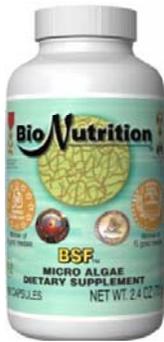
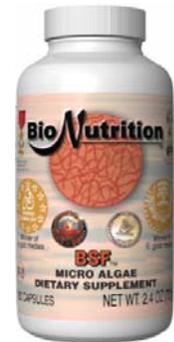


BioSuperfood®



**One Supplement
Total Empowerment**



Usage Guidelines And Recommendations



*Winner of Golden Globe, for Chernobyl,
The Royal Order for the BSF Invention,
Eureka 2002, Brussels, Belgium*



*Cross of the Legion,
Highest Award,
Eureka 2002, Brussels, Belgium*



*Winner of 6 Gold Medals
Jury's Mention, Invention BSF,
Eureka 2001, Brussels, Belgium*

Revision 6.0 – October 2006

By Michael Kiriak, PhD, ND and Roland Thomas, BSc, ND

BioSuperfood

Usage Guidelines and Recommendations for Nutritional Health Support



"Let thy food be thy medicine and let thy medicine be thy food"
"Healing forces inside the body are the true healer of diseases"

Hippocrates, Father of modern medicine

Introduction

BioSuperfood (BSF)[®] is 100% food with extra-ordinary nutritive and protective values. Its bio-availability and delivery efficiencies provides for optimum cellular nutrition; and as a nutraceutical food for the body to utilize as raw material in support of natural self healing, it can safely be used with any health condition and goal. There are no known toxicities or contra-indications in the medical or alternative scientific documentations.

The use of BSF as a nutraceutical resulting in improvement in health remains a non-medical approach. The prevention of, and improvement in health problems realized when using BSF can be considered medicinal in the holistic perspective as in "wisdom medicine" or "holistic medicine" in that it addresses the root cause of degenerative conditions which usually is diet and lifestyle related.

The specific BSF formulas and quantities suggested in these guidelines should be adapted to each client's individual biochemistry and as well to each practitioner's approach to holistic health which may include other modality.

Disclaimer

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Usages and Guidelines Highlights

The suggested usages in this document were initiated by Dr. Michael Kiriak PhD, ND lead scientist and inventor of BSF and are based on his vast personal experience gained over the last 30 years of using BSF with animals and people and on the now large body of cumulative experience of hundreds of North American and European practitioners that have been using BSF over the last 6 years. As per any other diet or nutritional program, flexibility and respect of individual biochemistry is recommended. No one food or quantity of a food will fit all. Find next a list of criteria for selection and usage with an accompanying diagram. These criteria are described in the text following.

- ✓ Ingredients in BSF
- ✓ BSF formulas
- ✓ Holistic usage
- ✓ Selection of formula(s)
- ✓ Quantity per day per formula
- ✓ Quantity per intake
- ✓ Distribution
- ✓ Usage phases
- ✓ Adaptation modes
- ✓ Duration
- ✓ Cautions
- ✓ Recommended usage
- ✓ Results
- ✓ Healing crisis
- ✓ BSF and BP for your Pets and other animals

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Ingredients in BSF

BSF formulas contain natural and whole (food) microalgae *Spirulina Pacifica*, *Spirulina Platensis*, *Dunaliella* and *astaxanthin* from *Haematococcus Pluvialis*. These algae were selected amongst thousands for their unique properties, quality, and compatibility. Furthermore they are hydroponically grown to their highest potential of completeness, balance and synergy. The BSF formulas contain more than 5,000 known nutrients and the following highlights of their nutritive and protective nutrients best describe their nutritional value:

- ❖ **Proteins:** Complete protein makeup - 20-40% protein with 95% net protein utilization
- ❖ **Amino Acids:** All known amino acids (over 20) - all essentials amino acids and all non-essentials
- ❖ **Vitamins:** Fully bio-available vitamins A, B's, B-complex including human active B12, C, E, D and K
- ❖ **Minerals:** More than 103 of minerals and trace minerals with natural chelating co-factors; calcium, phosphorous, magnesium, sodium, chloride, potassium, sulfur, iron, iodine, copper, manganese, zinc, cobalt, molybdenum, selenium, chromium, tin, vanadium, fluorine, silicon, nickel, etc.
- ❖ **Enzymes:** More than 4000 natural and active food enzymes
- ❖ **EFA's:** Concentrated essential fatty acids (EFA): omega 3, and non essential omega 6, 9, Gamma Linoic Acid (GLA), and several other fatty acids
- ❖ **Polysaccharides:** One of the richest source of mixed polysaccharides
- ❖ **Antioxidants:** Powerful mixed carotenoids: alpha carotene, beta carotene, astaxanthin, lycopene, lutein, phycocyanin, carotenes, xanthophylls, quercitin and many more – astaxanthin is clinically proven the highest naturally occurring antioxidant power on earth; its protection ability is hundreds of times that of vitamin E and C, and 20 times that of carrots – its alpha-carotene when transformed into pro-vitamin A is clinically proven to span across cell membranes and penetrate the blood-brain and blood iris barriers.
- ❖ **Phytonutrients:** Unparalleled mix of nature's "special forces": high level of chlorophylls, with magnesium and calcium spirulan; stores dozen of carotenoids and phycobilins; source of hundreds of yet undiscovered phytonutrients

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Usage Guidelines and Recommendations for Nutritional Health Support

BSF Formulas

There are three BSF formulas, and each one contains the four algae and their nutrients listed above in different proportion or distribution. Due to these differences, each formula results in nutraceutical value and effects that can be described as follows:

BSF Base F1 – Estimated to be significantly more nutritionally functional than plain spirulina or chlorella



- ❖ Base nutritional: Complete nutritional spectrum with many of nature's special forces : chlorophyll, enzymes, phytonutrients and antioxidants
- ❖ Basic immune system support
- ❖ Complete cellular nutrition
- ❖ Natural and safe for young and old
- ❖ Support body's self cleansing and detoxification and strengthening of organs
- ❖ Nutrition for body's metabolic endocrine system repair and fine tuning
- ❖ Base Formula 1 - Provides daily essential nutrients and thousands more

NOT AVAILABLE
IN USA

BSF Core F2 – Contains considerably more nutraceutical value than Formula F1



- ❖ Revitalize the core: complete nutritional spectrum with lots of nature's best special forces : chlorophyll, enzymes, phytonutrients and antioxidants
- ❖ Powerful immune system support
- ❖ Optimum cellular nutrition and strengthening agent
- ❖ Natural and safe anti-aging
- ❖ Increases body's self cleansing and detoxification and strengthening of organs
- ❖ Nutrition for body's metabolic endocrine system repair and fine tuning
- ❖ Core formula F2 - Renewal, maintenance and protection

BSF Forte F3 – Contains considerably more nutraceutical value than Formula F2



- ❖ Forte renewal: nature's highest antioxidant level awakens the genius within
- ❖ Significantly boost immunity and free-radical shield
- ❖ Engages rapid metabolic, recuperation, rejuvenation and repair
- ❖ Potent energizing brain nutrition support faster repair, recovery and strength
- ❖ Rapid, safe, simple and natural anti-aging
- ❖ Greatly supports and enhances body's self healing smart and power
- ❖ Forte formula F3 – Advanced protection and renewal

BSF Combo – BSF Core F2 and BSF Forte F3

It is at times beneficial to use both BSF Core F2 and BSF Forte F3 to achieve the nutritional protective and restoration goals simultaneously. When the results are achieved, it is appropriate to return to a maintenance program which consists of only one BSF formula, or of a reduced number of capsule intakes within the BSF Combo plan. The combo program procures support in several areas:



- ❖ General health balance recovery and maintenance
- ❖ Faster resolution of endocrine imbalances
- ❖ Anti-aging and immune system support
- ❖ Weight loss, dieting and fasting
- ❖ Sport performance, fitness and bodybuilding
- ❖ BSF Combo - Recovery from advanced degenerative problems

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Usage Guidelines and Recommendations for Nutritional Health Support

Holistic Usage

If one wants to use BSF as per Hippocrates' advice "Let thy food be thy medicine", then one must let go the palliative mindset (a specific remedy for a specific symptom) in favor of the holistic approach (remedy aimed at the whole of health and the root cause of the symptom). Transitioning from our palliative training to the holistic one involves faith, trust, wisdom and experience. Faith and trust are innate while wisdom and experience are acquired. The holistic approach in the context of BSF means that you are going to nourish the body a certain quantity of BSF in order to derive whole body benefits which include energy, growth, repair, cleansing, protection and healing.

Selection of formula(s) and quantity of capsules per day

Select which formula(s) to use base on the "BSF Formulas" description above and the following criteria: The first thing to consider when using BSF is that "you have to eat some to derive benefits". BSF is a micro food with mega nutrients which delivers more or less nutritional results and benefits base on the quantity consumed. In general, one can consume anywhere from one capsule up to twenty capsules per day (of a single formula or a mix of formulas) and derive benefits accordingly. The suggested average lies at 9 capsules per day. With food "no one food or quantity of a food fits all", and as per any other diet or nutritional program, flexibility and respect of individual biochemistry is recommended. The decision on which formula(s) to take and the number of capsules depends on several criteria's:

- ✓ "Recommended Usages" described next in the text
- ✓ The "Usage Phase" which are Adaptation, Program and Maintenance are described next in the text
- ✓ Attention for fragility as described in "Cautions" next in the text
- ✓ Respect of individual biochemistry, sensitivity, budgets, etc.
- ✓ Respect of other program underway (medication, supplements, etc)
- ✓ Use of kinesiology, electro dermal, and other modality in deciding on formula and quantity
- ✓ May vary based on need (or not) for speed
- ✓ May vary based on multiple concurrent conditions or objectives...
- ✓ Adjustments from your knowledge, experience and observation of results

Recommended Usages

The suggestions for use contained next are not intended for use in treating, preventing or mitigating any diseases. Please consult a licensed health care practitioner preferably but not necessarily one familiar with BSF if you have any health concerns.

We suggest that before you start using BSF, you confer with a BSF consultant for further clarification of these guidelines and potential updates to them. If you are pregnant or diagnosed with condition of high blood pressure, alzheimer, brain injury, hyper thyroid condition, varicose veins, candida, hepatitis, fragile intestine, celiac condition, fragile liver and kidney function and other serious health condition, or would like to give BSF to a small child, please consult your health care provider. If you are a consumer or a practitioner using BSF, please feel free to phone a consultant with any questions or concerns you have at **Customer Services** at 1-866-288-9116.

As a daily support and renewal tonic

To maintain optimum health*, in support of general nutrition, diet, energy and replacement of most supplements, take 6 to 12 capsules per day of either one formula or of a mix of two formulas. If you select to take a mix of two formulas, make the ratio 1 capsule of Formula F2 to 1 capsule of Formula F3.

During early stages of physical imbalances

For those seeking greater nutritional support and energy production in order to assist the body in reversing the degenerative process it is recommended to take from 9 to 16 capsules per day of either one formula or of a mix of two formulas. If you have elected to take a mix of two formulas, make the ratio 1 capsule of Formula F2 to 2 capsules of Formula F3.

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BioSuperfood

Usage Guidelines and Recommendations for Nutritional Health Support

For maximum support

It is ideal for those seeking greater nutritional support and energy production during certain therapies and states of compromised body and metabolic systems. It promotes overall health by replenishing nutrients that may be depleted during chemotherapy and radiation. The recommended use is from 16 to 24 capsules per day of either one formula or of a mix of two formulas. If you have elected to take a mix of two formulas, make the ratio 1 capsule of Formula F2 to 3 capsules of Formula F3. Often for maximum support, one will elect to take only the Formula F3.

For performance in sports, bodybuilding, athletics and general fitness

To increase stamina, energy and strength, for recovery from exercises, and prevention of injuries, the recommended use is from 12 to 16 capsules per day of either one formula or of a mix of two formulas. If you have elected to take a mix of two formulas, make the ratio 1 capsule of Formula F2 to 2 capsules of Formula F3. Prior, during and after workouts, take additional capsules as needed.

Quantity per intake

Clinical and experimental observations over years have shown that a small quantity taken frequently is more effective than a larger quantity taken less frequently. As a rule, it is best to take no more than one to two capsules per intake. In doing so, one can achieve equivalent or better results with less quantity overall.

Distribution

The distribution is the number of time per day that the BSF capsule will be consumed. It is suggested to take the product frequently in small quantity throughout the day rather than in infrequent larger quantity. This delivers two benefits; supplementation of nutrients and reprogramming. With aging and degenerative conditions, the organs and particularly their overseer the master organ "hypothalamus" develops tolerances of negative condition(s) (i.e. invalid pH values, etc.), a sort of negative feed-back (a loss of homeostasis) where the conditions become miss programmed as the "normal" state of health. When taking BSF, each time the hypothalamus receives nutrients from BSF, it becomes nutritionally invigorated to perform its myriad of metabolic functions. The frequency of intakes influences the "re-programming" of the hypothalamus towards regaining its intrinsic DNA coded discipline.

A classic example of this miss programming is when the metabolism of control of the blood sugar level has become mismanaged by the pancreas, and tolerated by its ruler the hypothalamus. In this example, with efficiently delivered nutrients in BSF, the hypothalamus wakes up with renewed energy; it then better monitors the important blood sugar level and proceeds to adjust it via precursor hormones down the chain of command to the pancreas for insulin release. The pancreas has no choice but to obey the hypothalamic hormonal commands. By repetition of this nutrient-metabolic process, there will be a conversion of negative-reflex behavior into positive-reflex behavior.

Usage Phases

As with any dietary changes it is recommended to adapt to the new diet or food progressively. Any radical dietary change can deliver results that will manifest as perceivable physiological changes and symptoms. In order to maximize the benefits and their perception it is recommended to plan using BSF in three phases:

Adaptation Phase

The Adaptation phase is a critical phase as some people are more sensitive than other. It is prudent to start using BSF slowly following the recommendations in the Adaptation Mode below. This Adaptation phase may last between one and six weeks depending on the adaptation mode selected.

Program Phase

The Program phase is reached in days or weeks and should be maintained for several months, and in cases of degenerative conditions, it maybe maintained for one to two years as some degenerative conditions have been present for decades. During the Program phase, there may be temporary adjustment to the quantity taken to address a viral attack or an intense period of stress, etc. Return to the Program quantity after the crisis is over.

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Usage Guidelines and Recommendations for Nutritional Health Support

Maintenance Phase

A return to a Maintenance level should be expected after months and even year(s) after starting the use BSF. BSF is recommended for life as a strategy for nutritive and protective support for health. The dose for the Maintenance phase is individual to your age, state of health, exercise level, lifestyle and budget.

Cautions/Warning

If you are pregnant or diagnosed with condition of high blood pressure, alzheimer, brain injury, hyper thyroid condition, varicose veins, candida, hepatitis, fragile intestine, celiac condition, fragile liver and kidney function and other serious health condition, it is important to start the program in Slow (S) adaptation mode as described above. If you are uncertain, consult your health professional that may be familiar in working with BioSuperfood. In all cases of fragility, it is suggested to take no more than one capsule per intake

Adaptation Modes

Because of the rapid nutraceutical benefits of BSF, it is suggested to begin taking the product gradually to allow physiological changes to take place progressively and be well received within the body. Select from the adaptation modes below the appropriate mode based on the health condition and/or desired goal.

N - Normal

Start with taking 1 capsule per day of each suggested formula; add one (1) capsule of each suggested formula every two (2) to four (4) days until you reach the suggested total number of capsules per formula per day

S - Slow

Start with taking 1 capsule per day of each suggested formula; add one (1) capsule of each formula suggested every five (5) to ten (10) days until you reach the suggested total number of capsules per formula per day

F - Fast

In case of support for advanced degenerative conditions it may be appropriate to choose a faster adaptation mode. With these advanced cases it is recommended to consult with a health professional that is familiar with the use of BSF.

Duration

The duration for the "Adaptation Phase" is found in the recommendations in the "Adaptation Mode" above. The expected minimal duration for the "Program Phase" is for 3 to 6 months, non inclusive of the start and adaptation period. Degenerative conditions that took decades to settle in may require between 6 to 24 months of the initial program suggested. Programs may vary depending upon specifics and conditions, frailty or other issues with each person. Variances to program can be noted or built into individual programs. The duration of the "Maintenance Phase" is life; in these days and ages, one cannot live without a source of rich nutritive and protective nutrients.

Recommendations for maximum effectiveness

- Unless otherwise suggested, start taking the capsules first thing in the morning before or with breakfast
- Obtain optimum results when taking fewer capsules per intake more frequently for the same daily total intake
- Base on individual discipline, compromise between taking capsules hourly to at least three (3) times per day
- Take a maximum of one to two capsules every 1 to 3 hours starting when you wake until you reach the recommended total capsules for the day
- When 2 formulas are suggested, one capsule of each formula may be taken together
- When you finish taking the total capsules of one formula, continue taking the remaining capsules for the second formula
- Though not required, it is good to take the capsules alongside foods to increase assimilation of foods
- Drink at least 12 glasses of 10 ounces of water daily to assist the body's transport of nutrients and toxins
- Following the program as suggested is a crucial success factor
- Reactions are normal and different for each person. Adjust accordingly.

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Usage Guidelines and Recommendations for Nutritional Health Support

- One may feel or realize early results and desire to stop the program prior to achieving and locking the results - it is recommended to follow through with the suggested program until the goals are achieved, then to review accordingly and embark on a maintenance program
- For digestion support, take 10 to 15 minutes before meals or during meals
- For weight control take 20 to 30 minutes before meals
- For more energy take a few more capsules as needed
- Following the initial program, a maintenance program should be adopted

Other Recommendations

- User and their health professional should dialogue about results especially during the adaptation period
- Avoid negative stressors, and adopt positive ones
- Rest, sleep, exercise, fresh air and sunlight are important in natural health
- When taking BSF it is easy, achievable and recommended to reduce or eliminate other supplements
- Familiarize yourself with the healing process
- Add the juice of a fresh organic lemon to total day's water
- For skin, hair and nails: add 3 to 5 oz. of Aloe Vera juice or gel to the total day's water
- For lungs and respiration problems: Add 1/3 teaspoon of sea salt to day's water
- Eat whole organic fresh foods
- Do not overcook foods! When you cook, cooked lightly, such as sautéed, steamed, or boiled
- Eat at least 50% of raw foods, including many green, red, yellow, orange vegetables and fruits
- If you eat meat proteins, use poultry, eggs and fish and reduce red meats
- Avoid processed foods, coffee, alcohol, tobacco, candies, black tea, soft drinks and other junk foods
- Avoid processed dairy products – organic kefir may be appropriate
- Chew your foods to initiates enzymic breakdown for better digestion and assimilation
- Exercise 5 to 7 times per week (moderately) – cross train between aerobic, anaerobic and strength

Storage and Shelf Life

It is not necessary to refrigerate BioSuperfood, but you may if you wish. Do not expose BioSuperfood to freezing temperature or to direct sunlight for long periods since such exposure may affect the product.

Results

People who take the course of natural healing through dietary and other lifestyle changes like exercise, may experience, what is labeled a "HERXHEIMER RESPONSE", "detoxification reaction or healing crisis". These experiences can be regrouped as follows: energizing, detoxifying, fortifying, immunizing, protective, restorative and regenerative. Within these groups, the list of symptoms of changes is long and unique to each user. A few examples are: energies, blood sugar, blood counts, assimilation and absorption, better elimination : urines, stools, bowel movements, physical strength and stamina, lactic acid threshold, endurance, oxygen conversion, reduction or stoppage of tremors and seizures, reduction of pains, quicker recovery from injury and injury prevention, pH levels, polarity, frequency, alertness, mood, focus, clarity, emotions, intellect, appetite, skin, nails and hair, sport performance, muscle gain and kept, weight loss or gain, hormone levels, shrinking of tumors, of the prostate, near sight and night sight, reduction of pressure and degeneration of the eyes, normalizes inflammation, breakdown of calcification and plaque, normalization of cholesterols, quenches free radicals, anti-bacterial, anti-tumorigenesis, anti-fungal, restores intestinal linings, cardiovascular strength, libido, fecundity, and more.

The results can be perceived sometime as positive and other time as negative. As per the discussion in "Healing Crisis" below, when the results appear as negative it must be managed with experience and wisdom. We recommend reducing the quantity of capsules until the situation remedies itself, usually within a few days.

Note that drinking more water will often alleviate the symptoms that appear as negative.

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BioSuperfood

Usage Guidelines and Recommendations for Nutritional Health Support

Healing Crisis

A cleansing reaction may indicate that the body is readily absorbing and responding to the vital nutrients. This Healing Crisis usually comes in the form of changes at the skin, high and/or low energy, headaches, pains, constipation or its opposite, colds, flu's, and many more.

Some people take this as a sign that the products they are taking or the life style change they are now following is causing them harm, and they quit this new path they have chosen. Other people understand that when you follow a natural healing path and they come down with flu's and colds, that it may actually be part of the healing crisis, the elimination of toxins from the body.

An average person on a natural healing path usually develops a healing crisis within three months, and rarely some crises can be more severe than other. These crises usually manifest themselves in the reverse order in which they initially affected the person. People often feel the best they have felt in a long time just before the healing crisis occurs and right after. The human body is governed by the law of nature. What we feed ourselves determines our well-being. We are what we eat. The choice is ours. If we eat good healthy foods, we live good healthy lives, physically, emotionally and spiritually.

In order to achieve good health the natural way, healing crisis may occur. A healing crisis is the result of the whole body acting in unison to eliminate the toxins that have accumulated in the body over the years. These toxins may be from previous toxic substances and medicine taken to "end" a cold or flu, or to stop an infection, rash, etc. Today, health practitioners agree that using a drug to stop an illness only "masks" the symptoms, pushing the problem inside the body, only to manifest itself years later as cancer and other health problems. The healing crisis symptoms can often appear identical to those of the disease that the body is eliminating.

The crisis will usually be only as severe as the body can handle. During the height of the crisis, a person should minimize the intake of food, if not completely ceasing the intake of food. It is possible to go on a short fast to alleviate a healing crisis and speed recovery. A crisis usually lasts for one to three days for a person with average health; it may last longer for people with low energy levels. Water and fresh squeezed vegetable juices are the best things to consume during a healing crisis. People should not stop the intake of water, as water helps carry in nutrients and carry out toxins.

BSF and BP for Pets

BioSuperfood and BioPreparation are ideal for animal as it was developed and tested with animals. It can be used for breeding and show animals as well as for family pets and older animals to provide protection and support for optimum health, energy and vitality. It is ideal for nutritional support for ailing and compromised body systems in our pets, even during medical treatments like chemotherapy and radiation.*

As a daily support and in case of early imbalances:

The recommended usage for dogs and cats is to give one capsule of Formula F2 or F2+ per 15 lbs. daily. Start with 1 capsule of Formula F2 or F2+ daily for the first 3 days and adjust the dose up to 4 capsules daily. It is recommended to open the capsule to sprinkle the BSF powder on the animal food.

For support of advanced imbalances:

The recommended usage for dogs and cats is to give one capsule of Formula F3 or F3+ per 15 lbs. daily. Start with 1 capsule of Formula F3 or F3+ daily for the first 3 days and adjust the dose up to 3 capsules daily. It is recommended to open the capsule to sprinkle the BSF powder on the animal food.

BSF and BP for Maximum Support and Other Animal Species

For cases of advanced body imbalances and for usage with other animal species please consult with your health professional

or with **Customer Services:** 1-877-288-9116

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