

PRODUCT DATA SHEET

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BODY BALANCE

Harvested From Land and Sea

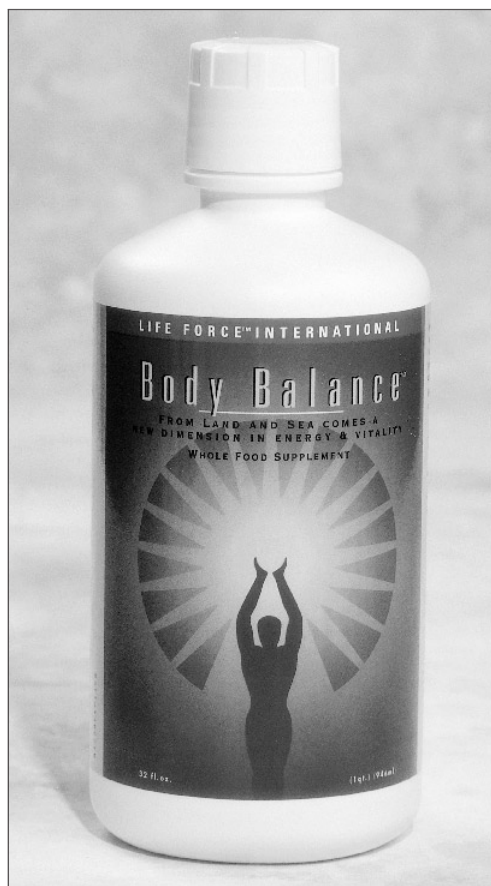
Life Force International's **Body Balance** is a concentrated live whole food antioxidant formula that combines sea vegetation in a base of certified kosher and organic aloe vera juice. This cold processed, highly absorbable ionic formula delivers in trace amounts up to 121 synergistically combined, naturally occurring vital nutrients, including naturally occurring trace quantities of virtually every vitamin, mineral, ultra trace mineral, amino acid, and enzyme useful for optimal health! This unique combination of liquid absorption and only plant sourced essential "nutraceuticals" are in a natural ionic format, making them completely bio-available for immediate assimilation and use at the cellular level.

Natural Source Nutrients

These nutrients, made by Mother Nature, contain naturally occurring organic factors (phytonutrients) that can contribute immensely to human vitality and wellness. Unfortunately, most supplements, even those called "natural," are made in a laboratory from isolated chemicals and are completely devoid of the many hundreds and thousands of "phyto-factors" found in "natural source nutrients."

The Value of Body Balance

The value of whole-food phytonutrient supplements should not be underestimated. The human body is an organic being, and is designed to readily recognize, absorb, digest and utilize whole food nutrients and phytonutrients. Plant-source phytonutrients are conspicuously absent from traditional supplements, which source their nutrients from synthetic, vitamin isolates and inorganic minerals and are packaged in pill, tablet or capsule form.



Supplement Facts	
Serving Size	1 fl. oz. (30 ml)
Servings Per Container	32
Amount Per Serving	% DV
Calories 5	
Total Carbohydrate 2 g	1%*
Sugars 1 g	
Sodium 5 mg	<1%
Proprietary Blend 30 g	†
Aloe Vera (inner leaf) juice**, Honey**, Natural Black Cherry**, Sea Vegetation Blend** (alaria valida, costaria costata, fucus gardneri, gigartina, laminaria, nereocystisluetkeana, rhodymenia pertusa, ulva lactuca, ulva linza.)	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
† Daily Value not established.	

The importance of phytonutrients is increasingly supported by the latest scientific research. Thousands of phytonutrients have been identified, and many have been researched extensively. Phytonutrients are nutrients derived from plants, in fact, "phyto" is the Greek word for "plant."

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



Mother Nature's Miracle Plant

Modern studies have validated aloe vera's many health benefits. These benefits appear to be due to the wide variety of phytonutrients that aloe possesses, with mucopolysaccharides being the key category. Some health-supporting benefits include enhancing digestion and supporting immune system function. It is for these reasons that aloe is an integral part of the formula we know as Body Balance. The aloe we use in Body Balance has many certifiable quality features, such as:

- Carries the seal of the IASC (International Aloe Science Council)
- Certified organically-grown
- Certified kosher-grown

Phytonutrients and Trace Elements

The evolution of nutritional discovery has peaked at plant nutrients known as phytonutrients. Body Balance provides the benefits of innumerable phytonutrients identified or present in sea vegetation, as Mother Nature provides them. Their benefits to human health and vitality could be profound.*

Liquid Nutrition

One key feature of Body Balance is that it is a liquid. Our customers notice the liquid difference immediately. As a liquid, it has many advantages over pills, tablets, and capsules.

- 1) Liquids are easy to take – There are no horse-pill sized tablets to swallow.
- 2) Liquids take effect fast – Assimilation begins in the mouth, sublingually.
- 3) Liquids are highly absorbed – By already being in liquid form, liquids have a very high rate of absorption.
- 4) Liquids are without fillers.
- 5) Great taste, ease of use, and outstanding results means customers continue using Body Balance for the long-term.

Ingredients:

Aloe Vera Juice (Inner-Filet of Leaf), Honey, Natural Black Cherry, Sea Vegetation (Fucus Gardneri, Ulva Lactuca, Alaria Valida, Nereocystis Luetkeana, Laminaria, Ulva Linza, Gigartina, Costaria Costata, Rhodymenia Pertusa).

Other Ingredients:

Citric Acid, less than 0.2% of Phosphoric Acid and Potassium Benzoate and Potassium Sorbate (to preserve Freshness), and Stevia Extract (Leaf).

Additional Educational Information for the Ingredients:

- Certified organic and kosher grown Aloe Vera Juice. Aloe Vera that has been properly processed and stabilized contains many biologically active molecules, ^{1,2} and is considered one of the most beneficial botanicals on earth. However, all aloe vera sources are not alike. The aloe vera in Body Balance meets the certification standards of the International Aloe Science Council. It is grown certified-organic and certified-kosher, and made only with the inner-filet of the aloe vera leaf. Some health-supporting benefits include enhancing digestion and supporting immune system function. Additionally, two key groups of compounds have been identified as the most beneficial. Those two are mucopolysaccharides and glycoproteins.¹ For an aloe to be considered a “top category” aloe, it should contain a MS score (methyl solids) of at least 1,200. Body Balance scores consistently over 2,500!
- Ripe Harvested Sea Vegetation – With the passage of time, vast amounts of vital minerals

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and trace elements have washed into the ocean. Sea vegetation absorbs these and converts them into an abundance of phytonutrients.^{3,4} Body Balance includes concentrates from nine varieties of sea vegetation, which are harvested from pristine waters in the northern Pacific Ocean.

- Natural Black Cherry – Black cherry is added to give Body Balance its distinctive flavor. Of course being a botanical, it also contributes its share of phytonutrients. Also, black cherry contributes to supporting healthy uric acids levels, which supports health.*
- Raw Honey – Raw honey has been used for centuries by many cultures. In addition to its obvious sweetening and flavoring characteristics, honey provides minute amounts of various health-supporting factors long valued by people of many nations.*

Additional Educational Information on Phytonutrients:

- Phytonutrients – Phytonutrients are a class of health-supporting compounds that include many subcategories. So far, there have been over 100,000 phytonutrient compounds identified. Some government scientists are currently studying phytonutrients intensely. Many of these have provided scientists with exciting discoveries benefiting human health. To quote the USDA directly, “It appears that an effective strategy of supporting health is to increase consumption of phytonutrient-rich foods.” At Life Force, we consider Body Balance to be the ultimate phytonutrient supplement on the planet.
- To learn more about the research into the vast frontier of phytonutrients, go to one of their websites that has reprinted the following article, “Phytonutrients Take Center Stage.” You can access this at <http://www.ars.usda.gov/is/AR/archive/dec99/stage1299.htm>. At the end of the article, the following quote gives one a sense of the importance that has been placed on phytonutrients. “The 1920s and 30s were ripe for vitamin discovery, accounting for 11 of the 15 vitamins. Now there’s a new surge of discovery around health-enhancing compounds in plant foods known as phytonutrients.”

Potential Benefits From Ingredients That:

- Provide more energy – This is the most common benefit reported by those using Body Balance.^{5*}
- Promote an elevated sense of well-being.*
- Enhance digestion.^{6,7*}
- Support a healthy immune system.^{8,9*}
- Help oxygenation.^{9*}

Understanding the “Supplement Facts” box:

Before itemizing the “supplement facts” as required by government labeling guidelines, it is important to recognize that the benefits derived from Body Balance are not based on high amounts of vitamins or minerals. Body Balance goes far beyond traditional supplements by providing a unique combination of trace minerals and phytonutrients, which number in the hundreds, perhaps even in the thousands. Consequently, there are small amounts of a huge array of health-supporting nutrients. *(See the last page of this document for a complete listing.)*

Additionally, all of these factors are organic, whereas most vitamin supplements are made with synthetic vitamin compounds fabricated in a laboratory. Only Mother Nature makes phytonutrients. They occur in such a wide variety that nutritional science has currently studied only a small percentage. Yet, the human body has been benefiting for eons from phytonutrients by the thousands. This is the true value of Body Balance, and are all made by Mother Nature with the best of land and sea.



BODY BALANCE



Suggested Use:

Minimum of 2 ounces (60 ml) per day, preferably all at once in the morning. Body Balance is a whole food and can be taken on an empty stomach.

Servings:

Body Balance is packaged in 4 different sizes.

- 1 Quart – 32 oz. 16 Servings @ 2 oz. per serving
- ½ Gallon – 64 oz. 32 Servings @ 2 oz. per serving
- 1 Gallon – 128 oz. 64 Servings @ 2 oz. per serving
- Sample – 8 oz. 4 Servings @ 2 oz. per serving

The most popular is a 32 oz. bottle, which yields 16 servings @ 2-oz per serving.

Advanced Use (including the first 30 days):

Double or triple the number of servings, per day.

Caution:

Body Balance is safe for the entire family. However, your healthcare provider should be consulted for children under 30 pounds of weight, and for pregnant or lactating women.

Shelf Life & Storage:

Once opened, Body Balance has a shelf life of 3 months, if refrigerated. Unopened, it has a shelf life of 1 year. Refrigerate after opening. Taste may vary seasonally.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

References:

This specific product or products have not been tested for any of the potential benefits listed herein. The following references apply to studies and/or research conducted with certain ingredients, or combinations of ingredients, used in formulating this product. Such ingredients may not be from the same source or processed in the same way as the ingredients used in this product.

Note: *If a reference contains “PMID,” followed by a multi-digit number, please visit <http://www.pubmed.com> and use their website in conjunction with the specific number to locate that specific reference.*

- 1) Characterization of Aloeride, a new high-molecular-weight polysaccharide from Aloe vera with potent immunostimulatory activity. Pugh, N., Ross, S.A., ElSohly, M.A., Pasco, D.S. *J Agric Food Chem* 2001 Feb 49:2 1030-4.
- 2) Isozymes of superoxide dismutase from Aloe vera. Sabeh, F., Wright, T., Norton, S.J. *Enzyme Protein* 1996 49:4 212-21.
- 3) [The prospects for using marine algae]. Vozzhinskaia, V.B., Luchina, N.P., Maksimova, O.V. *Izv Akad Nauk Ser Biol.* 1993 Jul-Aug;(4):592-9.
- 4) Marine natural products. Faulkner, D.J. *Nat Prod Rep.* 1991 Apr;8(2):97-147.

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- 5) [On the requirements of various groups of population in energy and basic food elements. (Data on the specification of physiological standards of nutrition] Pokrovskii, A.A. *Vestn Akad Med Nauk SSSR*. 1966;21(10):3-21. PMID: 5999697
- 6) Digestibility of iodine from the seaweed *Undaria pinnatifida*]. Yamada, Y., Miyoshi, T., Imaki, M., Yoshimura, T. *Nippon Eiseigaku Zasshi*. 1986 Dec;41(5):817-21.
- 7) Digestibility and energy availability of Wakame (*Undaria pinnatifida*) seaweed in Japanese. Yamada, Y., Miyoshi, T., Tanada, S., Imaki, M. *Nippon Eiseigaku Zasshi*. 1991 Aug;46(3):788-94.
- 8) Characterization of Aloeride, a new high-molecular-weight polysaccharide from *Aloe vera* with potent immunostimulatory activity. Pugh, N., Ross, S.A., ElSohly, M.A., Pasco, D.S. *J Agric Food Chem* 2001 Feb 49:2 1030-4.
- 9) "Light-harvesting Complexes Of Brown Algae. Biochemical Characterization And Immunological Relationships," *FEBS-Lett.*, 1991.

Additional References For Educational Purposes:

- The blue-green algae. Echlin, P. *Sci Am*. 1966 Jun;214(6):75-81.
- Biosorption of heavy metals by marine algae. Hamdy, A.A. *Curr Microbiol*. 2000 Oct;41(4):232- 8.
- Removal of Pb(2+) by biomass of marine algae. Hamdy, A.A. *Curr Microbiol*. 2000 Oct;41(4):239-45.
- Photoassimilation of organic compounds by autotrophic blue-green algae. Hoare, D.S., Moore, R.B. *Biochim Biophys Acta*. 1965 Nov 29;109(2):622-5.
- Arsenic biotransformation by the brown macroalga, *Fucus serratus*. Geiszinger, A., Goessler, W., Pedersen, S.N., Francesconi, K.A. *Environ Toxicol Chem*. 2001 Oct;20(10):2255-62.
- Biologically active steroid from the green alga *Ulva lactuca*. Awad, N.E. *Phytother Res*. 2000 Dec;14(8): 641-3.
- Vanadium haloperoxidases from brown algae of the Laminariaceae family. Almeida, M., Filipe, S., Humanes, M., Maia, M.F., Melo, R., Severino, N., da Silva, J.A., Frausto da Silva, J.J., Wever, R. *Phytochemistry*. 2001 Jul;57(5):633-42.

For Use in the US Market Only



BODY BALANCE



Vitamins (Co-enzymes)

Vitamin A
Vitamin D
Vitamin C
Vitamin B1
Vitamin B2
Vitamin B3
Vitamin B6
Vitamin B12
Vitamin E
Vitamin K
Biotin
Pantotene
Choline

Enzymes

Amylase
Brandykinase
Cellulase
Lipase
Pancreatin
Papain
Protease
Ptyalin
Serum
glutamicpyruvic
Transaminase

Trace & Ultra-trace

Minerals

Aluminum
Antimony
Arsenic
Barium
Beryllium
Bismuth
Boron
Bromine
Cadmium
Calcium
Carbon
Cerium
Cesium
Chloride
Chromium
Cobalt
Copper
Dysprosium
Erbium
Europium
Fluorine

Gadolinium
Gallium
Germanium
Gold
Iodine
Indium
Iron
Lanthanum
Lead
Lithium
Lutetium
Magnesium
Manganese
Mercury
Molybdenum
Neodymium
Nickel
Niobium
Palladium
Phosphorous
Platinum
Potassium
Praseodymium
Radium
Rhenium
Rubidium
Ruthenium
Samarium
Scandium
Selenium
Silicon
Silver
Sodium
Strontium
Sulfur
Tantalum
Tellurium
Terbium
Thallium
Thorium
Thulium
Tin
Titanium
Tungsten
Vanadium
Ytterbium
Yttrium
Zinc
Zirconium

Naturally Occurring Growth Promoters:

Auxins
Cytokinins
Globulins

Other Factors:

Hydrogen
Nitrogen
Oxygen

Amino Acids

Alanine*
Arginine
Asparagine
Aspartic Acid
Cysteine
Glutamic Acid
Gltamine
Glycine
Histidine*
Hydroproline
Isoleucine*
Leucine*
Lysine*
Methionine*
Phenylalanine*
Proline
Serine
Threonine
Tryptophan*
Tyrosine*
Valine*

**Essential*

Essential

Fatty Acids (Omega 3 & 6)

Linoleic
Linolenic
Arachidonic