BIOSUPERFOOD
MICRO-ALGAE

USAGE GUIDELINES

TITRATION • APPLICATIONS • NUTRITIONAL INFORMATION

BIOSUPERFOOD
MICRO-ALGAE

BioSuperfood is a great example of **“the whole is larger than the sum of its parts.”**
BioSuperfood due to its synergetic blend, is exponentially more nutritionally efficient than plain alga such as Spirulina or Chlorella. It is therefore significantly more nourishing, rejuvenating, and healing to the body and brain.

“If you can increase brain health, the rest of the body is a no brainer.”
Dr. Michael Kiriac,

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Disclaimer

This e-book 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.

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 wellbeing.

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

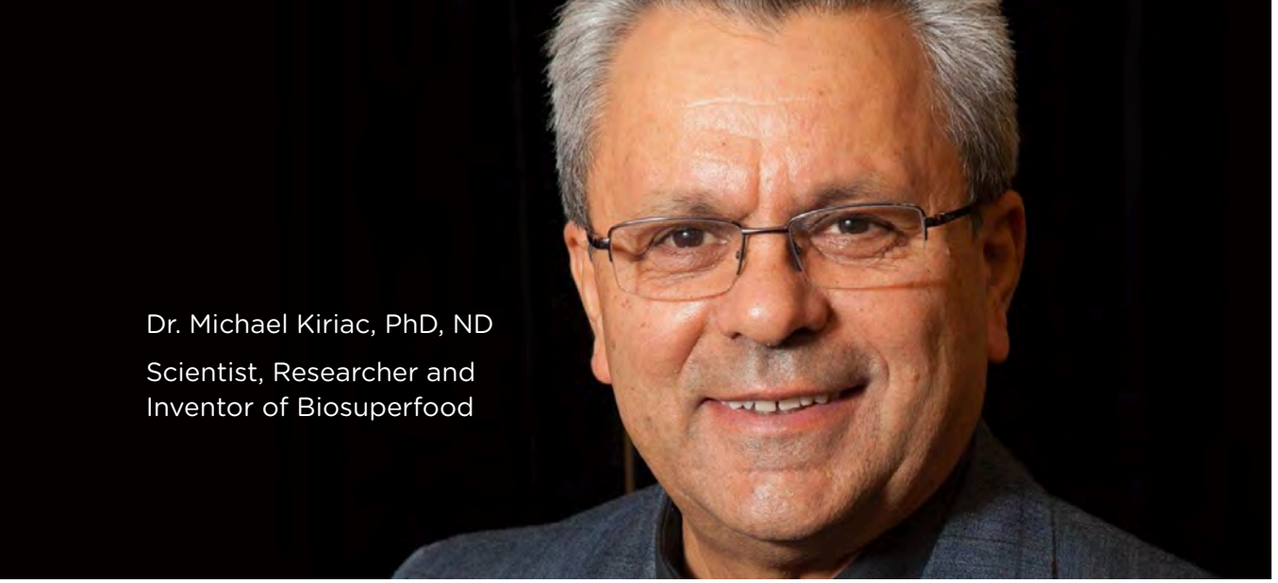
Helps promote optimal health by boosting the immune system and protecting from free radicals.

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.



Dr. Michael Kiriac, PhD, ND

Scientist, Researcher and
Inventor of Biosuperfood

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"BioSuperfood, an exclusive blend of micro-algae, restores the inner genius of the body to assure optimum cellular nutrition. It sparks the body's own revolution against ageing and declining health."

Dr. Michael Kiriac, PhD, ND
researcher and inventor of BioSuperfood

WHAT IS BIOSUPERFOOD?

BioSuperfood is a ***whole food product formulated with nutritionally rich microalgae, 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.

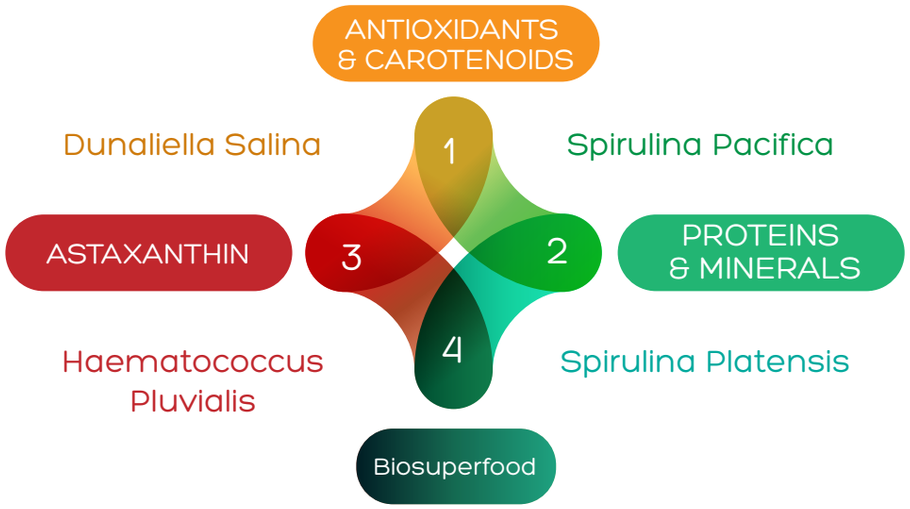
BioSuperfood was developed after 13 years of intensive research on algae, led by holistic nutritional pioneer, Prof. Dr. Michael Kiriac, PhD, ND. These blends have been **tested, proven, and used in agricultural and human applications for over 30 years.**

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.**

BioSuperfood has received several international awards and recognition.

Among them, 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".

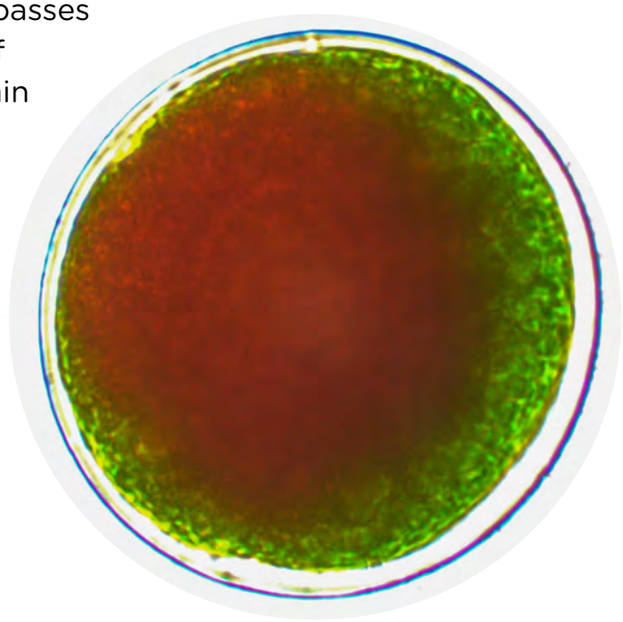


INGREDIENTS

The 4 microalgae in BioSuperfood were selected amongst thousands for their unique properties, quality, and compatibility. They are hydroponically grown and cultured to their highest potential of completeness, balance and synergy.

Haematococcus Pluvialis

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.



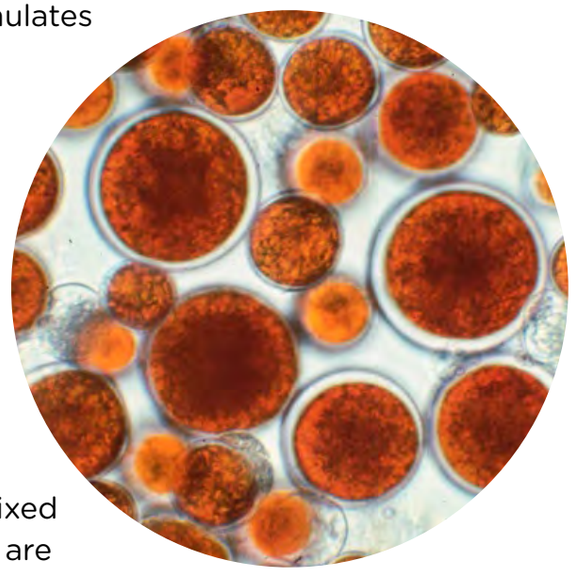
Additionally, scientific research has proven that astaxanthin is able to cross the blood-brain barrier and the central nervous system better than many other antioxidants.

Spirulina - 2 selected species

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.

Dunaliella Salina

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



THE MAGIC IS IN THE MIX

THE POWER IS IN THE PROPORTIONS AND SYNERGY, WITHIN THE BLEND.

No other food comes near the density, completeness, balance and synergy, fitting thousands of nutrients in such a small capsule.

1. DENSITY

We believe that our whole food formulas contain more nutrients, gram for gram than any other food or supplement on earth. Did you know that a single algae grain in our capsules, a food cell invisible to the naked eye, contains thousands of microscopic nutrients, phytonutrients and compounds?

2. COMPLETENESS

We believe that all required nutrients for the perfect food are present in our formulas – proteins, amino acids, minerals, vitamins, fatty acids, carotenoids, a multitude of phytonutrients and other compounds. Everything naturally occurring as a whole food for perfect assimilation and delivery of cellular energy.

3. BALANCE

For best food efficiency, there must be balance between certain nutrients. For example, a mineral rich food without the presence of some vitamin C will not be well utilized. These kinds of balance and cofactor requirements were identified during research. We believe that our formulas are in perfect balance.

4. SYNERGY

Our capsules contain thousands of nutrients that, when consumed, becomes much greater than the sum of its individual ingredients or nutrients. Much, much, much, MUCH GREATER. We know this from the results demonstrated in research.

HEALTH CANADA NATURAL PRODUCT
CERTIFIED FOR MEETING HIGH MANUFACTURING QUALITY AND STANDARDIZED SERVING IN EACH CAPSULE.

This process and quality certifications are the culmination of Dr. Kiriac tenacious research for almost 3 decades. Today, Dr. Kiriac continues to supervise quality assurance over the entire process, from the selected growth environment, nurturing, harvest and freeze-drying processes, blending, encapsulation, facility and equipment used.

We believe no one else has developed the technology and engineering know-how to blend 4 whole algae powders together so perfectly that each capsule is considered a standardized serving, equal in nutritional value.

EXTRAORDINARY NUTRITIONAL VALUE

Each capsule contains > 5,000 nutrients :

Proteins

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

Vitamins

Contains all known vitamins – A, B complex, C, D, E and K.
Includes vitamin B12, which is rarely found in plants, being 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 & 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.

Carotenoids found in BioSuperfood alpha-carotene, beta-carotene, astaxanthin, lycopene, lutein, zeaxanthin, quercitin, cryptoxanthin, 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

Chlorophyl 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 digestion and absorption.

BioSuperfood 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.

BioSuperfood F1 BASE

Essential support

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.

BioSuperfood F2 CORE

Increased nutritional support

More nutraceutical than F1, and 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.

BioSuperfood F3 FORTE

Advanced nutritional support

More nutraceutical than F2 – our most potent formula. Awaken the genius within using 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. Best 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

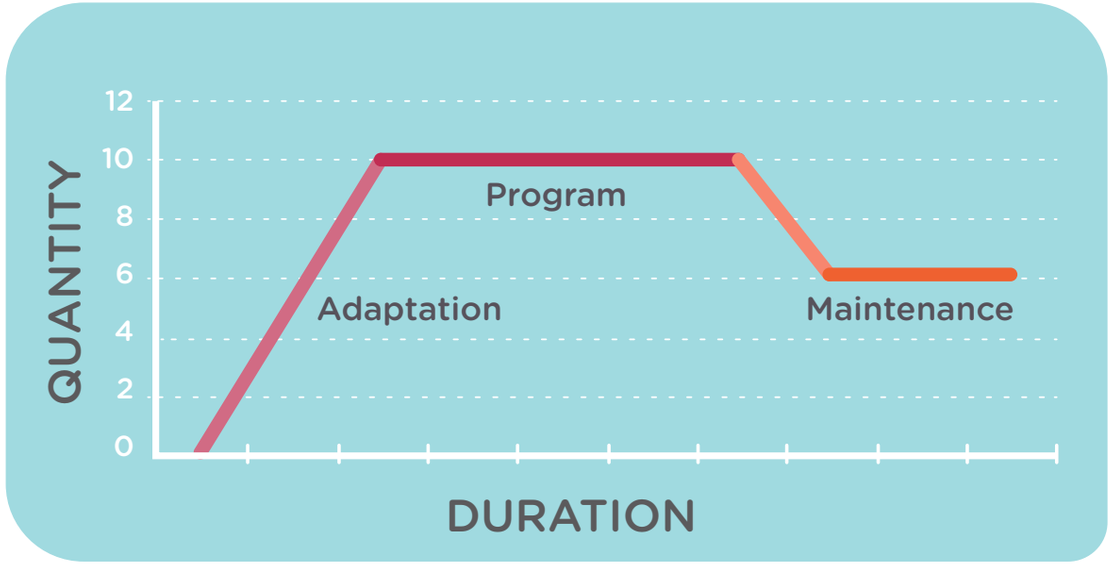
Start the program gradually in case of high blood pressure, pregnancy, cardiovascular issues, fragile intestine, brain injury, hyper-thyroid condition, candida, or any other fragile health condition. Start with 1 capsule a day. Add 1 capsule every 7-10 day period until the desired dosage is reached.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



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DAILY HEALTH RECOMMENDATIONS WITH BIOSUPERFOOD

We want you to get the most from your BioSuperfood investment. Here are some lifestyle tips to help you along:

TAKING BIOSUPERFOOD

- First things first!: **Regular, consistent, daily intake** of BioSuperfood is a **critical factor for success**.
- Start taking the algae capsules **first thing in the morning.**
- Optimum results are had 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.
- When taking BioSuperfood, **it is suggested to stop or reduce the intake of other supplements.** Consult your health professional.
- **Drink 6-8 glasses of good water daily** to assist the body's nourishing and cleansing processes. Fresh lemon juice can be added.
- **Drink water 5-10 minutes before your meals**, not during or right after - this dilutes the gastric juices in your stomach slowing down digestion.
- BioSuperfood can be taken **with or without food**.

FOOD

- **Remove all processed foods or chemical/pesticide exposure**; critical to reducing physical internal stressors and minimizing foods known to be associated with health issues and disease. Typically **foods that degrade health over time** such as commercial dairy products, gluten, sugar, industrial seed oils, alcohol. And tobacco & vape.
- **Eat organic food** as much as possible (see the EWG's Dirty Dozen: https://www.ewg.org/foodnews/dirty-dozen.php for Shopper's Guide to Pesticides in Produce).
- Optimise nutrient density, **focusing on fresh, whole, unprocessed foods** which typically includes vegetables, fruits, nuts, roots as well as fish, meat and eggs if you eat animal protein.
- **Eat raw foods with each meal**: some fruit and at least one salad daily.
- Savour your food, 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.
- Try **intermittent fasting** if possible, for at least 13 hours from supper to breakfast.

ON & AROUND US

- **Reduce environmental chemical load** (also neurotoxins) **on and around your body** by vetting your **body care products**. Go to http://www.ewg.org/skindeep/#.WXGMMcaPBE4 to find out how toxic your products are and switch them. This **also applies to household cleaning products.**

MOVEMENT

- **Exercise 5-7 times a week**. 30 minutes of daily walking in nature is an excellent form of exercise.

REST, QUIET & FUN

- **Meditate / Pray.** Quiet, undistracted time with yourself is priceless.
- **Have fun** - do things you enjoy with people you enjoy.
- **Rest** - make sure you're getting 6-8 hours of shut-eye.

Always consult a health practitioner before making any changes to your health regimen.

90 DAY HEALTH DIARY

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	○○○○○	○○○○○	○○○○○	○○○○○

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	○○○○○	○○○○○	○○○○○	○○○○○

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 etc.

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).**

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****.*

Bone Marrow Cancer
I was diagnosed with Waldenstrom's Macroglobulineniea or cancer of the bone marrow. In February 2003, after receiving 4 treatments of antibodies and one blood transfusion, I took MGN3 for a while and my condition did not improve.

In January of 2004 I started taking BioSuperfood F3 and after only one month, my haemoglobin went up 10 points. I felt a new surge of energy and well being I had not felt in years. By July 2004 my oncologist declared "I was in remission".
BioSuperfood was my miracle pill. It is indeed a fabulous cellular food!

For you to have discovered this formula denotes a very loving, caring person, on the road to help mankind stay alive and well.

God bless you and your family. Sincere and grateful thanks.

UPDATE – July 2006
Last month, I visited my oncologist for a control exam. He declared my blood "perfect". Since January 2004 I have only used BioSuperfood in my regimen. Thank you Dr. Kiriac for your magnificent research that has saved my life.
Cecile Jalbert, Montreal, Canada