

BIOSUPERFOOD (BSF) - Usage Guidelines for Nutritional Health Support

BIOSUPERFOOD Formulas and Ingredients

There are three BSF formulas (F1, F2 and F3), each containing different proportions of the same four microalgae, resulting in slightly different concentrations of nutrients in each formula. The four microalgae in each of the BSF formulas are Spirulina Pacifica, Spirulina Platensis, Dunaliella Salina and Astaxanthin from Haematococcus Pluvialis. These microalgae were selected from amongst hundreds for their unique compatibility. The algae in the BSF formulas are hydroponically grown in a controlled and protected environment to maximize purity and deliver their highest nutrient potential and completeness.

Each BSF formula contains thousands of nutrients. The following are just some highlights of these nutrients which best describe their nutritional potential:

PROTEINS - High-quality complete protein (between 45% to 55% protein) - including all the essential amino acids with 98% net assimilation.

VITAMINS - All known vitamins – A, B complex, C, D, E and K. Including B12, rarely found in plants, and beneficial for vegans and vegetarians.

MINERALS - More than 114 natural and bioavailable minerals & trace elements: calcium, magnesium, zinc, potassium, sodium, iron, copper, selenium, phosphorus, manganese, molybdenum and many more.

NUCLEIC ACIDS - DNA & RNA, the building blocks of living organisms, needed for effective tissue growth and repair as well as healthy cell function.

ESSENTIAL FATTY ACIDS (EFA) - Essential fatty acids Omega-3, and Omega-6, including rare Gamma-linolenic acid (GLA), critical to healthy brain function. Additional non-essential Omega-9, and many more fatty acids are also present in synergistic balance.

MIXED CAROTENOIDS - Carotenoids play many important roles in human health, and act as powerful antioxidants, protecting the cells of the body from damaging effects of free radicals. Many carotenoids are found in BSF, including alpha-carotene, beta-carotene, astaxanthin, lycopene, lutein, zeaxanthin, quercetin, cryptoxanthin, and many more.

CHLOROPHYLL WITH CALCIUM SPIRULAN - Chlorophyll – the green pigment in plants – is chemically like (hemoglobin) blood in mammals and plays a similar, essential role in the production and transportation of nutrients, Chlorophyll, with its main component magnesium, plays an important role in calcium digestion and absorption, and offers many other health benefits, including growth, respiration, detoxification and more.

ENZYMES Thousands of enzymes critical for good health. Enzymes facilitate the breakdown of foods and help to increase the reproduction of probiotic bacteria such as lactobacilli that further aid in the digestive process.

Holistic Usage

To maximally benefit from BIOSUPERFOOD, one should let go of the palliative mindset (addressing and treating symptoms) in favor of the holistic approach (prevention first, and a whole body, curative approach aiming at the root cause of symptoms). With BSF, the holistic approach is one of optimal nourishment to derive whole body benefits on the cellular level, which include energy, detoxification, growth, repair, protection, and renewal.

Selection of formula(s) and quantity of capsules per day

BIOSUPERFOOD is a complete, nutrient-dense micro-food that delivers optimal nutritional benefits to every cell, in turn greatly supporting and enhancing the body's own innate digestion, defense and healing mechanisms. When taken daily, even one capsule will provide health benefits above and beyond any vitamin or mineral supplement. While there is no "one-size-fits-all" solution to every individual and circumstance, most adults will truly *feel* the difference with between 3-8 capsules daily of whichever formula is chosen. Flexibility and respect of individual biochemistry is always recommended for best results.

Select a formula based on the following descriptions and suggested intake criteria:

BIOSUPERFOOD F1 (Base)	BIOSUPERFOOD F2 (Core)	BIOSUPERFOOD F3 (Forte)
<p>This perfect blend offers an excellent base of nutritional support for all stages of life in the maintenance of good health, protection, and prevention of health issues.</p> 	<p>Richer in carotenoids than F1, this blend offers <i>increased</i> nutritional support for all life stages in maintaining good health, protection, prevention, and rejuvenation, as well as benefitting stamina, fitness and performance.</p> 	<p>The richest in carotenoids, this formula offers <i>advanced</i> nutritional support and energy for all life stages in regaining and maintaining good health, protection, prevention, and renewal, with significant benefits for stamina, fitness and performance.</p> 

Recommended Usage

- **For daily maintenance and renewal:** To maintain optimum health in support of your diet, to obtain more energy, for protection and prevention from health issues, and for replacement of (some or all) supplements, take 3 to 9 capsules per day of the chosen formula. For normal daily support, opt for either F1, F2 or F3.
- **For protection from and/or during early stages of physical imbalance:** For those seeking greater nutritional support and energy to assist the body in protecting from and/or reversing the degenerative process, it is recommended to take from 6 to 10 capsules per day of the chosen formula. For this stage of prevention and/or physical imbalance, opt for either formula F2 or F3.
- **For maximum therapeutic support:** Ideal for those seeking the ultimate in nutritional support and energy alongside certain therapies, and for certain conditions of compromised health and/or chronic metabolic imbalances. For this maximum support, one should opt for formula F3 which promotes overall health by replenishing needed nutrients that may be deficient. It is recommended to take from 6 to 12 capsules per day.
- **For performance at work, in sports, bodybuilding, athletics and general fitness:** To increase stamina, energy and strength; for recovery from workouts and/or strenuous exercise and for prevention of related injuries, the recommended use is from 6 to 12 capsules per day of either formula F2 or F3. It is also suggested to take additional capsules as needed, prior, during and after workouts.

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Quantity per intake and distribution throughout the day

Clinical and experimental observations over decades have shown that a small quantity taken frequently is more efficient than taking a larger quantity less frequently. As a rule, it is best to take no more than one or two capsules per intake several times per day. In doing so, one can achieve equivalent or better results with fewer capsules overall.

Usage Phases

It is recommended to introduce BSF to the body in a 3-phased approach, respecting the body's own guidance and making adjustments as needed:

Adaptation Phase – Introduce BSF to the body gradually, following the recommendations in the Adaptation Mode below. This phase may last between one week and six weeks depending on the Adaptation Mode selected.

Program Phase - The Program phase is reached in days or weeks and should be maintained for several months. In cases of degenerative conditions, it may be maintained for up to one year as some degenerative conditions have been present for decades.

Maintenance Phase - Maintenance level can be used after months to one year after starting the Program phase. It is recommended to take BSF for the rest of your life as a strategy for nutritional protection and prevention of health problems.

Adaptation Modes

Because of its rapid nutritional influence, BSF should always be introduced to the body gradually to allow physiological changes to take place progressively and be well received within the body. Select the adaptation mode that best suits health conditions and/or desired goal

Slow/Gradual: Begin with 1 capsule per day of the chosen formula; then add one additional capsule every 5-10 days until reaching the desired/suggested number of capsules per day.

Normal/Standard: Begin with 1-2 capsules per day of chosen formula; then add one additional capsule every 2-4 days until reaching the desired/suggested number of capsules per day.

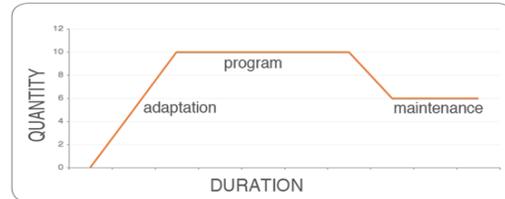
Fast/Advanced: In case of advanced degenerative conditions when support is needed, it may be appropriate to choose a faster adaptation mode. With such conditions, one should consult a professional familiar with the use of BSF.

Precautions

If pregnant, or in cases of high blood pressure, Alzheimer's, brain injury, stroke, hyperthyroidism, varicose veins, candida, hepatitis, fragile intestine, celiac condition, fragile liver or kidney function, or any other serious health condition, it is important to start the program in Slow Adaptation Mode as described above. If uncertain, consult a health professional, preferably one familiar in working with BSF. In all cases of fragility, it is suggested to take no more than one capsule per intake. You may also call one of our product consultants with any questions or concerns at toll free: **1-877-288-9116**.

Phase Duration and Usage

The duration for the "Adaptation Phase" may last between one and six weeks depending on the Adaptation Mode chosen. The expected minimal duration for the "Program Phase" is for 3 to 6 months, non-inclusive of the adaptation phase. Degenerative conditions that took years or even decades to manifest may require between 6 to 12 months of the Program Phase. Programs may vary depending upon specifics and conditions, frailty, or other issues with each individual. Variances to program can be noted or built into individual programs. The "Maintenance Phase" is recommended as lifelong, as one cannot afford to forgo this extraordinary source of rare and protective nutrients.



Recommendations for maximum results

- Optimum results are achieved by taking 1-2 capsules maximum frequently rather than more capsules just once or twice daily
- Capsules may be taken with or without food; with foods, there is increased assimilation of those foods
- Stay properly hydrated by drinking 8-15 cups of pure water daily to assist the body's assimilation of nutrients and elimination of debris and toxins
- For digestive support, take 1 capsule 10-15 minutes before meals
- For weight management, take 1-2 capsules 20-30 minutes before meals
- For energy support, take additional capsules as needed
- Tangible reaction symptoms are normal and differ for each person. Be flexible and adjust accordingly
- Even if one realizes early results, it is recommended to follow through with the program as suggested
- Following the program, a maintenance program should be followed for life

Other Recommendations

- Check with a health professional to share and/or monitor results, particularly during the adaptation phase
- Avoid negative stressors, and adopt positive habits like walking, yoga, qigong and/or meditation
- Rest, sleep, exercise, fresh air, and sunlight are important contributors to good health
- When taking BSF daily, it is possible to reduce or eliminate other supplements
- Add the juice of a fresh organic lemon to total day's water
- Eat a variety of whole organic fresh foods, with at least 50% of it being raw colorful vegetables and fruits
- When cooking foods, sauté, steam, or boil foods lightly to preserve nutrient potency
- Avoid processed foods, coffee, alcohol, tobacco, sugar, soft drinks, and other junk foods
- Chew foods well for better digestion and assimilation
- Exercise 4 to 7 times per week (moderately) – and include a variety of aerobic, anaerobic and strength

Storage and Shelf Life

It is not necessary to refrigerate BSF. Do not expose to freezing or high temperature for long periods of time as it may affect the product. When stored properly at room temperature, BSF will remain fresh, powerful, and efficient for years.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The suggestions and information contained in these guidelines are not intended to treat, prevent, or mitigate disease.

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