

INGREDIENTS COMMENTS - THE MISSING LINK MASTER NUTRIENT FORMULA



Our products are formulated from whole foods and food concentrates with the intention of delivering nutrients that are bio-active, the way Mother Nature made them. They synergistically provide support to the cardiovascular, nervous, digestive, and immune systems. The result is sustained energy and healthy skin and hair.

Summary: Raw materials used in our animal products are of the highest quality, human edible ingredients.

- Free from extraneous material, preservatives, and dangerous chemicals.
- No presence of hazardous heavy metals, cyanogenic glycosides, herbicides or pesticides.
- Microbiologically safe and free of pathogen bacteria.
- Free of Bovine Spongiform Encephalopathy (BSE) aka “Mad Cow Disease” and in Compliance with Regulation 21 CFR 589.2000

Processing: Our proprietary, patented cold-processing method ensures the freshest delivery of precious omega-3 fatty acids in combination with a broad spectrum of natural fibre, flax lignans and plant nutrients.

As with any product, the ingredients in our formulas are listed in order from greatest to least, based upon the amount of each one in the product. Therefore, flaxseed in all our formulas is the primary ingredient.

FLAXSEED is the richest vegetable source of Omega 3 essential fatty acid (alpha linolenic acid). It is also the richest known source of lignans (a class of phytonutrients that have anti-fungal, anti-bacterial, anti-viral, and anti-carcinogenic properties). It is an exceptional source of dietary fibre, both soluble and insoluble. Flax is high in Boron, a trace mineral that helps the body hold on to calcium. The National Cancer Institute (N.C.I.) in the U.S.A. has chosen flax as one of the first five primary foodstuffs for study in their \$20 million project to determine health benefits of natural foods. From the Omega 3 essential fatty acids the body produces Series 3 prostaglandins. These act on the cellular level in a variety of disease fighting ways, that include anti-clotting actions in the blood stream, anti-inflammatory responses that alleviate or prevent auto-immune diseases such as: arthritis, psoriasis and asthma. They are involved in mechanisms of transport and metabolism of both cholesterol and triglycerides that result in a strong lowering effect on both of these cardiovascular factors. Series 3 prostaglandins increase vitality, energy, and stamina due to their involvement in the body's process of oxidation, which, on a cellular level, is the way molecules are broken down to produce energy. **Flaxseed is rich in Essential Fatty Acid Omega 3, soluble and insoluble fibre and Boron.**

SUNFLOWER SEED besides being a nutrient and fibre rich seed, is included to bring the Essential Fatty Acid ratio to a more optimum level, by providing the Omega 6 Essential Fatty Acid (linoleic acid).

BLACKSTRAP MOLASSES is a food concentrate. It is one of the richest sources of minerals and vitamins found in sugar beets and sugar cane. The commercial processing of these sugars leaves us with a calorie-rich, nutrient poor sugar product. Blackstrap molasses is the good part, with only a little sugar and lots of minerals and vitamins. **Blackstrap Molasses is rich in Iron and Calcium and is also known as the richest natural source of Potassium.**

RICE BRAN is really the “brown” of rice; the parts that usually are processed out of the rice and that contain vitamins, minerals and good fibre. This is a rich carbohydrate that also delivers a powerful package of naturally occurring antioxidants.

NUTRITIONAL YEAST is traditionally known as a “super” food. There are various nutritional yeasts available. This one is more nutrient rich than brewers yeast and tastes a whole lot better. Yeast is an excellent energy booster between meals and has been known to help sugar metabolism. Because of the nutritional importance, they have been reported as beneficial for eczema, heart disorders, gout, nervousness and fatigue. They also enhance the immune system and regulate the body's natural yeast balance. Yeast does not cause the yeast infection known as Candida. The most common reason for yeast allergy and proliferation of Candida is incomplete digestion of food proteins. There is not enough yeast present in TML to cause problems - even in those who have a true yeast allergy. TML contains a maximum of about 400 milligrams (less than ½ gram) which is far below the threshold that triggers allergies. **Nutritional Yeast is rich in B vitamins, 16 amino acids, 14+ minerals, including Iron, Potassium, Calcium and Chromium, ten vitamins and is 60% high quality protein.**

ALFALFA is one of nature's most powerful and nutritious plants. The human body absorbs nutrition from this source easily and uses it effectively to clean out unhealthy cholesterol deposits, even when cholesterol is being ingested in large amounts. **Alfalfa is rich in chlorophyll, octacosanol, beta-carotene, and amino acids and is 50% protein.**

CARROT is a well-known "star" for health. Carrot is packed with beta-carotene (Provitamin A) and is probably the most famous phytonutrient. There is substantial evidence that suggests strong cancer and heart disease preventative effects. It contains 42 health benefiting molecules, including carotenoids, coumarins, flavonoids, terpenes, phenolic acids, phthalides. **Carrot is rich in beta-carotene, Vitamin C.**

APPLE - Because apple is rich in pectin it has the ability to take excess water from the intestines and make a soft bulk that acts as a mild, non-irritating stimulant. This invokes the peristaltic movement and improves natural bowel elimination. Did you know that pectin fibre has been known to help remove unwanted metals and toxins from the body, as well as the ability to lower blood cholesterol levels? **Apple is rich in soluble fibre, vitamins, and calcium. It also has the ability to absorb Calcium and Iron from other foods.**

HESPERIDIN is more commonly known as citrus pulp. Hesperidin includes the inner linings of the rind, the inner membranes, and raw pulp of citrus. From a health-benefiting standpoint, these parts (which are not usually eaten) are the best parts. Citrus is one of nature's largest storehouses of phytonutrients. Fifty-eight (58) phytonutrients have been identified to date, including pectin, carotenoids, glucarates, flavonoids, terpenes, liminoids, lycopenes, coumarins, and phenolic acids. Laboratory and population studies have shown strong evidence of anti-cancer properties and preventative effects on heart disease. **Hesperidin is rich in anti-oxidants that scavenge and eliminate free radicals, enhance the efficiency of Vitamin A and E, have anti-inflammatory effects, boost the immune system and help prevent allergies. It is one of the five initial foods selected by the N.C.I. for its health benefits.**

SESAME SEED has long been appreciated for its taste and nutritional benefits, especially in Mediterranean and Eastern civilisations. It contains more protein than any nut, as much iron as liver and is high in vitamin E. Sesame seed contains as much as 55% oil, consisting primarily of oleic and linoleic acids.

LIQUORICE ROOT - Liquorice is a time honoured natural treatment for arthritis because of its natural anti-inflammatory properties. It stimulates the production of two of the body's self-made steroids: aldosterone and cortisone, which help reduce inflammation. Many herbalists use it as a natural tonic for respiratory problems, peptic ulcers, and bladder and kidney ailments. It has also been beneficial in nourishing the body and stimulating the adrenal glands and pancreas. Some women also use liquorice root as a natural source of the female hormone estrogen. It boosts liver enzymes that detoxify cancer-causing chemicals. When liquorice root is taken in small amounts in its natural state it has incredible healing properties. Extra care should be taken when a product says it has liquorice extract, the amount of glycyrrhizic acid in such a product is usually higher than natural liquorice. Care should be taken with any product that has been refined. **Liquorice Root is rich in 29 phytonutrients, glycyrrhetic and glycyrrhisoflavone, which have been shown to have strong anti-cancer properties.**

SPROUTED GREEN BARLEY is another green food, a class of exceptionally nutritious foods that have high concentrations of vitamins, minerals, proteins, enzymes, chlorophyll and mucopolysaccharides. Barley green contributes in many ways to the body's healing ability, including benefits against allergic reactions, inflammation, high blood pressure and detoxification, to name a few.

SPIRULINA is a blue-green algae that is extremely nutrient rich. It is rich in vitamins, minerals, carotene and chlorophyll.

NETTLE is a green food, that is actually better for you than spinach. Nettle has been used by several cultures as a source of nutrition during famine and war. It is an excellent source of organic iron, but unlike spinach, nettle is free of oxalic acid, which ties up Calcium, preventing efficient use. **Nettle is rich in iron and over 10 phytonutrients.**

BROCCOLI - This cruciferous vegetable contains many phytochemicals, thirty-three having been identified to date. These include sulphides, indoles, isothiocyanates, glucarates, carotenoids, coumarins, terpenes, flavonoids and phenolic acids. Broccoli is high in good fibre and in the trace mineral boron. Its

phytochemicals, particularly the indoles, sulphides, and isothiocyanates are anti-cancer agents that protect the DNA from damage by carcinogens. **Broccoli is rich in fibre, Boron, Vitamin A and C.**

CHERRY is packed with 46 known phytochemicals, the rich, deep colour of the cherry foretells that it is full of bioflavonoids with their multiple health-benefiting properties. Cherry also imparts great taste as a flavour enhancer. Cherry is high in Iron and a great blood builder. Because of the high iron content cherry is used to aid the body in cleansing the liver and kidneys. It has a high alkaline content, which is helpful in ridding the body of harmful waste and toxins. Cherry has natural healing properties that have been shown to fight and prevent naturally occurring and human made carcinogens. **Cherry is rich in Iron and polyphenolic catechins, which have the ability to scavenge free radicals. It has also been shown to inhibit formation of nitrosamines (a known carcinogen).**

PARSLEY is an umbelliferous vegetable. This class of vegetable is among the first five food types chosen for study by the N.C.I. It contains 22 known phytochemicals including flavonoids, carotenoids, coumarins, terpenes, phenolic acids, phthalides and polyacetylenes. You will find parsley features in dusty old books discussing the way of natural health and in the latest best seller on juicing. It's a winner!

KELP has a salty taste and is used by many people in place of salt. It has a high content of natural plant Iodine that is absorbed into the body slowly and therefore more safely than chemical iodine. Iodine is necessary for proper functioning of the thyroid which is essential for proper growth, energy and metabolism. Kelp contains Calcium, Potassium, and Magnesium, Zinc and all trace minerals. It is nature's best source of natural iodine and has been used to aid the body in regulating the thyroid and pituitary glands, to help the body regulate body temperature (especially low body temperatures), and to aid in the function of the digestive and endocrine systems. It has been shown to prevent the growth of tumours, acting as an antibiotic and contributing to the building of the cell wall. **Kelp is rich in natural Iodine, Calcium, Potassium, Magnesium, Zinc and trace minerals.**

VANILLA BEAN – One of nature's greatest flavour enhancers, vanilla bean is primarily used for taste and palatability and is a powerful antioxidant.

GINGER ROOT has been a time proven remedy for upset stomach, indigestion and abdominal cramps. It has effectively been used for morning sickness as well as motion sickness. Many studies have indicated that it eases the symptoms of a cold and has a cleansing effect on the kidneys and bowels as well as helping to remove excess toxins from the body. **Ginger Root is rich in natural enzymes, antioxidants and 22 known phytonutrients.**

SAGE has a rich phytochemical storehouse containing 38 of these known health-benefiting molecules. Sage adds taste and flavour to our ingredient combinations.

ROSEMARY contains 13 known health-benefiting phytochemicals and has a great taste which enhances palatability. Rosemary has been found to promote a synergistic increase in the antioxidant potency of naturally occurring tocopherols (Vitamin E related compounds).

YUCCA is rich in the phytochemical family termed "phytosterols". These compounds are helpful in improving digestion and are effective in controlling arthritis.

GARLIC is nature's antibiotic and enhancer of the immune system. Garlic was one of the N.C.I.'s first five foodstuffs being studied for multiple health benefits that include the breakdown of blood clots, reduction of low-density lipoproteins (LDL) while increasing high density lipoproteins (HDL), alleviating asthma, reducing high blood pressure, and acting as an immune system stimulant. Garlic contains 35 phytonutrients including the allelic sulphides, terpenes, and phenolic acids. **Garlic is rich in high-density lipoproteins (HDL) and phytonutrients.**