

TECHNICAL DATA SHEET



BODY BALANCE is a natural whole food drink in a base of Aloe Vera with a blend of nine different sea vegetables. It contains black cherry concentrate and essence for flavoring, plus raw honey. Body Balance combines over 121 vital nutrients including essential vitamins, macro minerals, trace minerals, amino acids and enzymes. Body Balance even contains fiber and provides the body with antioxidants and cell proliferating nutrients such as phenolics, which aid in cell regeneration.

INGREDIENTS:

ALOE VERA—Revered for its cleansing and regeneration properties. Aloe Vera is an excellent source of vitamins B1, B2, B6, C, niacinamide, choline, enzymes and 20 amino acids. Aloe Vera is also one of the rare vegetable sources of vitamin B12. We use hand-fillet cold-processed Aloe Vera that is certified by the International Aloe Science Council.

9 FULLY-RIPENED SEA VEGETABLES—

(Fucus Gardneri, Ulva Lactuca, Alaria Valida, Nereocystis Luetkeana, Laminaria, Ulva Linza, Gigartina, Costaria Costata, Phodymenia Pertusa). Rich in enzymes, our sea vegetables are a good source of “organic” trace minerals, which help the body naturally detoxify itself. Our sea vegetables are harvested from the pristine ocean waters in an area referred to as the “Regeneration Zone.” This zone is free from herbicides, pesticides and heavy metal contamination, and are in a constant state of nutrient enrichment.

BLACK CHERRY—This great tasting ingredient has the added benefit of soothing respiratory and other ailments. Recent studies suggest it reduces uric acid levels associated with gout.

RAW HONEY—Rich in enzymes, raw honey aids in the absorption of vitamins and minerals. It helps digestion, people with gastric and duodenal ulcers, as well as those with gall bladder disease. Body Balance contains less than 3% of raw honey per serving, and is therefore safe for diabetics and all consumers.

Body Balance has a shelf life of approximately nine months. Refrigerate after opening.



Nutrition Facts

Serving Size: 2 ounces (30 ml)
Servings per container: varies by container size

Amount per serving		
Calories 7		
		% DV*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	0 g	0%
Potassium	180 mg	5%
Total Carbohydrate	1 g	2%
Dietary Fiber	.05 g	<1%
Sugars	0 g	0%
Protein	<1 g	0%

Not a significant source of calories from fat, saturated fat, and cholesterol.
* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your specific calorie needs.

BODY BALANCE

PRODUCT SPECIFICATIONS

PRODUCT NUMBER	LF160	LF130	LF135	LF142	LF140
DESCRIPTION	Samples	15-day supply	60-day supply	30-day supply	60-day supply
QUANTITY	8oz/227g	quart/.95liter	4 quarts	1/2 gal/1.9liters	1 gal/3.8liters



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NUTRITIONAL INFORMATION PER OUNCE

All nutrients occur naturally; nothing is added or subtracted. Percent daily values are based on a 2,000 calorie diet. Your daily values may vary higher or lower depending on your calorie needs.

v i t a m i n s	Vitamin A (Carotenoids)
	Vitamin B1 (Thiamin)
	Vitamin B2 (Riboflavin)
	Vitamin B3 (Niacin)
	Vitamin B6 (Pyridoxine)
	Vitamin B12 (Cobalamin)
	Vitamin C
	Vitamin E
<i>*All other vitamins are present in trace amounts.</i>	

a m i n o a c i d s	Alanine	Isoleucine
	Arginine	Leucine
	Asparagine	Lysine
	Aspartic Acid	Methionine
	Cysteine	Phenylalanine
	Glutamic Acid	Proline
	Glutamine	Serine
	Glycine	Threonine
	Histidine	Tyrosine
	Hydroproline	Valine
	<i>*All other amino acids are present in trace amounts.</i>	

m a c r o m i n e r a l s	Calcium
	Copper
	Iodine
	Iron
	Magnesium
	Manganese
	Phosphorus
	Potassium
Zinc	

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micro & ultra trace minerals	Aluminum	Antimony	Arsenic	Barium	Beryllium
	Bismuth	Boron	Bromine	Cadmium	Carbon
	Cerium	Cesium	Chloride	Chromium	Cobalt
	Dysprosium	Erbium	Europium	Fluorine	Gadolinium
	Gallium	Germanium	Gold	Hafnium	Holmium
	Indium	Iridium	Lead	Lithium	Lanthanum
	Lutetium	Mercury	Molybdenum	Neodymium	Nickel
	Niobium	Osmium	Palladium	Platinum	Praseodymium
	Rhenium	Rhodium	Rubidium	Ruthenium	Samarium
	Scandium	Silicon	Silver	Sodium	Strontium
	Sulfur	Tantalum	Tellurium	Terbium	Thallium
	Thorium	Thulium	Tin	Titanium	Tungsten
	Vanadium	Ytterbium	Yttrium	Zirconium	

e n z y m e s	Amylase
	Cellulase
	Lipase
	Pepsin
	Ptyalin
	<i>Plus other trace amounts of various enzymes.</i>

f a t t y a c i d s	Linoleic
	Arachadonic

Suggested Use of Body Balance:

2 ounces (57g) per day for 30 days. Then one ounce (28g) daily per 100 pounds of body weight. Body Balance also contains less than 1% of fiber.

VITAMIN CHART

VITAMIN	FUNCTIONS	NATURAL SOURCES	SIGNS OF DEFICIENCY
A	Needed for normal retinal function growth of bone and new cell growth; essential for healthy hair/skin/nails and ovarian and testicular function; serves as a co-enzyme.	Colored vegetables, dairy products, cantaloupe and carrots; organ meats (liver, kidney, beef).	Night blindness, increased susceptibility to infections, respiratory infections, dry skin and brittle hair.
Carotenoids (includes Beta Carotene)	Precursor of Vitamin A – the skin stores Beta Carotene and converts it to Vitamin A when needed; helps the eyes adapt to darkness; antioxidant that protects against free radicals.	Dark leafy green vegetables, yellow and orange vegetables and fruits, including peppers, squash, spinach and honeydew melons.	Night blindness, heart problems, high cholesterol, constant infection, wounds that won't heal and yeast infections.
B1 Thiamine	Serves as a facilitator in the conversion of sugar and starch into energy. All B vitamins help maintain a healthy nervous system.	Brewer's yeast, rye and whole wheat, flour, beans, seeds and brown rice.	Beriberi, loss of appetite, fatigue, digestive disorders, skeletal problems, mental and nervous disorders.
B2 Riboflavin	Promotes healthy skin, hair, nails and mucous membranes; aids the production of red blood cells and thyroid hormones; aids in proper function of the nerves, eyes and adrenal glands.	Lean organ meats, cheese, yogurt, eggs, almonds, soybean products such as tofu and green leafy vegetables.	Acne and other skin problems, depression, light-sensitive eyes and dizziness.
B3 Niacin	Aids in release of energy from foods; builds red blood cells; synthesizes hormones; maintains skin, nerves, and blood vessels; supports the gastro-intestinal tract; stabilizes mental health.	Liver, poultry, lean meats, fish, nuts, peanut butter, whole wheat, avocados, dates, figs and prunes.	Depression, high cholesterol, muscle weakness, general fatigue, loss of appetite and dry or coarse skin.
B6 Pyroxidine	Supports immune function, nerve-impulse transmission (especially in the brain), energy metabolism and red blood cell synthesis.	Brown rice, lean meats, poultry, fish, bananas, avocados, whole grains, corn and nuts.	Carpal tunnel syndrome, depression, fatigue, immune problems, PMS and skin problems.
B12 Cobalamin	Acts as a co-enzyme for normal DNA synthesis; promotes normal fat, carbohydrate and protein utilization; promotes growth and cell development; aids in neural transmission.	Vitamin B12 is not normally produced by plants. However, the aloe vera in Body Balance is a rare exception.	Anemia, profound fatigue, depression, nausea, yellow eyes/skin, shortness of breath, dementia, bleeding gums.
C Ascorbic Acid	Necessary for collagen formation and tissue repair; an antioxidant; needed for metabolism of folic acid and iron; strengthens blood vessels; helps heal infections and reduces allergic reactions.	Many fruits and vegetables, especially citrus.	Scurvy, easy bruising, nosebleeds, slow healing of wounds and frequent infections.

CONTENTS FOUND IN BODY BALANCE

VITAMIN CHART

VITAMIN	FUNCTIONS	NATURAL SOURCES	SIGNS OF DEFICIENCY
Choline (Part of the B Complex)	Precursor to acetylcholine, a neurotransmitter involved in memory and thought processes; aids in nerve transmission, utilization of fat and hormone production; aids urinary system.	Egg yolk, legumes and whole grain cereal.	Memory problems, depression, aggressive and compulsive behaviors, Parkinson's Disease and Alzheimer's Disease.
E Tocopherol	Required for proper function of the immune and endocrine systems and sex glands; anti-oxidant-prevents free radical damage to cells and tissues; deters atherosclerosis; heals wounds.	Wheat germ, soybeans, most vegetable oils, raw seeds and nuts, leafy greens, eggs, meat, beef liver, milk and legumes.	Arthritis, heart disease, skin problems, wounds, poor circulation, leg cramps and decreased sexual performance.
Folic Acid (Part of the B Complex)	Acts as co-enzyme for DNA synthesis; promotes normal red blood cell formation; functions as a co-enzyme in amino acid and nucleo-protein synthesis; prevents birth defects.	Deep green leafy vegetables, carrots, torula yeast, liver, egg yolk, cantaloupe, apricots, pumpkins and avocados.	Red blood cell disorders, irritability, lack of energy, diarrhea, sleeping difficulties and birth defects.

CONTENTS FOUND IN BODY BALANCE

MINERAL CHART

MINERAL	FUNCTIONS	FOOD SOURCES	SIGNS OF DEFICIENCY
Calcium	Essential for the growth and maintenance of bones and teeth; it enables muscles, including the heart, to contract; necessary for normal blood clotting and proper nerve-impulse transmission.	Dairy products, dark green leafy vegetables, sardines, salmon, soy and almonds.	Osteoporosis in adults; rickets in children; high blood pressure, heart disease and convulsions.
Chromium	Works with insulin to regulate the body's use of sugar and is essential to fatty-acid metabolism; contributes to metabolism making it beneficial for weight loss; lowers cholesterol and triglycerides.	Brewer's yeast, liver, lean meats, poultry, molasses, whole grains, eggs and cheese.	Diabetes, heart disease, hypoglycemia, alcoholism, protein and fat metabolism.
Cobalt	Helps in the formation of red blood cells and the maintenance of nerve tissue; necessary for the manufacture of vitamin B12 in the body.	Sea vegetables, liver, kidneys, milk, oysters or clams.	Anemia.
Copper	Aids in hemoglobin formation; facilitates the absorption/use of iron; assists in the regulation of blood pressure and heart rate; strengthens blood vessels, bones, tendons and nerves.	Seafood, organ meats, lentils, wheat germ, blackstrap molasses, some nuts, mushrooms and honey.	Cancer, heart disease, immune problems, low white blood cell count and bone demineralization.
Iodine	Needed by the thyroid glands/thyroid hormones; increases fat burning metabolism; promotes healthy hair, skin, nails and bones.	Kelp, seafood and iodized salt.	Goiters and skin problems.
Iron	Needed in the manufacture of myoglobin and hemoglobin (the oxygen-carrying compounds found in blood) and enzymes involved in energy metabolism.	Red meat, chicken, seafood, dark green vegetables, whole grains, nuts and dried fruits.	Iron-deficiency anemia, fatigue and reduced resistance to infection.
Magnesium	One of the main ingredients in bone; helps prevent and eliminate osteoporosis; helps regulate nerve and muscle activity; needed by all cells; helps prevent cardiovascular disease.	Fish, green leafy vegetables, milk, nuts, seeds and whole grains.	Heart disease, menstrual problems and muscle cramps.
Manganese	One of the main ingredients in bone; helps prevent and eliminate osteoporosis; helps regulate nerve and muscle activity; needed by cells; helps prevent cardiovascular disease.	Lean meats, raw vegetables, fruits (citrus, bananas and avocados) and potatoes.	Heart disease, high blood pressure, edema, muscular weakness and paralysis.

CONTENTS FOUND IN BODY BALANCE AND OSTEOPROCARE

MINERAL CHART

MINERAL	FUNCTIONS	FOOD SOURCES	SIGNS OF DEFICIENCY
Molybdenum	Helps generate energy and process wastes for excretion; essential to normal development of the nervous system; ingredient in tooth enamel; helps prevent tooth decay.	Peas, beans, cereals, pastas, green leafy vegetables, yeast, milk and organ meats.	Cancer, tooth decay and sulfite sensitivities (sulfites are found in wines and restaurant salad bars).
Phosphorus	Found in every cell; key element in cell reaction; essential for the structure of bones and teeth; stimulates muscle contraction and contributes to tissue growth and repair.	Meat, dairy products, beans, peas, cereals, poultry and grains.	Fatigue, fractures, weakness and loss of calcium.
Potassium	Major mineral in body cells; regulates body water balance, nerve function and many cell reactions.	Lean meats, raw vegetables, fruits (citrus, bananas and avocados) and potatoes.	Heart disease, high blood pressure, edema, muscular weakness and paralysis.
Sulfur	Helps regulate blood sugar levels and blood clotting; essential for healthy hair, skin and nails; helps maintain oxygen balance for brain function.	Meat, fish, poultry, dairy products, peas and beans.	Toxic exposure.
Vanadium	Lowers blood sugar levels; inhibits tumor development; contributes to cholesterol metabolism and hormone production.	Whole grains, nuts, root vegetables, liver, fish and vegetable oils.	Cancer, diabetes and high cholesterol.
Zinc	Needed in the structure of cell enzymes; a factor in enzymes involved in digestion; plays a role in prostate health; aids in wound healing.	Widely distributed in food, especially pumpkin and sunflower seeds.	Growth failure, infertility, delayed wound healing and prostate problems.

CONTENTS FOUND IN BODY BALANCE AND OSTEOPROCARE

AMINO ACID CHART

AMINO ACID	MAJOR FUNCTIONS
Alanine	Helps the body synthesize pantothenic acid (vitamin B5).
Arginine	Used to treat excess ammonia in the blood because of liver disease; stimulates Human Growth Hormone (HGH).
Asparagine	Acts like a drug that promotes the release of urine; found in many proteins in the body.
Aspartic	Helps detoxify liver; may increase stamina and resistance to fatigue.
Cysteine	An important source of sulphur for many body functions.
Glutamine	Affects mental processes and mental health. Also, facilitates energy production.
Glutamic Acid	Helps to maintain the nitrogen balance within the body.
Glycine	Found in many animal and plant proteins; necessary for muscle contraction; helps build muscle tissue.
Histidine	Found in histamine (a vasodilator); aids in the production of gastric juices; affects digestion.
Hydroproline	Essential for skin health.
Isoleucine*	Necessary for proper growth in infants and nitrogen balance in adults; essential for hemoglobin formation.
Leucine*	Affects blood sugar levels; essential for optimal growth in infants and nitrogen balance in adults.
Lysine*	Promotes growth, tissue repair, production of antibodies, hormones (particularly HGH) and enzymes.
Methionine*	Used in the treatment of liver disease.
Phenylalanine*	Induces significant increases in nor-epinephrine, dopamine and epinephrine.
Proline	A constituent of collagen; helps heal cartilage; improves skin texture.
Serine	Affects metabolism.
Threonine*	Helps maintain protein balance.
Tyrosine	Is the base for melanin, making the color of the skin and several hormones; affects mood.
Valine*	Acts as a stimulant.
* Essential amino acids: Humans cannot manufacture these; they must be obtained from the foods we eat.	
CONTENTS FOUND IN BODY BALANCE and SUNBRIGHT	

Amino Acid: An organic compound necessary for forming peptides and proteins themselves. Digestion releases the individual amino acids from food. More than 100 amino acids are found in nature, but only 22 occur in animals. In humans, eight are essential for life. (*Mosby's Medical Encyclopaedia*).

SOURCES: John R. Holum, *Fundamentals of General, Organic and Biological Chemistry*, 3rd edition, John Wiley & Sons, 1986.
 "More Amazing Aminos," *Nutrition News*, Riverside, California, 1991.
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