



## INGREDIENTS & PROCEDURES.

---

### \* Agave Nectar Raw/Organic

Agave syrup (also called agave nectar) is a sweetener commercially produced in [Mexico](#), from several species of [agave](#), including [Agave tequilana](#) (also called Blue Agave or Tequila Agave), and the Salmiana, Green, Grey, Thorny, and Rainbow varieties. Agave syrup is sweeter than honey, though less [viscous](#).

[wikipedia.org](http://wikipedia.org)

---

### \* Arrowroot

Arrowroot, which belongs to the Marantaceae plant family, is widely considered an easily digested and nutritious starch. The herb is extracted from the fleshy roots, called rhizomes, of the arrowroot plant through an elaborate process of washing, peeling, soaking, and drying in the sun. The starch is extracted using water and purified by repeated sieving and dried in the sun. The resulting powder is 25-27% starch.

Arrowroot is believed to increase the output of bile from the gallbladder and thus exhibits a lowering of cholesterol levels in the body over a period of use. It is also a good source of Thiamin, Niacin, Iron, Phosphorus, Potassium and Manganese, and a very good source of Vitamin B6 and Folate.

[www.americanpalmoil.com](http://www.americanpalmoil.com)

---

### \* Baking Powder (aluminum free)

Our Baking Powder is equal to double acting baking powder without the sodium aluminum sulfate most companies add. Most baking powders use this ingredient to delay the reaction between the water and the powder, which is something to keep in mind when using this product.

[www.frontiercoop.com](http://www.frontiercoop.com)

---

### \* Baking Soda

Baking soda is commonly used in baking to react with acidic ingredients which causes carbon dioxide bubbles to form and results in a rising/leavening effect. Our baking soda powder is of the highest quality, USP grade #1, and contains pure, natural sodium bicarbonate from a mined source.

[www.frontiercoop.com](http://www.frontiercoop.com)

---

### \* Beef · Grass Fed

Grass-fed beef, or beef produced from cattle finished on forage only diets, contain elevated concentrations of beta-carotene and vitamin C & E, increased levels of omega-3 fatty acids, a more desirable omega-3:omega-6 ratio, and increased levels of conjugated linoleic acid (CLA) Furthermore, they do not contain traces of added hormones, antibiotics or other drugs.

[www.eatwild.com](http://www.eatwild.com)




---

### \* Bell Peppers · Organic

Bell peppers are packed with several nutrients. They are a good source of vitamin C, thiamine, vitamin B6, beta carotene, and folic acid. Bell peppers also contain a large amount of phytochemicals that have exceptional antioxidant activity. Those phytochemicals include chlorogenic acid, zeaxanthin, and coumeric acid. When comparing the nutrient values of the different bell peppers, studies have shown that red bell peppers have significantly higher levels of nutrients than green. Red bell peppers also contain lycopene, which is a carotene that helps to protect against cancer and heart disease.

[www.everynutrient.com](http://www.everynutrient.com)

[www.annecollins.com](http://www.annecollins.com)

---

### \* Biodynamic Organic White Wine

**Biodynamic wines** are made using the principles of biodynamic agriculture. Increasingly these biodynamic wines are becoming known as *BD wines*. Many grape growers have tried biodynamic methods and found immediate improvements<sup>[citation needed]</sup> in the health of their vineyards, specifically speaking in the areas of biodiversity, soil fertility, crop nutrition, and pest, weed, and disease management. Winemakers claim to have noted stronger, clearer, more vibrant tastes, as well as wines that remain drinkable longer.

The wines are made with no added sulfites. Our innovative winemaking techniques compensate for the lack of this pungent preservative (which can induce headaches, sniffles, and other allergic reactions in some people). White wine that is certified organic has been produced in a manner that does not result in negative effects on the environment such as using pesticides that get into water runoff that pollutes rivers and streams.

---

### \* Black Pepper · Organic

Black Pepper contains Manganese Vitamin K, iron and fiber. Since it is a "warming" spice it helps enhance the effects of other herbs throughout the body. It is also said to help enhance circulation and get oxygen to the brain. In addition, it may help keep your joints and respiratory system healthy.

[www.indepthinfo.com](http://www.indepthinfo.com)

[www.whfoods.com](http://www.whfoods.com)

---

### \* Broths and Stocks

Stock contains minerals in a form the body can absorb easily, not just calcium but also magnesium, phosphorus, silicon, sulphur and trace minerals. It contains the broken down material from cartilage and tendons--stuff like chondroitin sulphates and glucosamine, now sold as expensive supplements for arthritis and joint pain. When broth is cooled, it congeals due to the presence of gelatin. The use of gelatin as a therapeutic agent goes back to the ancient Chinese. Gelatin was probably the first functional food, dating from the invention of the "digestor" by the Frenchman Papin in 1682.

[www.westonaprice.org](http://www.westonaprice.org)

---




---

\* Butter

Butter actually contains many nutrients that protect us from heart disease. First among these is vitamin A which is needed for the health of the thyroid and adrenal glands, both of which play a role in maintaining the proper functioning of the heart and cardiovascular system. Abnormalities of the heart and larger blood vessels occur in babies born to vitamin A deficient mothers. Butter is America's best and most easily absorbed source of vitamin A. Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol and other fat constituents.

[www.westonaprice.org](http://www.westonaprice.org)

Butter also contains a number of anti-oxidants that protect against the kind of free radical damage that weakens the arteries. Vitamin A and vitamin E found in butter both play a strong anti-oxidant role. Butter is a very rich source of selenium, a vital anti-oxidant--containing more per gram than herring or wheat germ.

---

\* Cabbage · Organic

This food is very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Calcium, Iron, Magnesium, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Vitamin B6, Folate and Manganese. Cabbage also contains phytochemicals called indoles and sulforaphane, the breakdown products of compounds called glucosinolates.

[www.nutritiondata.com](http://www.nutritiondata.com)

[www.everynutrient.com](http://www.everynutrient.com)

---

\* Carrots · Organic

Of all the commonly consumed vegetables, carrots provide the highest amount of provitamin A carotenes. Carrots also offer an excellent source of fiber, vitamin K, and biotin. They are a good source of vitamins B6 and C, potassium, and thiamine. Carrots contain a large amount of antioxidant compounds which help to protect against cardiovascular disease and cancer. The high intake of carotene has been linked with a 20 percent decrease in postmenopausal breast cancer and up to a 50 percent decrease in the cancers of the cervix, bladder, colon, prostate, larynx, and esophagus. Extensive studies have shown that a diet that includes at least one carrot per day could cut the rate of lung cancer in half. Carrots are also effective in promoting good vision, especially night vision.

[www.everynutrient.com](http://www.everynutrient.com)

[www.annecollins.com](http://www.annecollins.com)

Beta-carotene provides protection against macular degeneration and the development of senile cataracts - which is the leading cause of blindness in the elderly.

---

\* Cashew Nuts · Organic

Cashew nuts, are an excellent source of protein and fiber. They are rich in mono-unsaturated fat which may help protect the heart. Cashew nuts are also a good source of potassium, B vitamins and folate. They are also a good source of Magnesium, Phosphorus, Copper, Manganese, phosphorous, selenium and copper.

[www.annecollins.com](http://www.annecollins.com)



* Cayenne Pepper · Organic	This food is very low in Cholesterol and Sodium. It is also a good source of Riboflavin, Niacin, Iron, Magnesium and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Vitamin B6 and Manganese.	<a href="http://www.nutritiondata.com">www.nutritiondata.com</a>
* Celery · Organic	Celery provides an excellent source of vitamin C and fiber. It is a very good source of folic acid, potassium, and vitamins B1 and B6. Celery also offers a good source of vitamin B2 and calcium. Even though celery contains more sodium than most other vegetables, the sodium is offset by its high levels of potassium. Celery contains phytochemical compounds known as coumarins. Studies have shown that they are effective in cancer prevention and capable of enhancing the activity of certain white blood cells.	<a href="http://www.everynutrient.com">www.everynutrient.com</a>
* Cheese · Raw	<p>Grass-fed cheese is:</p> <ul style="list-style-type: none"> <li>• One of the few foods that contains a perfect balance of omega-3 and omega-6 fats, a ratio ideal for your health</li> <li>• Very high in "conjugated linoleic acid;" in fact, it contains five times more CLA than dairy from grain-fed cows! CLA, which are most abundant in grass-fed products, are among the most potent cancer fighters in all foods.</li> <li>• Considerably higher in beta-carotene, vitamin A, vitamin D, and vitamin E than cheese and other dairy from grain-fed sources.</li> <li>• High in the healthy calcium and protein your body needs</li> <li>• Made from Certified 100% organic milk</li> <li>• Free of all antibiotics and growth hormones</li> </ul>	<a href="http://www.redwoodhill.com">www.redwoodhill.com</a>
* Chicken · pasture fed meat and eggs	Chickens that are pasture fed are higher in minerals and fat-soluble vitamins (50% more vitamin A than conventional), have 21% less total fat and 30% less saturated fat, are a natural source of omega-3 (100% more omega-3 essential fatty acids than conventional chicken) and have a more desirable omega-3:omega-6 ratio	<a href="http://www.eatwild.com">www.eatwild.com</a>
* Chili Powder · Organic	It is a good source of Riboflavin, Niacin, Magnesium and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Vitamin B6, Iron and Manganese.	<a href="http://www.nutritiondata.com">www.nutritiondata.com</a>



* Cloves · Organic	<p>Cloves are native to <a href="#">Indonesia</a> and used as a <a href="#">spice</a> in cuisine all over the world. It contains manganese, omega 3 fats, vitamin K, C, magnesium and calcium and fiber. Clove contains significant amounts of an active component called eugenol, which has made it the subject of numerous health studies, including studies on the prevention of toxicity from environmental pollutants like carbon tetrachloride, digestive tract cancers, and joint inflammation.</p>	<a href="http://www.whfoods.com">www.whfoods.com</a>
* Crushed Red Chili Peppers · Organic	<p>Hot peppers (chilies) provide an excellent source of vitamin C and capsaicin. Chilli peppers are effective in stimulating and enhancing digestion.</p>	<a href="http://www.everynutrient.com">www.everynutrient.com</a>
* Cucumber · Organic	<p>Even though fresh cucumbers are mostly composed of water, they still pack a lot of nutrition. The flesh of cucumbers is a very good source of vitamins A, C, and folic acid. The hard skin is rich in fiber and a variety of minerals including magnesium, silica, molybdenum, and potassium. Cucumber is an excellent source of silica, which is a trace mineral that contributes to the strength of our connective tissue.</p>	<a href="http://www.everynutrient.com">www.everynutrient.com</a>
* Cumin · Organic	<p>Cumin is a good source of Dietary Fiber, Thiamin, Phosphorus, Potassium and Copper, and a very good source of Calcium, Iron, Magnesium and Manganese. This traditional herbal remedy has many uses. It is a stimulant as well as a great herb for digestive disorders and even as an antiseptic of sorts. The seeds themselves are rich in iron and are thought to help stimulate the secretion of enzymes from the pancreas which can help absorb nutrients into the system. It has also been shown to boost the power of the liver's ability to detoxify the human body.</p> <p>Recent studies have revealed that cumin seeds might also have anti-carcinogenic properties<sup>1</sup>. In laboratory tests, this powerful little seed was shown to reduce the risk of stomach and liver tumors in animals.</p>	<a href="http://www.sweetdarling.com">www.sweetdarling.com</a>
* Dates · Medjool	<p>A 100 gram portion of fresh dates is a premium source of vitamin C and supplies 230 kcal (960 kJ) of energy. They are fat free, cholesterol free, and are a good source of fiber. Every 100 gram portion includes Vitamin A -- 5 mcg beta-carotene and 75 mcg lutein + zeaxanthin and Vitamin B-complex total folate - 13 mcg. A single date contains Vitamin B6 -- 0.192 mg. Dates also contain Vitamin A1, B1, B2, B3, B5, C and more than 20 different amino acids, helping us digest and assimilate carbohydrates easier and control blood sugar levels and fatty acids content in our bodies.</p>	<a href="http://www.nutritiondata.com">www.nutritiondata.com</a>  <a href="http://www.organicfood.com.au">www.organicfood.com.au</a>




---

### \* Flax Seed · Organic

Flax seeds, like all seeds, are a good source of polyunsaturated fats and mono-unsaturated fats. Flax seeds contain nearly two and a half times as much omega-3 as omega-6. They contain vitamins, minerals, protein, fiber and essential fats. Flax seeds contain about 14 grams of omega-3 per 100g which makes them a valuable food source of omega-3.

[www.annecollins.com](http://www.annecollins.com)

---

### \* Garlic · Organic

Garlic provides an excellent source of vitamin B6. It also offers a very good source of vitamin C, manganese, and selenium. Garlic is also a good source of other minerals including calcium, copper, phosphorous, iron, and potassium. Garlic offers many therapeutic effects which are due to its volatile factors. It is composed of sulfur-containing compounds such as diallyl disulfide, allicin, diallyl trisulfide, and a few others. Garlic also contains a high concentration of trace minerals, (particularly selenium and germanium), glucosinolates, and enzymes.

Studies have shown that garlic provides protection against atherosclerosis and heart disease. The studies revealed that garlic decreases total serum cholesterol levels while increasing serum HDL-cholesterol levels. HDL cholesterol, also known as "good" cholesterol, is a protective factor against heart disease. Studies have also shown that garlic is effective in lowering blood pressure.

[www.everynutrient.com](http://www.everynutrient.com)

---

### \* Ginger

Ginger has been proven to be very effective in alleviating symptoms of gastrointestinal distress. Studies show that ginger root is effective for airplane, automobile, boat trips, and train travel. Ginger reduces all symptoms that are associated with motion sickness including nausea, dizziness, vomiting, and cold sweating. Ginger has also been effective in treating the nausea and vomiting that is associated with pregnancy. It contains high levels of active substances, so even a small dosage provides beneficial effects.

[www.everynutrient.com](http://www.everynutrient.com)

---

### \* Himalayan Salt

This salt from the Himalayas is known as "white gold." Together with pure spring water, Himalayan Crystal Salt offers all the natural elements exactly identical to the elements in your body - the very same elements originally found existing in the "primal sea."

Containing all of the 84 elements found in your body, the benefits of natural Himalayan Crystal Salt include:

1. Regulating the water content throughout your body.
2. Promoting a healthy pH balance in your cells, particularly your brain cells.

[www.redwoodhill.com](http://www.redwoodhill.com)

<http://products.mercola.com>



- 
3. Promoting blood sugar health and helping to reduce the signs of aging.
  4. Assisting in the generation of hydroelectric energy in cells in your body.
  5. Absorption of food particles through your intestinal tract.
  6. Supporting respiratory health.
  7. Promoting sinus health.
  8. Prevention of muscle cramps.
  9. Promoting bone strength.
  10. Regulating your sleep - it naturally promotes sleep.
  11. Supporting your libido.
  12. Promoting vascular health.
  13. In conjunction with water it is actually essential for the regulation of your blood pressure.
- 

Holy Basil or Tulsi is a principal herb of Ayurveda, the ancient traditional holistic health system of India. It is known as "The Incomparable One", "The Mother Medicine of Nature", and "The Queen of Herbs". [Tulsi](#) is rich in [antioxidant](#) and renowned for its restorative powers, Tulsi has several benefits:

- Relieves stress/ [adaptogen](#)
- Bolsters immunity
- Enhances stamina
- Provides support during cold season Promotes healthy metabolism
- A natural [immuno-modulator](#)

## \* Holy Basil

"Modern scientific research offers impressive evidence that [Tulsi](#) reduces stress, enhances stamina, relieves inflammation, lowers cholesterol, eliminates toxins, protects against radiation, prevents gastric ulcers, lowers fevers, improves digestion and provides a rich supply of antioxidants and other nutrients. Tulsi is especially effective in supporting the heart, blood vessels, liver and lungs and also regulates blood pressure and blood sugar." *Dr. Ralph Miller, former Director of Research for the Canadian Dept. of Health and Welfare.*

---



* Honey / Raw	<p>Pure Gold Raw Honey has many health-promoting qualities. It contains natural antioxidants, enzymes, amino acids, vitamins, and minerals.</p> <p>This most perfect golden pleasure also contains calcium, iron, zinc, potassium, phosphorous, magnesium, copper, chromium, manganese and selenium.</p> <p>Nutraceuticals are also found in honey. These important nutrients provide health benefits <i>beyond</i> those involved in normal metabolic activity to assist in neutralizing the free radical activity in the body, and are vitally important for overall function of the immune system.</p>	<a href="http://www.whfoods.com">www.whfoods.com</a>
* Lemon juice · Organic	<p>Lemons contain unique flavonoid compounds that have antioxidant and anti-cancer properties. Lemons are also an excellent source of <a href="#">vitamin C</a>, one of the most important antioxidants in nature.</p>	<a href="http://www.whfoods.com">www.whfoods.com</a>
* Nutmeg · Organic	<p>Is a good source of dietary fiber, and a very good source of Manganese.</p>	<a href="http://www.nutritiondata.com">www.nutritiondata.com</a>
* Olive Oil	<p>Olive oil is unique among oils in that it can be consumed in the crude form without refining. This has the effect of conserving all its vitamins, essential fatty acids, and other nutrients. Because it contains all these nutrients, including powerful antioxidants, real extra virgin olive oil is beneficial to health and protects us from damage by free radical oxidation. Cell membranes contain fatty acids that are highly susceptible to free radical damage. This damage produces lipid peroxides that can kill the cell. Real olive oil contains polyphenols, vitamin E, and other natural antioxidants that prevent this damage.</p>	<a href="http://www.living-foods.com">www.living-foods.com</a>
* Onions · Organic	<p>Onions are a very good source of vitamins B6 and C, chromium, biotin, and fiber. They are also a good source of folic acid and vitamins B1 and K. The health benefits provided by onions are mostly due to their content of several organic sulfur compounds. Like garlic, onions also have the enzyme alliinase (released when an onion is cut or crushed). Other constituents that are found in onions include flavonoids (primarily quercetin); phenolic acids (such as ellagic, caffeic, sinapic, and p-coumaric), pectin, sterols, saponins, and volatile oils.</p>	<a href="http://www.everynutrient.com/healthbenefitsofionions.html">www.everynutrient.com/healthbenefitsofionions.html</a>
* Orange Flavoring (Orange Oil) · Organic	<p>The health benefits of Orange Essential Oil can be attributed to its properties like Anti Inflammatory, Anti Depressant, Anti Spasmodic, Anti Septic, Aphrodisiac, Carminative, Diuretic, Tonic, Sedative and Cholagogue. This essential oil is obtained from the peels of orange by cold compression. Although all of you know oranges very well, still, let me give you its botanical name. It is Citrus Sinensis. The liquid which</p>	<p>Weston A. Price Foundation</p> <p><a href="http://www.coconut-info.com/coconut_oil_why_it_is_good_for_you">http://www.coconut-info.com/coconut_oil_why_it_is_good_for_you</a></p>



	comes in the packet of orange flavored soft drink concentrates is sometimes this oil. The main components of this oil are Alpha Pinene, Citronellal, Geranial, Sabinene, Myrcene, Limonene, Linalool and Neral. Essential oil of orange has a wide variety of domestic, industrial and medicinal uses. Domestically, it is used to add orange flavor to beverages, desserts and sweetmeats.	<a href="#">u.htm</a>
* Orange Zest	Zest is the colored portion of the rind of the orange, lemon, or other citrus fruits. It is NOT the underlying white, pith portion of the peel. It contains trace amounts of calcium and potassium.	Weston A. Price Foundation
* Paprika · Organic	Paprika is a spice made from the grinding of dried sweet red bell peppers ( <i>Capsicum annuum</i> ). In many European countries, the name <i>paprika</i> also refers to bell peppers themselves. Paprika is unusually high in vitamin C. Hungary's Nobel prize-winning Professor Szent Gyorgyi first discovered the vitamin in paprika chile peppers. The capsicum peppers used for paprika contain six to nine times as much vitamin C as <a href="#">tomatoes</a> by weight.  High heat leaches the vitamins from peppers, thus commercially-dried peppers are not as nutritious as those dried naturally in the sun.	
* Pecans · Organic	Pecans contain more than 19 vitamins and minerals - including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc. One ounce of pecans provides 10 percent of the recommended Daily Value for fiber. Pecans are also a natural, high-quality source of protein that contain very few carbohydrates and no cholesterol.	<a href="http://www.ilovepecans.org/nutrition.html#nutrition">www.ilovepecans.org/nutrition.html#nutrition</a>
* Spinach · Organic	This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Niacin and Zinc, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese.	<a href="http://www.nutritiondata.com/facts-C00001-01c20gM.html">www.nutritiondata.com/facts-C00001-01c20gM.html</a>
* Soaking and Sprouting Grains	Whole grains contain “anti-nutrients” that can bind with calcium, magnesium, copper, iron and especially zinc in the intestinal tract and block their absorption. Most of these anti-nutrients are part of the seed's system of preservation—they prevent sprouting until the conditions are right. Plants need moisture, warmth, time and slight acidity in order to sprout. By soaking and sprouting we create gentle process that imitates what occurs in nature. We soak our seeds (for a period) in warm, acidulated water to neutralize phytic acid and enzyme inhibitors. As a result vitamin content increases, particularly B vitamins. Tannins, complex sugars, gluten and other difficult-to-digest substances are partially broken down into simpler components that are more readily available for absorption.	Weston A. Price Foundation



* Sweet White Miso · Organic	Miso has been eaten in Japan and China for many centuries and has been attracting the attention of many of us because of its health and anti-aging benefits. While it was once thought that soy was the reason for the low rates of heart disease, breast and prostate cancer in Asia, more evidence is now showing us that it is the consumption of traditional fermented soy products (usually eaten every day) that are providing the real benefits. It is very low in Cholesterol and is a good source of Dietary Fiber, Vitamin K and Copper, and a very good source of Manganese.	<a href="http://www.bodyecology.com/07/02/15/miso_health_and_anti-aging.php">www.bodyecology.com/07/02/15/miso_health_and_anti-aging.php</a> <a href="http://www.nutritiondata.com/facts-C00001-01c218d.html">www.nutritiondata.com/facts-C00001-01c218d.html</a>
* Tapioca Granules · Organic	Tapioca is essentially a flavorless <a href="#">starchy</a> ingredient, or <a href="#">fecula</a> , produced from treated and dried <a href="#">cassava</a> (manioc) <a href="#">root</a> and used in <a href="#">cooking</a> . It contains trace amounts of calcium, phosphorous, and potassium	<a href="http://www.en.wikipedia.org/wiki/Tapioca">www.en.wikipedia.org/wiki/Tapioca</a>
* Ultra-Purified Ionized Alkaline Water	<p><b>Ultra-Purified Alkaline drinking water</b> has exceptional hydrating qualities; the ability to deliver nutrients more efficiently at the cellular level and detoxifies the cells - this is due to the fact that it creates micro-clustered water. This means that instead of clusters of 13+ molecules clustered together, you generate clusters of 5 to 6 and your water clusters, being much smaller, are now much more efficient and effective. Our <b>LIFE Ionizer filters</b> also generate ionized water with the highest anti-oxidant qualities of any machine tested and this creates an abundance of negative ions created by this <b>ionization process</b>. These negative ions neutralize free radicals which are known to contribute to aging and disease and they also energize the body</p>	<a href="http://www.avocado.org/kids/teachers">www.avocado.org/kids/teachers</a> <a href="http://www.vitalitybliss.com/avocadohealthbenefit.php">www.vitalitybliss.com/avocadohealthbenefit.php</a> <a href="http://www.nutritiondata.com/facts-C00001-01c20T1.html">www.nutritiondata.com/facts-C00001-01c20T1.html</a> <a href="http://www.everynutrient.com/healthbenefitsofavocados.html">www.everynutrient.com/healthbenefitsofavocados.html</a>
* Wasabi	This food is very low in Cholesterol and Sodium. It is also a good source of Vitamin B6, Calcium, Magnesium, Potassium and Manganese, and a very good source of Dietary Fiber and Vitamin C. Wasabi has chemical compounds called isothiocyanates that inhibit the growth of bacteria ( <i>Streptococcus mutans</i> ) that cause dental caries. The isothiocyanates in wasabi are responsible for its pungent taste and smell, which are similar to the flavors of broccoli and cabbage. The health benefits of wasabi are cancer prevention, prevent harmful blood clots, has anti-asthmatic properties and antimicrobial properties.	<a href="http://www.vitanetonline.com/forums/1/Thread/942">www.vitanetonline.com/forums/1/Thread/942</a> <a href="http://www.tscl.org/NewContent/100758.asp">www.tscl.org/NewContent/100758.asp</a> <a href="http://www.nutritiondata.com/facts-C00001-01c20nF.html">www.nutritiondata.com/facts-C00001-01c20nF.html</a>




---

\* Whole Wheat  
White Berries

Soaked and sprouted organic whole wheat white berries contain: Folate, Betaine, Choline, Lutein+Zeaxanthin, Amino Acids, magnesium, phosphorous, magnesium, calcium

[www.nutritiondata.com/facts-C00001-01c21Ue.html](http://www.nutritiondata.com/facts-C00001-01c21Ue.html)

---

\* Wild Salmon

Wild Red Salmon benefits to you include:

- Far higher in essential omega-3 with EPA and DHA than any other food, and among the highest of all fish, meaning Vital Choice salmon will:
  - Aid in losing weight as omega-3 helps the body process fat
  - Increase your daily energy levels so you get more done and don't feel tired all the time
  - Greatly help prevent diseases such as cancer, heart disease, rheumatoid arthritis, diabetes, depression, Alzheimer's and more
  - Help pregnant women avoid premature birth and low birth-weight
  - Reduce the risk of hyperactivity in children

[www.mercola.com/forms/salmon.htm](http://www.mercola.com/forms/salmon.htm)

- High in astaxanthin and other antioxidants, which help you live longer
- An excellent source of protein
- Outstanding for healthy, younger-looking skin
- Free of antibiotics, pesticides, synthetic coloring agents, growth hormones and GMOs.

---

\* Vanilla  
Extract · Organic

Vanilla extract contains trace amounts calcium, magnesium, potassium, phosphorous

[www.elook.org/nutrition/herbs/1407.htm](http://www.elook.org/nutrition/herbs/1407.htm)