

The Feast

from

Uri International

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**This document contains
detailed nutritional information;
valuable even if you don't want the product.**

The Feast is an all-in-one, concentrated whole food supplement with over 176 natural ingredients.

It's created with a proprietary low-temperature drying process that concentrates whole foods and raw juices into a nutrient-dense, great tasting powder perfect for today's active and demanding lifestyles.

Depending on your normal diet, it costs between \$2.27 and \$4.56 per Day (*based on one or two servings*). If you think that's too expensive, please review the ingredients below and what they do for your body (***all these ingredients are in each serving of The Feast***); and, ask yourself how important proper nutrition is to you.

Thirty years in the making, The Feast is the cutting edge of nutritional care.

*Certified Organic

**Allergy Warning: Contains tree nuts (almonds), seeds (flax, sunflower, pumpkin, chia and sesame), grain (brown rice fiber complex), and sprouted grains (wheat, quinoa and amaranth sprout).

30 Antioxidant-Rich Fruits and Berries

PURPLE GRAPE*

Contains more than a dozen antioxidants including polyphenols, quercetin, resveratrol, and proanthocyanidin flavanoids that scavenge free-radicals, help resist blood vessel damage and skin damage, inhibit inflammatory enzymes and histamine formation. Grapes help in the prevention of cardiovascular disease, cancer, inflammatory conditions, asthma, diabetes, liver disease, cataracts and macular degeneration. They enhance cardiovascular function, keeps arteries clear of plaque, improve circulation, memory and ADD. Grapes are a quality source of vitamin C, vitamin K, quercetin, manganese and provide some fiber and potassium.

RASPBERRY*

Raspberries are rich in anthocyanin antioxidants and cell protecting, cancer fighting phytochemicals such as ellagic, coumaric and ferulic acid. They also contain fiber, calcium, manganese, vitamins such as A, B, C, E, fiber and folic acid. Raspberries have antibacterial, anti-yeast and antifungal properties. They promote wound healing, heart and liver health.

NONI FRUIT

Noni Fruit (*Morinda Citrifolia*) enhances the assimilation and absorption nutrients at the

cellular level and supports overall good health, Strengthens the immune system, supports the kidneys, increases energy and circulation, stamina and vitality, strengthens the body's ability to fight disease and infection, aids digestion, and improves skin hair, muscles, bones and tissues. Its potent antioxidant benefits helps the body fight tumors, aging, cancer, arthritis, depression, high blood pressure, respiratory problems and immune deficiencies. Noni contains Vitamins A, B, C and E, amino acids, calcium, linoleic acid, selenium, xeroinine, and proxeronine.

WOLFBERRY-GOJI

Wolfberry contains 18 amino acids, 21 trace minerals, 6 essential fatty acids, flavanoids, Vitamins B1, B2, B6 and E. Wolfberries have extraordinary ORAC, antioxidant & nutrient value, with over 5 times more vitamin C than oranges and more beta carotene than carrots. Wolfberries contain polysaccharides which strengthen and support the immune system and stimulate the anti-aging human growth hormone. Helpful for allergies, respiratory tract issues, intestinal distress, pain and inflammation, dizziness, vision/eye problems, headaches, insomnia, diabetes, hypertension. A potent antioxidant, Wolfberry helps neutralize free radicals, protects DNA, supports cardiovascular, liver, pancreas and kidney health.

ACIA BERRY

Acia is considered one of nature's most nutritious super fruits due to its power-packed essential nutrients and health promoting qualities. The Acia Berry provides a complete range of vitamins, minerals trace minerals & essential fatty acids and every essential amino acid Acia is even a surprisingly high source of fiber & protein. Acia contains more than 16 strong antioxidants phytonutrients and is an extremely high source of flaviniods including anthocyanins and proanthocyanidins – making it a super –antioxidant with an incredibly high ORAC value. The plant sterols in Acia help reduce the risk of heart disease and fight high cholesterol. These nutrients also provide support against inflammation, bacteria, infection, free radical damage and prostate enlargement. Acia increases vitality, stamina, energy and mental focus and has immune enhancing properties.

BLACK CURRANT

Black currants are a rich source of antioxidants and essential fatty acids. Black Currants have anti-inflammatory and immune enhancing properties, soothes digestion, fights colds and high-cholesterol. Helpful for regulating the metabolism and reducing the risk of kidney stones by creating an alkaline environment.(Provides iron, phosphorus, potassium, calcium and vitamins A, E, B1, B2, B3 and 6, with 3 times more vitamin C than oranges).

BLACKBERRY*

Blackberries have a high antioxidant/ORAC value. They contain Vitamin C, E, calcium, folic acid, potassium, iron, anthocyanins, ellagic acid and fiber. Blackberries support a healthy heart and immune system, help fight infection and provide protection against urinary tract infections, birth defects, chronic disease and heart disease. Blackberries provide circulatory, liver and mental support. The anti-aging phytochemicals in blackberries also inhibit four different types of cancer causing agents.

BLUBERRY*

Blueberries have long had a reputation for their high antioxidant values. Blueberries also provide numerous health benefits including protection against urinary- tract infections, cancer, age-related health conditions, memory loss and brain damage from strokes. They help reduce the buildup of bad cholesterol and reduce heart disease, blood clots and stroke. Blueberries contain vitamin A, C and E, zinc, potassium, iron calcium, magnesium and fiber.

POMEGRANATE

Pomegranates have almost 3 times the antioxidant ability of green tea. They contain a substantial amount of potassium, polyphenols, fiber, Vitamin C and Niacin.

BILBERRY

Bilberries possess outstanding ant-aging and antioxidant properties and are particularly helpful to prevent and improve eye conditions such as macular degeneration, cataracts, night blindness and retinopathy. Bilberry has shown to be beneficial for anxiety, varicose veins, urinary tract infections, hypoglycemia, circulation, inflammation and stress. Helps maintain the flexibility of blood vessels, lowers the risk of blood clots, controls, controls bleeding, helps balance insulin levels, strengthen connective tissues, inhibits bacterial growth and improves visual clarity. Bilberries have anti-cancer antioxidant capabilities and can help prevent heart disease. Bilberry is rich in vitamin C & A.

ELDERBERRY

Elderberry is one of the top antiviral nutrients. The phytonutrients in elderberry positively influence cell function and protection in the human body. This berry is beneficial for colds, cold sores, infection, sore throats, sinusitis, flu, viruses, asthma, bronchitis, infections, and coughing. It is also helpful for nerves, back pain, and inflammation of the urinary tract and bladder. Elderberry is a rich source of nutrients, polyphenols, antioxidants, amino acids, flavonoids, tannins and carotenoids.

CRANBERRY

Cranberries are well- known for treating and preventing urinary tract infections, but they also protect against cancer, stroke and heart disease and are a natural antibacterial. Cranberries are rich in potent antioxidants – polyphenols and procyanidins. Cranberries help reduce cholesterol, gum disease and stomach ulcers and inhibit the growth of human breast cancer cells.(High in vitamin C and dietary fiber). The fruits contain a variety of compounds including anthocyanins, flavanol glycosides, catechin, various organic acids, and small amounts of alkaloids.

STRAWBERRY*

Strawberries are an excellent source of antioxidants that protect cell structures and prevent oxidative damage from free radicals. Their phenol content provides protection against heart

disease, cancer, macular degeneration, inflammation and arthritis. Strawberries reduce age related diseases of the brain, lower LDL cholesterol and protect the spleen and pancreas. Strawberries are an excellent source of Vitamins B, C and K, manganese, potassium, iodine, magnesium, copper and omega-3 fatty acids.

ACEROLA CHERRY

Acerola Cherry is the richest known natural source of vitamin C and is very effective against the common cold. Also contains natural B vitamins, carotene, thiamin, riboflavin, niacin, proteins and iron, calcium and phosphorus. Acerola Cherry acts as a potent, a powerful antioxidant that provides excellent immune system support.

PEAR

Pears offer dietary fiber, much of it in the form of pectin. Pears are also an excellent source of potassium and vitamin C.

ORANGE

Oranges have natural plant chemicals ('phytochemicals') called 'monoterpenes' in their skin that both protect against cells becoming cancerous, and help fight existing cancers. They are high in vitamin C and folic acid. Recent tests on the anti-oxidant effectiveness of various commercial fruit put oranges at number 5 (effectiveness against damaging oxidative processes in cells). Scientists have recently identified several bioflavonoids from citrus that inhibits certain cytochrome, P450 enzymes. One cytochrome enzyme, P450 1B1, can activate cigarette smoke, pesticides and other substances ('procarcinogens') in the body to become carcinogens. Hesperetin, the most abundant bioflavonoid in the juice of oranges, has been found to inhibit p450 1B1 from metabolizing procarcinogens, significantly reducing the opportunity for them to be converted into carcinogens.

WATERMELON*

Watermelon contains Lycopene, a powerful antioxidant and the source of a watermelons coloring. Recent research suggests that lycopene; a powerful antioxidant helps prevent some forms of cancer and cardiovascular disease. Watermelon also contains potassium, which is believed to help control blood pressure and possibly strokes. Watermelon is also high in vitamin C and vitamin A, in the form of disease-fighting beta carotene.

PAPAYA

Papaya provides the natural enzyme papain that can break down protein. Papayas are also rich in vitamins A and C. Papayas has been used to heal ulcers and other internal bleeding. Papayas contains vitamins B, D, E, 6, K, and C. It also contains calcium, iron, phosphorus, and potassium. It is rich in sodium, magnesium, and vitamin A.

BANANA

Bananas are a good source of fiber, vitamin C, and potassium.

LEMON

Lemons contain highest vitamin C content of any citrus fruit. They are high in fiber and contain no fat or sodium. Lemon juice is also thought to inhibit the absorption of fats. Lemons have natural plant chemicals ('phytochemicals') called 'monoterpenes' in their skin that both protect against cells becoming cancerous, and help fight existing cancers.

GRAPEFRUIT

Grapefruit helps break down fat, lowers cholesterol and balances the blood sugar.

PEACH

Peaches have good levels of vitamins A and C, potassium and magnesium. They also contain traces of important minerals, zinc, selenium, manganese, iodine, sulfur, copper, and iron.

PRUNE

In addition to being a good source of fiber, prunes may also help slow the aging process in both the body and brain.

CHERRY

Cherry is high in iron and a great blood builder. Because of the high iron content, Cherry is used to aid the body in cleansing the liver and kidneys. It has a high alkaline content, which is helpful in ridding the body of harmful waste and toxins. Cherry has natural healing properties that have been shown to fight and prevent naturally occurring and human-made carcinogens. Cherry is rich in: Iron, polyphenolic catechins, which have the ability scavenge free radicals. It has also been shown to inhibit formation of (nitrosamines a known carcinogen).

PLUM*

Plums are a good source of vitamins A and B, are high in fiber and are rich in iron, calcium, and phosphorus.

PINEAPPLE

Pineapple is a source of digestive enzymes Bromelain and Betain. Bromelain breaks down protein; hence it is a natural meat tenderizer. It can also break down blood clots and clean away the dead tissues left by burns, abscesses, ulcers, and various kinds of surgery. South American Indians used pineapple poultice to reduce inflammation in wounds and other skin injuries. Suppresses inflammation. Aids digestion, helps dissolve blood clots and prevents osteoporosis and bone fractures because of its high manganese content. Antibacterial, antiviral, mildly estrogenic. In addition pineapple is a fantastic source of minerals, potassium, chlorine, sodium, phosphorus, sulfur, calcium iron, iodine. It is also rich in vitamin A, B complex and vitamin C.

HAWTHORN BERRY

Hawthorn Berry stimulates heart muscle, allows the heart to beat slower and helps lower blood pressure. Hawthorne Berries contain bitter compounds that increase coronary blood flow and myocardial metabolism allowing the heart to function with less oxygen. These compounds also lower blood pressure by decreasing cardiac output and dilating peripheral blood vessels. Hawthorn Berry has been used to treat hypertension, coronary heart disease, atherosclerosis, blood clots and insomnia.

APPLE

Apples provide whole-body benefits and really do keep the doctor away! They help to lower blood cholesterol and remove metals and toxins from the body, improve bowel function, reduce risk of stroke, lung, colon and prostate cancer, type 2 diabetes and asthma. The disease-fighting profile of apples provides a multitude of health benefits, including a potential decreased risk of cancer and heart disease. Apple improves digestion, colon health and promotes weight loss. Apples provide Vitamin C, B, iron, magnesium, calcium, zinc, potassium, folic acid and fiber.

30 POWER GREENS & VEGETABLES

BARLEY GRASS*

The health benefits of Barley Grass include increased energy levels, enhanced digestion and immunity, anti-inflammatory actions, antioxidant protection, and neutralization of pesticides and other toxins. Barley Grass contains more dietary fiber than bran and is a rich source of beta carotene, chlorophyll, iron, enzymes, vitamin C (seven times more than oranges) Vitamins B-12 (important for brain function), and 19 essential amino acids. It aids the body in DNA repair; helps improve stamina, and clarity of thought.

ALFALFA LEAF*

Alfalfa is one of the green grasses, which are some of the most nutritionally rich foods there are. Alfalfa Leaf contains health-building properties. It helps assimilate protein, calcium and other nutrients. It is beneficial for all ailments because of its vitality and nutrient properties. And the contents are also balanced for complete absorption. Alfalfa contains chlorophyll. It is a body cleanser, infection fighter and natural deodorizer. It breaks down poisonous carbon dioxide and it is the richest land source of trace minerals. It is a very good tonic, it eliminates retained water, and relieves urinary and bowel problems. It helps in treating recuperative cases of narcotic and alcohol addiction. The enzymes help to neutralize cancer in the system. Alfalfa contains a very rich supply of vitamins A, K, and D. It is also high in calcium and contains phosphorus, iron, potassium and eight essential enzymes. It is rich in trace minerals

WHEAT GRASS*

Wheat Grass is a concentrated super food that contains 25% protein, a higher percentage than is contained in meat and fish, and is rich in chlorophyll. Chlorophyll is called 'the blood of

plants', because it is a very similar structure to human hemoglobin, which also helps purify and detoxify major body systems (especially the liver, lungs and colon) and counteracts the growth of unfriendly bacteria. Wheat Grass helps the body resist harm from x-rays radiation therapy and air pollution.

CARROT *

Carrots provide an excellent source of alpha & beta carotene -antioxidants that inhibit free radical formation. Carrots contain Folic acid, Vitamin C, potassium, calcium, iron and magnesium. Carrots contain glutathione, which helps the body recycle vitamin E and increases the body's production of white blood cells. Carrots support skin and eye health and the immune system.

- * Maintains a healthy circulation and supports the immune system.

- * Carrot juice is an extremely rich source of alpha and beta-carotene, which is converted by the body into pro-vitamin A (natural vitamin A). Vitamin A is essential for the normal development and health of many body tissues, including the skin and eyes. It is considered essential for the visual cycle (focusing the conversion of light stimuli into electrical impulses), pigment formation in the skin, and as an antioxidant in the cells. The level of Vitamin A required by the eyes can increase up to fifty-fold when working with a computer, watching television, driving a car at night, and reading and writing under artificial light, all of which place great demands on the eyes.

- * Beta-carotene is also a photochemical which research is now proving can help reduce disease risk, help fight infection and supports bone growth and maintenance.

- * Considered to be one of nature's finest alkaline foods and has the ability to help maintain intestinal flora.

- * Carrot juice is a good source of folic acid, calcium, iron and magnesium, as well as vitamins B, C, E and K.

- * Carrot juice stimulates digestion and cleanse the liver.

- * Carrots contain glutathione, which helps the body recycle vitamin E and increases the body's production of white blood cells.

- * Maintain healthy cellular function.

- * Due to its alkalizing action in the body, carrot juice is considered to be an excellent source of helping maintain proper pH balances.

OAT GRASS*

Oat Grass (*Avena Sativa*) has a relaxing and stimulating action that nourishes and strengthens the nervous system, and may be valuable for arthritis, rheumatism, stress, depression, debility, exhaustion, nerve tremors, epilepsy, convalescence, palpitations, nervous headache, nervous stomach, nervous breakdown, cholesterol levels, herpes, and menopause symptoms.

Oats Grass is also used for: thyroid and estrogen deficiency, for degenerative diseases such as multiple sclerosis and for colds specially if recurrent or persistent.

DUNALIELLA

Dunaliella (*Rhodophyta*) has the highest quality of natural source carotenoids and is extremely rich in the beta-carotenes. Dunaliella helps protect the adrenal glands, reproductive

organs, pancreas, spleen, and skin.

KELP

Kelp helps control the thyroid and regulate metabolism associated with proper food digestion. It is reputed to help speed up the burning of excess calories and nourish the body by stimulating and controlling this metabolism.

It contains all the minerals considered vital to health, and helps sustain the nervous system and proper brain function. Also helps with: adrenal gland function, arterial cleansing, asthma, colitis, skin problems, constipation, diabetes, eczema, strengthening fingernails, gallbladder problems, gas, goiter, headaches, high blood pressure, kidney problems, morning sickness, nervous disorders, neuritis, obesity, pancreatic and pituitary gland problems, toning of the prostate, weak uterus, low vitality, water retention, skin tone and wrinkles. Kelp is very beneficial to the sensory nerves, membranes surrounding the brain, spinal cord, and brain tissue.

Kelp's High mineral concentrate includes: calcium, choline, copper, inositol, iodine, potassium, selenium, sodium and sulfur. Also contains the vitamins A, B1, B2, B3, B5, B6, B9 and E. Good for thyroid function, arteries, and nails. (Protects from the effects of radiation and good for those with a mineral deficiency).

SPINACH*

Spinach contains iron, chlorophyll, potassium, magnesium, calcium, folic acid, vitamin C, E and beta-carotene and the antioxidant glutathione. (Thought to be a cancer antagonist). Rich in fiber that helps control cholesterol. Spinach also provides octacosanol, a nutrient promoting stamina and energy.

SWEET POTATO*

* Sweet Potatoes are one of the greatest sources of beta carotene. They are high in carbohydrates.

* Sweet Potatoes are a great source of vitamin E.

* Sweet Potatoes provide many other essential nutrients including Vitamin B6, vitamin C, vitamin A, Magnesium, Manganese, potassium, calcium and iron.

* Sweet Potatoes are a good source of dietary fiber which helps to promote a healthy digestive tract. Sweet Potatoes have more fiber than oatmeal.

* The National Cancer Society cites sweet potatoes as an excellent food to aid in the prevention of several common types of cancer.

BEET ROOT*

Contains Betaine, which helps maintain liver function.

* The nucleic acids in beets nourish cells and supports cell respiration in the body.

* Supports cardiovascular health.

* Blood-supporting & building.

* Supports the blood with beneficial minerals and natural sugars.

- * The body assimilates iron from the beet root more easily than any other known food - unlike other sources of iron.
- * Assists in maintaining cellular health.
- * Helps maintain whole body health.
- * Helps provide an easy assimilation of a wide spectrum of nutrients.
- * Digestive stimulator, kidney purifier.
- * Beets contain an abundance of Potassium, Niacin, Folic Acid, Zinc, Manganese, Magnesium, Chlorine, Phosphorus, Calcium, Sulfur, Iodine, Iron and Copper, as well as traces of the rare metals Rubidium and Cesium.
- * Beets contain Carbohydrates, some Protein and Fat, as well as Vitamins A, B1, B2, niacin, B6, B12, and C.

DULSE

The sea contains every element to maintain a healthy life. Sea vegetable algae like Dulse are alkaline forming. Their sea source micro-nutrient values greatly exceed those in soil-based crops, and more importantly, their rare trace mineral content, such as boron, titanium, lithium, ubium, calcium and iodine are in organic forms the body can readily absorb and use.

KLAMATH LAKE ALGAE*

Klamath Lake in Oregon is one of the few remaining alkaline lakes on earth, with a high mineral content from volcanic ash deposited 7,000 years ago. Its lake water contains 60 times the nutrients blue-green algae need to reach their full potential, resulting in algae that is nature's most oxygenating food. It contains 22 amino acids and has 75% protein assimilation, with a full spectrum of naturally chelated minerals (organically bound). It provides an abundance of beta carotene, most of the B-complex vitamins - the richest of all other algae in vitamin B-12, and some vitamin E. It is the algae of choice for the mind and nervous system, as it has much higher neuropeptide precursor concentration than either spirulina or chlorella and has a very positive effect on the hypothalamus, and the pineal and pituitary glands. It is a brain food 'par excellence.'

Klamath Lake Algae is a wonderful source of Chlorophyll: Chlorophyll is essential to all life on earth. It is so similar to heme (hemoglobin) in our blood that only a single molecule separates the two; magnesium at the center of chlorophyll, and iron at the center of the heme in red blood cells. Chlorophyll provides a powerful oxygenating effect on the blood. Its oxygenating influence on the body can speed healing and assist your immune system. Since it is alkaline, it can bring back the balance in pH to blood rendered acidic by a diet too heavy in protein. Since 1780, when scientific research first began on chlorophyll, studies have shown it protects against and detoxifies a wide range of chemical pollutants and radiation, purifies your blood and stimulates circulation. It is easily digestible because it is water soluble and rich in fat-soluble substances such as vitamin K, which helps blood clot and prevents oxalate crystals (precursors to kidney stones) from forming in urine.

CHLORELLA

Chlorella is a single-celled algae containing one of nature's highest levels of natural beta carotene (pro-Vitamin A), the antioxidant vitamins C and E, carotenoids, magnesium, micronutrients and the super detoxifier chlorophyll. Chlorella is blood purifier and builder.

Strengthens immune system, cleanses liver and helps with bowel regularity. Deodorizing to the body.

Chlorella contains all essential amino acids, B-complex, especially B12, minerals, nucleic acids RNA and DNA. Chlorella may be the the perfect antidote to our refined food, nutrient-poor diets and toxic environment.

SPIRULINA

Spirulina is one of the most nutrient-rich concentrated superfood sources in the world containing over 65 percent protein (more than fish, meat, and poultry), vegetarian vitamin B12 (in a richer concentration than beef liver) as well as very high concentrations of other B vitamins, 17 amino acids (including the eight essential amino acids), enzymes, chelated minerals, trace elements, essential fatty acids as well as a wealth of beta carotene (more than carrots) which neutralizes free radicals that damage healthy cells.

Researchers indicate Spirulina holds great promise in fighting cancer as it contains what they believe may be many cancer-preventing pigments - chlorophyll greens, porphyrin reds, carotenoid oranges, xanthophyll yellows, and phycocyanin blues.

People using spirulina should experience decreased appetite, weight loss, improved energy, increased mental clarity and alertness and a general feeling of well-being. Great blood cleanser and builder.

BROCCOLI*

Broccoli contains the phyto-nutrient Sulphoraphane. Sulforaphane belongs to a class of phytochemicals known as isothiocyanates, which are known to strongly stimulate the body's natural detoxifying enzymes. Aids in Cancer prevention and cell detoxification.

Broccoli is rich in vitamins A, C and folic acid and a full spectrum of minerals.

KALE

Kale, like other members of the cabbage family, is a good source of vitamin C and is rich in phytochemicals, including sulforaphane and indoles, that may protect against cancer. Kale has a substantial mineral content, providing manganese as well as some iron, calcium, and potassium. There's antioxidant vitamin E in the flavorful leaves as well.

TOMATO*

Tomatoes are a rich source of of the phyto-nutrient lycopene, an antioxidant, anticancer carotenoid phyto-nutrient. Assists as an anti-oxidant, in cancer prevention and heart protection.

Tomatoes also contain high amounts of vitamin C, potassium, folic acid, beta-carotene, gamma-carotene, glutathione, bioflavonoids and other phytonutrients important for good health. Tomatoes contain citric, malic and oxalic acid. These acids are all needed and beneficial in the processes of metabolism.

SQUASH

Squash is an excellent source of vitamin A, and a good source of vitamin C, fiber and even a little potassium.

CABBAGE

Cabbage contains naturally occurring phytonutrients. These phytonutrients, such as sulforaphane, are believed to have powerful antioxidant and protective capabilities.

CAULIFLOWER

Cauliflower also contains vitamin C and folate. Folate helps the blood work more efficiently and is often recommended for preventing anemia.

There are two main ingredients in cauliflower, and all of the cruciferous family, that are the main disease fighters. These are indole-3-carbinol, or 13C, and the phytonutrient sulforaphane. In research done at John Hopkins University in Baltimore, sulforaphane lowered the occurrence of breast tumors in lab animals by almost 40%. Toxins that would normally damage the cells and turn cancerous, are swept out of the system by sulforaphane, preventing tumors before they begin. 13C lowers the chances of tumor growth.

BELL PEPPER

Bell Pepper is high in vitamin C, bioflavonoids and vitamin A. Also present is folic acid, potassium, niacin and B vitamins. Bell pepper has antimicrobial properties.

PARSLEY

Parsley is an excellent herbal source of trace minerals, especially the electrolyte minerals including sodium, potassium, calcium, and magnesium. It is also an excellent herbal source of Vitamin A, Vitamin C and chlorophyllins, all natural detoxifiers.

Parsley has been used to treat urinary tract infections, amenorrhea, dysmenorrhea, dyspepsia, bronchitis, allergies, arthritis, asthma, flatulence, dysuria and nephritis. Anticancer because of its high concentrations of antioxidants, such as monoterpenes, phthalides, polyacetylenes. Can help detoxify carcinogens and neutralize carcinogens in tobacco smoke. Has diuretic activity, and may reduce accumulation of plaque in arteries and prevent unhealthy blood clotting.

CUCUMBER

Cucumber is a powerful diuretic. It will help to expel uric acid from the body and is a valuable remedy for arthritis, gout, and rheumatism. Cucumber is also an excellent remedy for skin and hair problems due to its silicon and sulfur content combined with its powers as a diuretic. It is also useful in normalizing the blood pressure.

BRUSSELS SPROUTS

Brussels sprouts contain sinigrin, which is in a class of cancer-fighting compounds called glucosinolates, according to studies a single dose of sinigrin suppresses the development of precancerous cells in rats.

A breakdown product of sinigrin, called allyl isothiocyanate, is not only responsible for the smell and taste of brussels sprouts, but also promotes precancerous cells of the digestive system to commit suicide -- a natural process called apoptosis.

ONION

The Onion and its stalks have the power to prevent and treat certain illness. The onion is a stimulant and a mild counter irritant. Onions can be used as an expectorant. Onion helps to liquefy phlegm and prevent its recurrence.

Eating raw onions help to reduce cholesterol levels because they increase levels of high-density lipoproteins. It helps in coronary heart disease, thrombosis, and blood pressure. Onions are beneficial in the treatment of urinary disorders. Sulphur compounds present in onion will help to prevent the growth of cancer cells. Onions are also used in the treatment of anaemia, bleeding piles and teeth disorders.

CELERY

Celery is rich in vitamins A and C, calcium, folic acid, and potassium. Provides fiber and carbohydrates. Celery is thought to have a relaxing effect by calming the nerves.

GARLIC

Garlic contains calcium, copper, essential oils, iron, magnesium, manganese, potassium, sulfur, zinc, Vitamins A, B1, B2, C and the amino acid Allicin. Supports the body's ability to regulate cholesterol levels, reduce blood pressure & blood clots, improve circulation and maintain a healthy heart.

Stimulates immune system function, fights bacteria and detoxifies the body. Supports the body's ability to defend itself against infection, colds, coughs, asthma, gastrointestinal problems and parasites. Preliminary evidence shows that the potent antioxidants in garlic that may help prevent cancer

CAYENNE

Cayenne is the most useful of the systemic stimulants. It stimulates blood flow, strengthening the heart, arteries, capillaries and nerves. A general tonic, it is also specific for both circulatory and digestive system. It may be used in flatulent dyspepsia and colic. If there is insufficient peripheral circulation, leading to cold hands and feet and possibly chilbains, Cayenne may be used, also for debility and for warding off colds. Capsicum meets the debility of young and old, but particularly useful in the elderly, when body-heat is low, vitality depressed and reaction

sluggish. Tired, painful muscles, stiffened joints and relaxation of any part are common conditions in the elderly that are, in a measure, rectified by Capsicum.

ASPARAGUS

Research has proven that asparagus does contain several substances which are vital to overall health. Asparagus is very rich in Folic acid, a B vitamin which aids in the duplication of cells for growth, repair of the body and blood cell reproduction in the bone marrow. Folic acid has recently been discovered to have a profound effect in the prevention of two of the most common neurological birth defects: spina bifida and anencephaly. Folic acid has also been established as a nutrient that prevents cervical cancer.

According to the National Cancer Institute, asparagus is the highest tested food containing Glutathione, one of the body's most potent anticarcinogens and antioxidants. Additionally, asparagus is high in Rutin, which aids in strengthening the blood vessels.

Asparagus is also an excellent source of Potassium, Fiber, Vitamin B6, Vitamins A & C, Triamin and Folic Acid. Source of Potassium, Fiber, Vitamin B6, Vitamins A & C, Triamin and Folic Acid.

GINGER

Ginger Root helps relieve nausea and upset stomach. Supports the circulatory, digestive and cardiovascular system. Helps ease cold, flu & allergy symptoms. Natural expectorant and anti-microbial.

(Posses antioxidant, antibiotic, inflammatory and pain relieving properties)

11 NUTRIENT DENSE SEEDS, NUTS, & SPROUTS**

FLAX SEED

Flax is the richest vegetable source of Omega 3 essential fatty acids. It is also the richest known source of lignans, a class of phytonutrients that have anti-fungal, anti-bacterial, anti-viral, and anti-carcinogenic properties.

Flax Seed is an exceptional source of dietary fiber, both soluble, and insoluble. Flax is high in boron, a trace mineral that helps the body hold onto calcium.

The National Cancer Institute has chosen flax as one of the first five primary foodstuffs for study to determine health benefits of natural foods. From the Omega 3 essential fatty acids, the body produces series 3 prostaglandin's. These act on the cellular level in a variety of disease fighting ways, that include anti-clotting actions in the blood stream, anti-inflammatory responses that alleviate or prevent such auto-immune diseases such as: arthritis, psoriasis, and asthma. They are involved in mechanisms of transport and metabolism of both cholesterol and triglycerides that result in a strong lowering effect on both of these cardiovascular factors.

Series 3 prostaglandins increase vitality, energy, and stamina due to their involvement in the body's process of oxidation, which, on a cellular level, is the way molecules are broken down

to produce energy.

Flax Seed is rich in: Essential fatty acid Omega 3, soluble and insoluble fiber, and boron. Flax Seed contains natural anti-oxidants, and has positive effects on dry skin, tissue inflammation and immune system dysfunction.

OAT BRAN

Oat Bran has received considerable attention in the medical community for its role in helping reduce blood cholesterol. Nutrition experts believe that beta glucans, the water-soluble fibers present in oat bran, act as an active agent for cholesterol inhibition.

Since oat bran is a food and supplies beneficial fiber to assist in regulating gastro-intestinal function as well, nutritionists recommend increased daily intake.

Studies done on hypercholesterolemic subjects have confirmed that certain fiber, including oat bran fiber, has substantial cholesterol-lowering effects.

BROWN RICE

Brown rice flour. This flour comes from unpolished brown rice. It has more nutritional value than white rice flour because it includes bran from the hull of the grain.

Brown rice is far more nutritious than white rice. Because it retains its oil-rich germ and bran, it is packed with vitamins E, B, and minerals, as well as fiber and protein.

Brown Rice is rich in B vitamins and is thought to reduce the risk of cancer of the colon, reduces cholesterol level, and fiber-deficiency diseases (diabetes, varicose veins, hemorrhoids, chronic constipation, and over sensitivity syndrome).

ALMOND SEED*

Almonds have the highest protein content of any nut and are a valuable food for vegans and vegetarians. Almonds are rich in minerals, magnesium, potassium, phosphorous and especially high in calcium.

Almonds are high in mono-unsaturated fat which helps to lower cholesterol, especially the bad cholesterol (LDL). Almonds contain a high degree of oleic acid, which is believed to be the ingredient in olive oil that protects against heart disease.

SUNFLOWER SEED

Sunflower Seed is rich in a number of components that have been shown to protect against cardiovascular and other diseases and to act as antioxidants and anticarcinogens; thus the kernel can be considered a functional food.

Sunflower Seeds contain healthy unsaturated fats, protein and fibre, plus important nutrients like vitamin E, selenium, copper, zinc, folate, iron and phytochemicals.

Sunflower seeds contain both monounsaturated and polyunsaturated fat ? the types of fat that may protect the heart. Clinical studies show that higher unsaturated fat diets may be preferable even to low-fat diets because they lower total cholesterol. Almost 90% of the fat in sunflower seeds is good unsaturated fat.

Sunflower seeds are the best whole food source of vitamin E. Vitamin E is an antioxidant that may protect against heart disease by getting rid of harmful molecules called free radicals that can lead to arteriosclerosis. Selenium works with vitamin E as an antioxidant and protects cells from damage that may lead to cancer, heart disease, and other health problems.

Sunflower seeds are a good natural source of Zinc, an important mineral vital for keeping your immune system strong, fending off infections and healing wounds.

Sunflower Seeds are high in protein, low in carbohydrates an excellent complementary source of the beneficial mono-unsaturated omega-9 EFA, which maintains 'good' cholesterol (HDL) and lowers 'bad' cholesterol (LDL). Good source of energy for the body.

WHEAT SPROUT*

A natural source of chlorophyll, magnesium, phosphorus, potassium, vitamins and minerals aids in the detoxification and repair of cellular membranes. Wheat sprouts provide antioxidant enzymes and been shown to remarkably enhance the body's production of superoxide dismutases and catalases. Chlorophyll is the active factor in wheat sprout, which inhibits the metabolic activity of carcinogens.

Wheat sprout contains substances which seem to revitalize cells and reduce the rate of cell destruction. Wheat sprouts display high enzymatic activity and contain Catalase, Glutathione Peroxidase, Methionine Reductase, as well as Superoxide Dismutase (SOD), a substance which neutralizes the most common free radical agent in the cells - superoxide.

AMARANTH SPROUT*

A grain (although related to spinach) with origins in Central America, it largely disappeared following the Spanish conquest.

Amaranth is a hardy crop that is resistant to drought and cold and is higher in fat and oil than other grains. It contains high-quality protein and is also high in fiber with an abundance of calcium, iron, and vitamin C.

Amaranth is extremely high in protein, especially including the rarer lysine and sulfur? containing amino acids. Amaranth is an important option for hypoglycemics, and others with blood sugar problems, as it avoids the excessive unbalanced starch that can cause such devastating effects on the insulin and blood sugar.

PUMPKIN SEED

Pumpkin seeds are a superfood. The seeds are rich in the amino acids alanin, glycine and glutamic acid, and also contain high amounts of zinc and Omega 3 essential fatty acids. They contain high quantities of protein, iron and phosphorous and even a tablespoon a day would be a good addition to any healthy diet, particularly for vegans and vegetarians. Pumpkin seeds

are also low in carbohydrates.

Studies have shown that pumpkin seeds may reduce hormonal damage to prostate cells, thus possibly reducing the risk of developing prostate cancer. The seeds have been used to treat urinary tract infections.

Pumpkin Seeds are a tasty source of vitamins and minerals, particularly beta-carotene, vitamin C and potassium. Historically beneficial in maintaining male and female health. (A good source of omega-6 and omega-9 EFAs)

CHIA SEED

'Chia' is the Mayan word for strength. Also the seed that is used to grow the popular Chia Pet?.

Chia seed is a complete source of dietary protein, providing all the essential amino acids. Compared to other seeds and grains, chia seed provides the highest source of protein, between 19 to 23 percent protein by weight. One of the unique qualities of the chia seed is its ability to absorb more than nine times its volume in water or other liquid, thereby having the potential to help those trying to lose weight. This ability can also prolong hydration and retain electrolytes in body fluids, especially during exertion or exercise. Normal fluid retention ensures electrolyte dispersion across cell membranes, maintains fluid balances, and aids normal cellular function.

The gel-forming property of chia seed tends to slow digestion and sustain balanced blood sugar levels, which can be helpful in preventing or controlling diabetes.

Chia also facilitates the growth and regeneration of tissue during pregnancy and lactation, and aids the regeneration of muscles for conditioning athletes and bodybuilders. For the dieter, this means feeling full with no more peaks and valleys in blood sugar levels.

Research is being conducted to show how chia may prevent and/or overcome Type 2 (non-insulin dependent) diabetes.

Chia seeds contain high levels of both omega-3 and omega-6 oils, needed by all people, but especially by pregnant women or those with PMS.

Chia seeds contain greater alpha-linolenic acid concentrations than any other seed or grain. This substance lowers the risk of heart disease, blurred vision, and numbness.

Native people have used chia gel on wounds, for colds and sore throats, for upset stomachs, body odors, prostate problems, and even constipation.

Chia seed contains large amounts of B vitamins and calcium. By volume, one ounce of chia contains two percent B-2 (riboflavin), 13 percent niacin, and 29 percent thiamin, and trace amounts of all B vitamins. In roughly two ounces of chia (100 grams), there are 600 milligrams of calcium, contrasted with 120 milligrams of calcium in the same amount of milk. That's five times as much calcium than milk!

Chia also contains boron, which is needed for bones. With much of the nations soil boron

depleted, we simply are not getting enough boron in our daily diets. Boron is needed to aid the metabolism of calcium, magnesium, manganese, and phosphorus in bones and for muscle growth. Boron also can increase the levels of natural estrogen.

Early results in current cancer research with chia show promise in this area. There is also good indicators of a link chia seeds have in the prevention or slowing of cancer development.

Chia is an excellent source of fiber.

SESAME SEED

The sesame seed, one of the smallest of all the seeds, is packed with goodness - high in protein, iron, zinc, magnesium, calcium and phytic acid. Low in carbohydrates and cholesterol free.

The seeds are an aid to digestion, stimulating blood circulation and benefiting the nervous system. Sesame seeds benefit the body as a whole, especially the liver, kidney, spleen and stomach. Its high oil content lubricates the intestines and nourishes all the internal viscera.

There is often concern that vegans do not get a sufficient amount of zinc or iron in their diet. Including sesame seeds in your diet is an ideal way of improving your Zinc and Iron intake.

Sesame seeds help to protect the body from free radicals. Phytic acid could inhibit cancer, specifically of the colon.

83+ ACTIVE ENZYMES & FULVIC MINERAL BLEND

AMYLASE

Amylase is one of the two most effective digestive enzymes that are secreted in high concentrations by the human body. Amylase, found in saliva, breaks down carbohydrates (starch). In addition, pancreatic and intestinal juices contain this enzyme.

Amylase is from the class of enzymes that break down or hydrolyze starch. Starch containing foods are pasta, potatoes and rice. Amylase is commonly found in pineapples, bananas, raisins, potatoes and squash.

CELLULASE

Cellulase digests cellulose (fiber). Plants are a person's only source of cellulase as the human body is unable to produce it. Chewing liberates the cellulase out of the food, but when people eat raw fruits and vegetables and don't chew properly the cellulase is never released. Cellulase may also be lacking because of the way the food was handled by the suppliers.

Cellulase is the enzyme that breaks down cellulose or fiber. Fiber is found in foods like bran muffins, broccoli, vegetable soup, whole grain bread and oatmeal. Some sources of cellulase are oranges, celery, carrots, lettuce, cabbage, and apples.

PROTEASE

Protease is one of the most effective digestive enzymes secreted in high concentrations by the human body. It is found in the stomach and pancreatic juices and helps to digest protein. Protease is a class of enzymes that breaks down or hydrolyzes, the peptide bonds that join amino acids in a protein. The protein is broken down into its basic building blocks, amino acids. Some sources of protease are pea pods, lentils, alfalfa and navy beans.

LACTASE

Lactase is an intestinal enzyme that breaks lactose (milk sugar) into its two constituent sugars to render it absorbable. Humans produce peak amounts of lactase in infancy, when milk is necessary for survival; thereafter, the supply begins to diminish. Many people cannot digest more than a small amount of milk because of a deficiency of lactase.

LIPASE

Lipase aids in fat digestion, whereas pancreatic lipase digests fat in a highly alkaline environment, lipases found in food fats work in a more acidic environment.

This lipolytic or fat splitting enzyme Lipase is found in the blood, pancreatic secretions and tissues. Common sources are avocados, vegetable oil, rice, bran, millet, wheat germ, olive oil.

MALTASE

Maltase is a digestive enzyme, which breaks down malt sugars (maltose), which are an intermediate product in the digestion of starch. (May help relieve environmental sensitivities and allergies)

BROMELAIN

Bromelain is an enzyme found in pineapple that is beneficial to the breakdown of proteins. Bromelain (Enzyme) is a strong anti-inflammatory. The only other source of Bromelain is pineapple juice. It is used by athletes to prevent post-workout soreness and is believed to facilitate the healing of sports injuries.

SUCRASE

Sucrase is a digestive enzyme which breaks down sugars (sucrose) found in some vegetables and many fruits, and sugar derived from sugar cane, sugar beets, sorghum, molasses or maple sugar. Sucrase is beneficial in helping prevent gastrointestinal problems and discomfort.

IONIC FULVIC MINERAL EXTRACT POWDER SUPEROXIDE DISMUTASE (SOD)

ALOE VERA LEAF EXTRACT AND YUCCA.

22 RESILIENT LIVING PROBIOTICS

Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus rhamnosus, Bifidobacterium bifidum, Lactobacillus sporogenes, Lactococcus lactis, Lactococcus cremoris, Lactobacillus delbrueckii, Lactobacillus kefir, Leuconostoc cremoris, Lactobacillus caucasicus, Lactobacillus plant arum, Lactobacillus salivations, Lactobacillus bulgaricus, Lactobacillus helveticus, Lactobacillus paracasei, Lactobacillus brevis, Bifidobacterium infantis, Bifidobacterium lactis, Bifidobacterium longum, Bifidobacterium breve and Streptococcus thermophilus.

OTHER INGREDIENTS:

Natural Mixed Berry Flavor, Guar Gum and stevia.

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