

## The Four Building Blocks of Functional Nutrition



# Super Sprouts & Algae



## Antioxidant Nutrition from Land, Lake, and Sea

All of our products are designed to effectively address the body's need for one or more of the **Four Nutritional Building Blocks of the Functional Nutrition Health Model**.

**Super Sprouts & Algae** belongs to the **Protect with Antioxidant Nutrition** building block. Some of the benefits include:

- ◆ Offers a balanced proportion of antioxidants
- ◆ Helps the body fight damaging free radicals\*
- ◆ Easy to assimilate
- ◆ Nourishes the central nervous system
- ◆ Provides a superior blend of ingredients from land, lake, and sea
- ◆ Contains carotenoids (natural antioxidants)
- ◆ Certified organic

# Protect

**Super Sprouts & Algae** is a unique product combining the nutritional benefits of ingredients from three natural environments. Each capsule contains custom-grown wheat sprouts from the land, organic **Alpha Sun**<sup>®</sup> from Upper Klamath Lake, Oregon, USA, and red beta algae from the sea. These premium ingredients synergistically supply the body with an exceptional storehouse of superior antioxidant nutrition to help combat the destructive effects of highly unstable, reactive molecules known as free radicals.\*

The organic blue-green microalgae and red beta algae in **Super Sprouts & Algae** are remarkably rich sources of beta-carotene. Also known as provitamin A because the body converts it to vitamin A, beta-carotene is widely recognized as one of the most valuable nutrients for establishing and maintaining good health.\* Each capsule of **Super Sprouts & Algae** nourishes the body with a wide array of vital micronutrients which, when combined, offer overall enhanced antioxidant protection.



120 Vegetarian Capsules  
USA Item # 21-250



# Super Sprouts & Algae



## A Word About Free Radicals

The average human body is composed of as many as 100 trillion cells. As building blocks of every system in the body, healthy cells are an essential component to fitness and longevity. Unfortunately, the body's cells are under constant attack by damaging, unstable molecules called free radicals. Free radicals are a by-product of normal metabolism, and the human body is equipped with antioxidant enzymes that help neutralize free radicals before they cause cell damage. However, the many stresses of modern living—including emotional pressures, overexertion, environmental pollutants, and the aging process—often create free radicals in quantities well beyond the body's natural ability to cope with them. When this happens the body requires key nutrients, such as beta-carotene, along with foods that promote the natural production of antioxidant enzymes.

### What people are saying...

*"Super Sprouts & Algae have an incredible effect for me. As a runner who started later in life, I would hear stories from other runners about knee problems, which I never seemed to have. When I began running, I had been using the algae products for about six months, and was beginning to branch out to try all the other products. I knew they were giving me energy and health!"—Linda*

*"Even though I have been eating the algae for just about 10 years now, I was still surprised at my major energy lift in the afternoon during one particularly busy time! I think the Sprouts & Algae gave me the extra boost I needed."—Lif*

## Supplement Facts

Serving Size: 3 capsules

	Amount Per Serving	% Daily Value*
Calories	5	
Total Carbohydrates	1 g	less than 1%
Protein	less than 1 g	
Vitamin A (beta-carotene)	1,845 IU	36%
Proprietary Blend	1.9 g	†
Organic Wheat Sprouts		
Organic Microalgae ( <i>Aph. flos-aquae</i> )	180 mg	
Red Beta Algae ( <i>D. salina</i> ) Extract		

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

**Other Ingredients:** Plant fiber.

**Suggested Use:** 3 capsules each day. You may wish to adjust this amount based on your individual needs.

Keep in a cool, dry place.

**Certifications:** Organic.



Voices from the Field [www.simplexityhealth.com/emails/voices/vff\\_antioxidants.html](http://www.simplexityhealth.com/emails/voices/vff_antioxidants.html)

Coenzyme Q10—the Answer for Our Own Internal Energy Crisis [www.simplexityhealth.com/resources/technical/q10\\_AHealth.html](http://www.simplexityhealth.com/resources/technical/q10_AHealth.html)

The Ubiquitous Coenzyme Q10 [www.simplexityhealth.com/resources/vt/Q10.html](http://www.simplexityhealth.com/resources/vt/Q10.html)

Take a Closer Look at Heart Health [www.simplexityhealth.com/associatenew/technical/pdf/closerlook\\_heartandimmune.pdf](http://www.simplexityhealth.com/associatenew/technical/pdf/closerlook_heartandimmune.pdf)

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Abstracts to research on AFA [www.simplexityhealth.com/associatenew/technical/research\\_abstracts.html](http://www.simplexityhealth.com/associatenew/technical/research_abstracts.html)

Scientific references [www.simplexityhealth.com/associatenew/technical/sci\\_references.html](http://www.simplexityhealth.com/associatenew/technical/sci_references.html)

AFA—Earth's First Food [www.simplexityhealth.com/associatenew/specsheets/sbga.pdf](http://www.simplexityhealth.com/associatenew/specsheets/sbga.pdf)

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