



# BIO SUPERFOOD<sup>®</sup>

USAGE GUIDELINES



# WELCOME

Welcome to the BioSuperfood family and congratulations on your purchase! Thank you for letting us share with you the benefits of this daily whole micro food.

We are passionate about living healthy fulfilling lives and about sharing this passion with our loved ones, friends, and everybody that cares about their well-being. We firmly believe in the genius design of our bodies, of our brain, and of every single cell that our body is composed of. We believe that if our cells are properly nourished, our body will function at its maximum potential.

## WHO SHOULD TAKE BIOSUPERFOOD?

BioSuperfood is for people who wish to regain, protect, and maintain their overall health and immune system. It's a holistic solution to help your body use its own self healing power. Everybody can benefit from the rich nutrient content of BioSuperfood.

### GENERAL NUTRITION

Value added – significantly increases the efficient digestion of food and absorption of nutrients, which results in fewer cravings and less food consumed. Supports intestinal health.

### THERAPEUTIC

Wakes up your body's natural ability to heal with the superior nutrition found in these whole food algae blends.

### HEALTH MAINTENANCE & PROTECTION

Helps promote optimal health by boosting the immune system and protecting from free radicals.

### SPORTS & FITNESS

Ideal for the active, athletic individual who wishes to maintain peak performance whether it is bodybuilding, biking, swimming, or any other fitness activity that stresses your body, without using dangerous synthetic products.

### VEGANS & VEGETARIANS

Contains complete protein makeup and the rare plant vitamin B12, all in veggie capsules.

# WHAT IS BIOSUPERFOOD?

BioSuperfood is a whole food product formulated with nutritionally rich micro-algae, four of the most nutrient and phytonutrient dense algae found on earth. It is a scientific formulation of four of the most effective nutritional and immune support foods.

BioSuperfood is a holistic solution that provides optimum cellular food for optimum cellular nutrition. The thousands micro-nutrients found in these synergistic blends reach and nourish every single cell, including those of the brain, proven to be able to cross the blood brain barrier and retinal barrier.

BioSuperfood was developed after 13 years of intensive Soviet research on algae, led by holistic nutritional pioneer, Prof. Dr. Michael Kiriac, PhD, ND. These blends have been tested, proven, and used in agricultural and human applications for over 30 years. BioSuperfood's practical applications range over two decades of nutritional support for hundreds of children and adults of the Chernobyl nuclear disaster and for thousands of people in their struggle with common or difficult health conditions.



52<sup>ND</sup> EUREKA INTERNATIONAL  
INVENTION AWARD

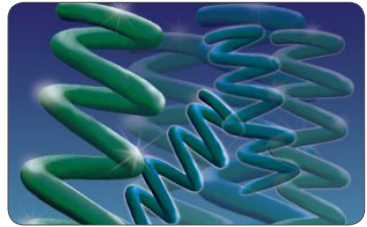
BioSuperfood is internationally recognized and awarded. In November 2002, Dr. Kiriac was awarded the highest honors at the 52nd Eureka International Invention conference held in Brussels, Belgium – the Commission's Cross and Golden Globe Award. BioSuperfood was hailed as the best nutraceutical product in the world. Over 900 inventions from around the globe were presented at this annual show.

BioSuperfood is Health Canada approved as "A source of antioxidants for the maintenance of good health".

# INGREDIENTS

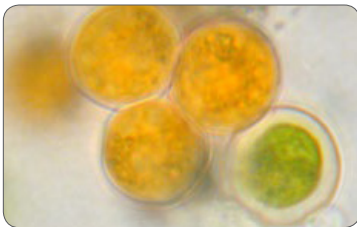
The algae in BioSuperfood were selected amongst thousands for their unique properties, quality, and compatibility. They are hydroponically grown to their highest potential of completeness, balance and synergy.

Spirulina is a blue green micro-alga, invisible to the naked eye, grown in warm and brackish water. It is approximately 60-70% complete highly digestible protein. Its protein elements contain 18 out of 22 amino acids, including all the 8 essential amino acids. Spirulina is a rich source of vitamins such as A, B, E, H, thousands of enzymes and several essential and non-essential fatty acids. Spirulina is rich in B vitamins, minerals, trace elements, chlorophyll, and enzymes. It is also one of the best food sources of GLA – an essential fatty acid necessary for tissue growth and regeneration. Due to its soft cell wall all of Spirulina's nutrients are easily assimilated.



SPIRULINA

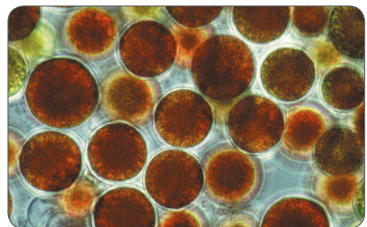
Dunaliella Salina is a single celled, salt-water micro-algae that under appropriate growth conditions accumulates massive amounts of beta-carotene. Dunaliella



DUNALIELLA SALINA

contains other carotenoids such as alpha carotene and xanthophylls like zeaxanthin, cryptoxanthin and lutein. It also accumulates very high concentrations of glycerol. High concentrations of beta-carotene and glycerol offer Dunaliella protection from the saline conditions and osmotic pressure of the environment where it lives. Natural mixed carotenoids found in Dunaliella salina are among nature's best antioxidants.

Haematococcus Pluvialis is believed to be by far the world's richest known source of astaxanthin, a unique natural carotenoid pigment and an extremely powerful biological antioxidant. A growing body of scientific literature shows that natural astaxanthin surpasses many of the antioxidant benefits of vitamin C and vitamin E. Astaxanthin holds superior antioxidant activity and has an ability to support and maintain natural inflammatory response. Additionally, scientific research has proven that astaxanthin is able to cross the blood-brain barrier and the central nervous system better than many other antioxidants.



HAEMATOCOCCUS PLUVIALIS

# EXTRAORDINARY NUTRITIONAL VALUE

BioSuperfood boasts a multitude of nutrients:

## PROTEINS

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



BIOSUPERFOOD CAPSULES

## VITAMINS

Contains all known vitamins – A, B complex, C, D, E and K. Includes vitamin B12, which is rarely found in plants, and is very beneficial for vegans and vegetarians.

## MINERALS

Over 92 natural minerals and trace elements like calcium, magnesium, zinc, potassium, sodium, iridium, iron, copper, selenium, fluorine and more.

## ESSENTIAL FATTY ACIDS (EFA)

The essential fatty acids Omega-3, Omega-6, including rare Gamma-linolenic acid (GLA), and non essential Omega-9, and many more fatty acids. EFAs are the “good” fats essential to human health and critical for healthy brain function.

## ENZYMES

Thousands of enzymes critical for good health. Enzymes facilitate breakdown of foods and increase the reproduction of lactobacilli – the bacteria that digests our food.

## MIXED CAROTENOIDS

Carotenoids play an important role in human health by acting as powerful antioxidants, protecting the cells of the body from the damaging effects of free radicals. The following range of carotenoids can be found in BSF: alpha-carotene, beta-carotene, astaxanthin, lycopene, lutein, zeaxanthin, quercetin, cryptoxanthin, 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.

## CHLOROPHYLL WITH EXTRAORDINARY CALCIUM SPIRULAN

Chlorophyll is to plants what blood is to humans – essential to metabolic functions such as growth and respiration. Chlorophyll being comprised of magnesium, plays an important role in calcium digestion and absorption.

# BIO SUPERFOOD FORMULAS

Each BSF formula is formulated with different nutritional value. The formulas are presented in capsules that are easy to swallow and practical to use.

## BIO SUPERFOOD F1

*Base support*

(180 capsules per bottle)

Complete spectrum of nutrients.

- daily essential nutrients
- source of antioxidants
- immune system support
- supports body's self cleansing
- safe for young and old

Formulated for daily health support. Take 6 to 12 capsules daily.



## BIO SUPERFOOD F2

*General nutritional support*

(180 or 60 capsules per bottle)

More nutraceutical than F1, it is richer in antioxidants. A revitalizing concentrate of nature's best nutrients and phytonutrients.

- source of antioxidants
- immune system support
- essential vitamins and minerals
- support diet & weight control
- optimum cellular absorption

Formulated for health rejuvenation and maintenance. Take 6 to 12 capsules daily.



## BIO SUPERFOOD F3

*Advanced nutritional support*

(180 or 60 capsules per bottle)

More nutraceutical than F2 – our most potent formula. Awaken the genius within with nature's most powerful antioxidants.

- powerful immunity and toxin shield
- metabolic rejuvenation & repair
- potent, energizing nutrition
- natural source of antioxidants

Formulated to support an advanced approach to health. Take 6 to 12 capsules daily.



# USAGE GUIDELINES

One can benefit from BioSuperfood by taking anywhere between 1/2 to 12 capsules daily. It is recommended to take the product in fewer quantities and more frequently throughout the day, rather than in few intakes of a larger quantity (2 capsules before each meal is better than 6 capsules at breakfast). Consult your health professional if you are uncertain or have health issues.

## RECOMMENDED DOSAGES

### Therapeutic

Take 6-12 capsules daily. F2 or F3 is recommended. F3, our most potent formulation, is more suitable for chronic and acute conditions. Better results are obtained when taken *hourly*, one capsule at a time.

### Adult Maintenance

Take 4-6 capsules daily. F2 or F3 is recommended.

### Children Maintenance

Take 1-3 capsules daily. F1 is recommended.

### Sports & Fitness

Take 1-2 capsules before and after the workout; 1 capsule every 30 minutes during a prolonged workout. F3 is recommended.

## ADAPTATION PERIOD

It is recommended to begin taking the product gradually. Select the adaptation mode that best fits your health condition.

### Gradual

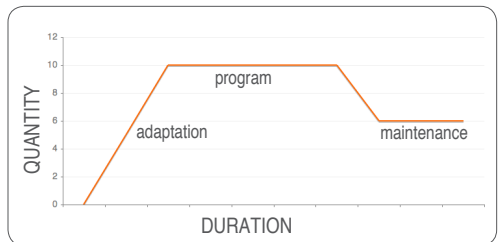
Start the program gradually in case of high blood pressure, pregnancy, cardiovascular issues, fragile intestine, brain injury, hyper-thyroid condition, candida, or any other fragile health condition. Start with 1 capsule a day. Add 1 capsule every 7-10 day period until the desired dosage is reached. Take 1 capsule at a time.

### Standard

Start with 1 capsule twice per day for the first 5 days, then adjust the dose by adding 1 capsule each day.

## PROGRAM DURATION

The therapeutic dosage should be followed 3-6 months. Degenerative conditions that took decades to develop may require a program duration of 6-24 months. The maintenance dosage can be followed afterwards.





# DAILY RECOMMENDATIONS

- Drink 6-8 glasses of good water daily to assist the body's nourishing and cleansing processes.
- Add fresh lemon juice to your water.
- Start taking the algae capsules first thing in the morning.
- Optimum results are obtained when fewer capsules per intake are taken more frequently throughout the day: arrive at a compromise between taking capsules from hourly down to three times daily.
- BioSuperfood can be taken with or without food.
- Eat organic food as often as possible.
- Eat raw foods with each meal: fruits and at least one salad daily.
- Drink water 5-10 minutes before your meals, never during or right after. Water dilutes the gastric juices in your stomach and slows down digestion time.
- Savour your food and eat slowly: chew food well to initiate enzymic breakdown in the mouth for better digestion and assimilation.
- Avoid eating after 6 pm as often as possible.
- Avoid processed foods, coffee, alcohol, tobacco, sugar, candies, soft drinks.
- When taking BioSuperfood, it is suggested to stop or reduce the intake of other supplements. Consult your health professional.
- Exercise 5-7 times a week. 30 minutes of daily walking is a great form of exercise.
- Regular daily intake of BioSuperfood is a critical success factor.

# 90 DAY HEALTH DIARY

It generally takes at least 90 days for any permanent change in the body to take effect. This includes changing personal habits, quitting smoking, dieting to lose weight, benefiting from natural supplements, and other. Some people notice dramatic changes the first week of taking BioSuperfood, while others notice gradual changes over several months. Healthy people may notice subtle positive changes such as more energy, better concentration capabilities, and improved digestion. Some notice a general feeling of wellness, while others have not gotten sick. Athletes report improved performance and faster recovery. Some people notice that they are in need of less medication.

Keep a health diary for 90 days and see for yourself if you can boast any improvements. Rate yourself from 1 to 5, 5 being the best.

GENERAL HEALTH	NOW					30 DAYS					60 DAYS					90 DAYS				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Energy	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Digestion	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Food Cravings	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Immune System	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Skin Health	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Joint Health	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Bone Density	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Blood Sugar	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Blood Pressure	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cholesterol	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

BRAIN & EYE HEALTH	NOW					30 DAYS					60 DAYS					90 DAYS				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Memory	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mental alertness	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Vision	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

SPORTS & FITNESS	NOW					30 DAYS					60 DAYS					90 DAYS				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Endurance	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Strength	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cramps	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Post Workout Recovery	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

## DISCLAIMER

This booklet is intended for educational and informational purposes only. The authors do not suggest that readers self-diagnose and / or self-medicate without the sound judgment and seasoned counsel of a well-informed healthcare provider. If uncertain, consult a health practitioner that you trust before making any changes to your health regimen.

## TESTIMONIALS

### **I finally ran a marathon!**

*I have used BioSuperfood since 2001 and to this date it has continued to provide me extraordinary health benefits. I was continuously trying to lose weight; I had low energy; I was no longer able to practice sports due to chronic back problems.*

*Since I started taking BioSuperfood, I have dropped all 23 supplements and use only BioSuperfood. I have not been sick at all, not one bit! I have lost 35 lbs without effort. I have also completed 4 marathons (26.2 miles). BioSuperfood is a supplement that energises the body, the brain, the mood and the spirit.*

Roland, Denver, CO, USA

### **Bodybuilding**

*My name is Todd Page and I am a top rated natural bodybuilder and trainer. The first time I took BioSuperfood, I felt the difference right away. I am very sensitive to my metabolism and notice any deviations from my form. I have tried many products over the years, but BioSuperfood tops them all. With BioSuperfood, I experience energy support throughout the day. As I am preparing for contests, I feel a big difference in my workouts, stamina, endurance, post workout recovery and reduced muscle and body pains.*

Todd Page, Top USA natural bodybuilder, CO, USA

### **No need for surgery**

*I was a lineman for the local power company for many years and suffered with very painful knees most of that time. My doctor said I would have to have both knees replaced which I wasn't looking forward to, so I put it off. A couple years ago a friend introduced me to BioSuperfood and after taking it for only a few weeks, I had absolutely no pain and there was no need for any surgery. I am completely retired now at 74, but still very active and busy gardening and mowing lawns for people.*

G. Fenske, WI, USA

### **Blood sugar**

*I am a Type 2 Diabetic. My normal fasting blood sugar rates, with diet, exercise, a daily vitamin, mineral and herbal supplements was brought down to a fairly stable 150 mg/dl. The supplements were costing me over \$300 a month. I now take no other supplement than F3 BioSuperfood! After starting with 15 per day for about 6 months, 2 years ago, I now take 6 capsules daily as a maintenance dose.*

*Now, my fasting blood sugar rate is 90 mg/dl. My doctor tells me that's almost normal (80 mg/dl being "healthy"). When I was first diagnosed, my fasting blood sugar level was 280 + mg/dl. I have dropped over 60 pounds in weight as well. Needless to say, I am very pleased with the real results of this miracle. Thank you!*

Keith M.