they are one of the easiest beans to digest.

Low in fat, high in protein (25%) and boasting an amazing natural sugar profile, Adzuki beans round out the Amino Acid profile of **Spectra 12™** to include all 20 Amino Acids.

Adding to their amazing nutritive value is a dazzling compliment of vitamins, minerals and phytoestrogens including Vitamins A, B6, B12, C, D, E, K, Biotin, Folic Acid, Naicin, Pantothenic Acid, Riboflavin, Thiamine, Calcium, Chromium, Copper, Magnesium, Manganese, Molybdenum, Phosphorus, Potassium, Selenium and Zinc.

Health Benefits of Adzuki Beans: The **Adzuki bean** is heralded in the Far East to support correct levels of both blood cholesterol and blood sugar - and they help

control hunger. The high fiber content promotes proper bowel function, and benefits both kidneys and bladder, and in cultures where Adzuki beans are a regular diet staple, such as Japan, there are much lower levels of breast cancer (possibly related to the phytoestrogens).

Wheat - Wheat is the most widely grown grain in the world and possesses a broad nutrient profile - hence the term - "The Staff of Life". Wheat's nutrient profile includes: Amino Acids, 4 major B vitamins (thiamin, bioflavin, niacin, and folic acid), Vitamin E, iron, copper, and assorted trace minerals. It is also a rich source of carbohydrates.

Barley - Barley is high in both antioxidants (S.O.D.) and enzymes. It also contains protein, calcium, potassium and magnesium in its abundant nutrient profile. Alkalinizing effect: Containing the buffer minerals sodium, potassium, calcium, and magnesium, Barley can help you manage your body's pH. Buffer minerals neutralize acidic materials and can help people maintain a healthy acidity/alkalinity balance.

Health Benefits of Barley: Barley has been documented to help prevent some forms of Cancer (due to Protease Inhibitors suppressing the action of various carcinogens within the intestinal tract).

Oats - Oats contain Alkaloids, Avenine, Gramine, Trigonelline, Amino Acids, Carbohydrates, Beta Glucans, Amylose, Lipids, Fatty Acids, Calcium, Copper, Iron, Phosphorus, Silicon, Proteins, Vitamins B1, B2 and B3, Inositol, Vitamin E, Phyto-Hormones and Protease Inhibitors.

Health Benefits of Oats: Oats lower total serum Cholesterol levels by washing away bile acids in the digestive tract that would otherwise be converted to Cholesterol. Oats reduce serum LDL Cholesterol levels (due to beta-glucans) [scientific research: Oats can reduce serum LDL levels by up to 18%]. Oats are also documented to reduce the craving for tobacco [scientific research: After one month of oats consumption, the craving for tobacco diminishes and this diminished craving for tobacco continues for 2 months after cessation of oats supplementation]. Oats are also known to alleviate diarrhea, and stabilize Insulin levels.

Rye - Rye contains Amino Acids, Carbohydrates, Glucans, Lignans, Lipids, Calcium, Iron, Potassium, Polyphenols, Isoflavonoids, Proteins, Coenzyme Q10, Vitamins B1, B2 and B3, and Protease Inhibitors.

Whole Maize - Maize AKA corn - is a food staple for much of the world. Maize contains the Amino Acids: Lysine, Phenylalanine, Isoleucine, Leucine, Valine, Methionine, Cystine, Tryptophan, Threonine, Tyrosine, Arginine, and Histidine. It is also a known source of Carbohydrates, Carotenoids, Minerals, Coenzyme Q9, Biotin, Inositol and Protease Inhibitors.

Flaxseed - Flaxseed is one of the richest know sources for both the Omega 3 and Omega 6 Essential Fatty acids. These are the only two essential fatty acids that the body needs to secure from the foods we eat. Flaxseed also supplies fiber, and is a

known cholesterol-lowering agent. It is a rich source of lignans, which are a type of phytoestrogen. The American Cancer Institute singled out flaxseed as 1 of 6 foods that need special study, as it proving to cancer inhibiting effects.

Health Benefits of Flaxseed: Flaxseed alleviates disorders of the colon, preventing and even reversing constipation. They also improve digestion, and help stabilize blood sugar levels.

Brown Rice - Brown rice is referred to as nature's most perfect food. In fact, over two thirds of the world's population utilizes brown rice as its staple food source! Brown rice is the least processed rice, and therefore has the highest nutritional value. It is rich in magnesium, copper, fiber, iron, niacin, phosphorus, thiamin, Vitamins B1, B2, B3, and B6, Folate, Vitamin E, Potassium, Selenium, and Zinc. It is also a good source of Carbohydrates, Protein and Enzymes.

Health Benefits of Rice: Rice lowers blood pressure in persons afflicted with hypertension. Rice reduces the incidence of some forms of Cancer; including Breast Cancer, Colon Cancer, and Prostate Cancer. Rice helps to prevent Kidney Stones, and can cause a dramatic improvement in persons afflicted with Psoriasis.

Mung Beans - Mung Beans belong to the legume family. They have a high protein content and contain Calcium, Copper, Selenium, Iron and Zinc, Vitamins B1 and B6, Folic Acid and Protease Inhibitors.

Health Benefits of Legumes: Most Legumes prevent the absorption of some dietary Cholesterol (due to Galactomannans). They also alleviate Diabetes Mellitus by regulating the body's use of Insulin. Legumes are excellent Insulin regulators [scientific research: Legumes can eliminate the need for Insulin injections in Diabetes Mellitus sufferers. Most Legumes help to prevent Cancer by counteracting carcinogens in the intestine (due to Protease Inhibitors).

Millet - Millet is a good source of fiber and a complete protein. In fact, it contains more protein than corn or barley! It is rich in folate, Vitamin A, Vitamins B1, B2, B3, and B6, Vitamin K, calcium, magnesium, phosphorus, copper, zinc, manganese, iron and potassium. It also has an abundant amino acid profile. It is a good carbohydrate source and is a good food for the stomach, spleen and pancreas.

Health Benefits: Millet is also one of the best grains for those with intestinal disorders and is the ideal grain for the management of blood sugar imbalances.

Black Strap Molasses - Black Strap Molasses contains Carbohydrates, Molybdenum, Calcium, Magnesium Sodium Iron, Lactic Acid and PABA. It helps to alleviate constipation for many people.

Certified Whole Organic - Alfalfa Seed, Buckwheat, Sunflower Kernels, Pepitos, Green Ginger, and Barley Malt.

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