



biopharma[®]
SCIENTIFIC

Better Taste ~ Better Science™

The **SuperFood** Solution™

LIFELONG WELLNESS MADE EASY™



A User's Guide™

\$2.00

"Let food be thy medicine and medicine be thy food."

—Hippocrates

In the end of the 20th century, scientists became more aware of the amazing and broad spectrum of health, anti-aging, and disease preventing benefits of foods.

From foods especially high in this “new” array of phytonutrients—found in fruits and vegetables, nuts and seeds—to zoonutrients from dairy, egg, and fish oil, a scientific term for them arose: **Functional Foods**.

At the beginning of the 21st century, as the public became more aware of the many benefits of these functional foods, a new popular name for them arose: **The SuperFoods**.

What The Experts Say:

“**Phyto-nutrients** (fī'tō-nōō'trē-ənts) are health promoting compounds found in plants. **Zoonutrients** (zoh-uh-noo-tree-uhnts) are health promoting compounds found in animals... that provide health benefits beyond the provisions of essential nutrients and energy. **Functional Foods** are those that contain one or more of such substances...thought to influence health.”

– *Diet and Health Trends Concepts and Controversies, University of Idaho*

“Nutrients and other **bioactive food components that occur naturally** in foods act synergistically with other dietary elements...dietetics professionals have a unique opportunity to promote whole foods...In addition...functional food products can be developed that further enhance the health benefits of food...**a combined functional food and food supplements approach may afford the greatest protection...**”

– *American Dietetic Association Position Paper on Functional Foods, 1995*

“Clearly, dietetics professionals can no longer evaluate foods solely in terms of macro- and micro nutrient content. Consideration of other physiologically active components...will be necessary... **In the future, a wide range of select foods may be “prescribed” to enhance the health of an individual.** This is a shift from our earlier employed nutrition education approach that focused on limiting intake of foods high in “unhealthful” components such as fat and cholesterol.”

– *www.eatright.org American Dietetic Association*

This **SuperFood Solution™ User's Guide** provides you with many beneficial, enjoyable, quick and easy ways to include BioPharma's functional food formulas, NanoGreens¹⁰, NanoOmega³ and NanoPro^{PRP}, into your daily diet.



Think of these recommendations as **“fast food - health food”** recipes. Ideally, they will replace other less nutrient dense dietary habits, garnering more nutrition, with less calories. Furthermore, when replacing other foods with “SuperFoods”, there will be minimal stress on your time and budget.

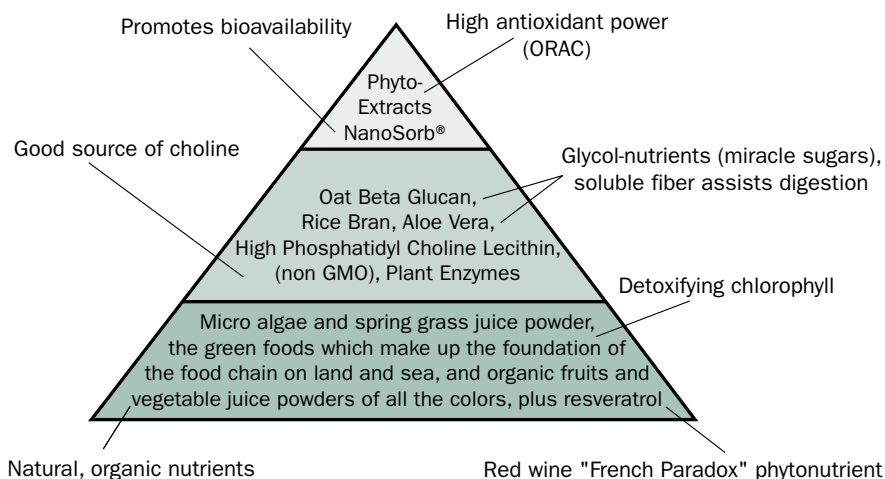
The “SuperFood Solution™” is built around BioPharma's three functional food formulas:

$$\begin{array}{l} \text{New!} \\ \text{NanoGreens}^{10} + \text{NanoOmega}^3 + \text{NanoPro}^{\text{PRP}} = \\ \text{Fruits \& Vegetables to the Power of 10} \quad \text{Golden Flax, Vegan DHA \& Synergistic Vitamins} \quad \text{Whey Protein with Colostrum Peptides} \end{array}$$

The SuperFood Solution™

NanoGreens¹⁰

Fruits & Vegetables to the Power of 10



NanoGreens¹⁰, *Fruits and Vegetables to the Power of 10*, is designed to taste great mixed with only water. Add six to eight ounces (¾ to 1 cup) of pure, ice cold water to one scoop, mix and enjoy!

Anytime is a good time to take NanoGreens¹⁰. First thing in the morning, or just before exercise is likely best.

For those who find NanoGreens¹⁰ too sweet, adding more water, or mixing with green tea and/or a squeeze of lemon over ice will cut the sweet taste.

For those who find NanoGreens¹⁰ not sweet enough, or needing an extra kick for kids, add some unfiltered, organic apple juice or other favorite juice to taste.

For those who are interested in some variety and extra benefits please try one of our suggested recipes!

Suggested Recipes for: NanoGreens¹⁰

Fruits & Vegetables to the Power of 10



with Orange Juice

OJ is the most nutrient dense of the common fruit juices, rich in alkalizing citrates, potassium, vitamins C and folic acid (Vitamin B9). It can be made fresh or purchased with extra calcium and vitamin D for strong bones, or extra pulp for more soluble fiber. Just mix a scoop with 8 to 10 oz. to taste.

For those concerned with fruit sugar calories, try mixing one heaping scoop of NanoGreens¹⁰ with 4 oz. of green tea, and 4 oz. of calcium fortified OJ over ice.



with Green Tea

Green tea is very high in unique antioxidants. The most important one, called EGCG, enhances metabolism, supporting weight loss diets, even when green tea is decaffeinated. Even try a squeeze of lemon to taste.



with Yogurt (low fat, plain or vanilla)

Yogurt is a good source of protein and calcium and also provides friendly micro-organisms for the intestines called probiotics. Stir in ½ scoop or more of NanoGreens¹⁰ to taste. This is often a favorite of children.

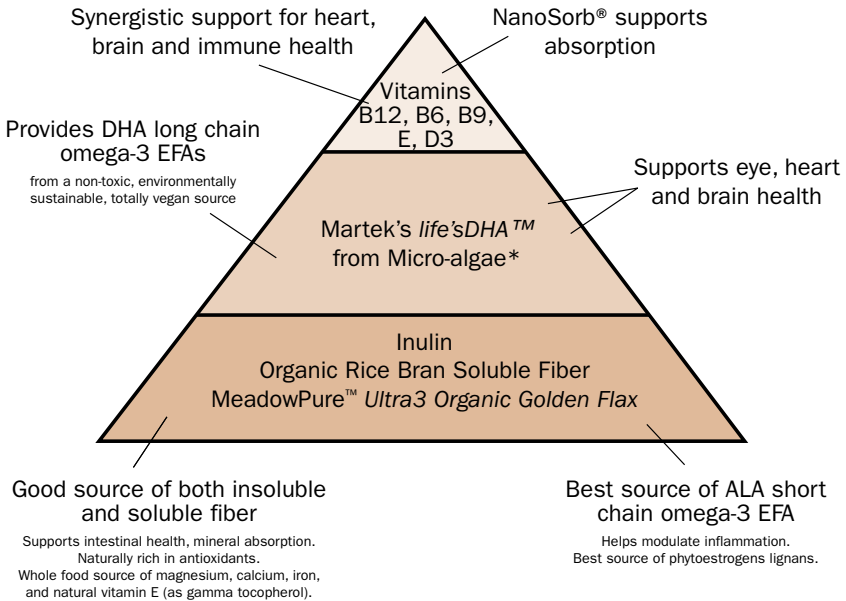


with Applesauce

Applesauce (best with no sugar added) is another favorite. Add ¼ scoop or so to ½ cup of unsweetened applesauce.

NanOmega³

Golden Flax, Vegan DHA & Synergistic Vitamins



NanOmega³, Golden Flax, Vegan DHA & Synergistic Vitamins, is also designed to taste great mixed with 6-8 ounces (¾ to 1 cup) cold pure water. It is great to enjoy NanOmega³ any time. Taken before meals, it may help cut the appetite. If desired, enjoying with an extra glass of water may further enhance elimination.

Important Note: Each serving of NanOmega³ contains soluble fiber from both inulin and flaxseed. Soluble fiber has several health supporting properties. One such property is that soluble fiber is “food” for the healthy microorganisms in our colon. These friendly microorganisms, called “**probiotics**”, ferment the soluble fiber for energy. For those few of you who do not have an optimal amount of the right natural inhabitants, the result can be gas and related cramping. The good news is that inulin also supports the growth of the right probiotics, that is why it is called a “**prebiotic**”. Therefore usually this un-welcomed “side effect” is temporary. The best solution is to stop for a day or two until things return to normal. Then start again with ¼ scoop. If this amount is well accepted, increase by ¼ scoop every several days. Most people will find they can work up to a full scoop within 2 weeks.

If for some reason gas and/or cramping persist, please discontinue and speak to your health professional.

**life'sDHA* is a trademark of Martek Biosciences Corporation

Suggested Recipes for: **NanOmega³**

Golden Flax, Vegan DHA & Synergistic Vitamins



with Orange Juice

OJ is the most nutrient dense of the common fruit juices, rich in alkalinizing citrates, potassium, vitamins C and B vitamins, especially folic acid (Vitamin B9). It can be made fresh or purchased with extra calcium and vitamin D for strong bones, or extra pulp for even more soluble fiber. Just mix a scoop with 8 to 10 ounces to taste. If too sweet, dilute with water or green tea.



Piña Colada

Mix more or less equal parts of orange juice and unsweetened low fat coconut milk to taste, totaling 8-12 ounces, and mix in a scoop of NanOmega³. For a real treat, enjoy over ice or crushed ice. If sipping slowly, keep a stirring stick in the glass as the insoluble fiber in the NanOmega³ will tend to settle some over time.



with Low Fat Milk

Milk adds protein, calories, vitamins and minerals. Just mix a scoop with 8 to 10 ounces to taste. Optionally, adding a few drops of vanilla gives an orange creamsicle flavor.



with Soy, Rice or Almond Milk

For persons who are lactose intolerant, calcium and vitamin D enriched soy milk, plain, or sweetened vanilla, is an option. If the soy is high in isoflavone phytoestrogens (> 20 mg/ serving), this combination makes for a rich phytoestrogen supplement as well. For those wishing to avoid soy, rice and almond milk are tasty options.

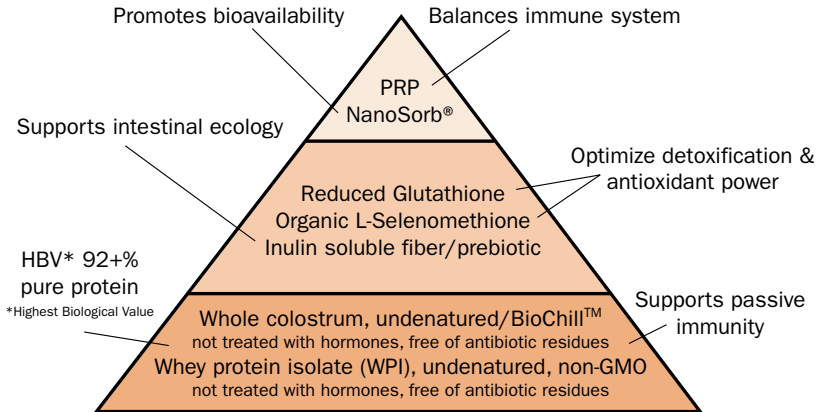


Hi-Antioxidant Fruit Smoothie

First, thoroughly blend some ice with your favorite high antioxidant berries in water, green tea, fruit juice, yogurt and/or milk. Then add a scoop of NanOmega³ and blend for a few more seconds. (*Too much blending may denature the bioactive peptides.*)

NanoPro^{PRP}

Whey Protein with Colostrum Peptides



NanoPro^{PRP}, Whey Protein with Colostrum Peptides, is also designed to taste great mixed with only water. Add four to six ounces (½ to ¾ cup) of pure, ice cold water to one scoop, mix or shake and enjoy!*

You may enjoy NanoPro^{PRP} any time of day. Morning is often best, just before exercise, or when you get a “snack attack”, or even before sleep.

**Briefly blending in a blender for 2 seconds enhances smoothness.*

Important Note: Each serving of NanoPro^{PRP} contains 2 gm of inulin, a soluble fiber. Soluble fiber has several health supporting properties. One such property is that soluble fiber is “food” for the healthy micro-organisms in our colons. These friendly micro-organisms, called “probiotics”, ferment the soluble fiber for energy. For those of you who do not have an optimal amount of these natural intestinal flora, the result can be temporary gas and related cramping. The good news is that inulin also supports the growth of the right probiotics. That is why inulin is called a “prebiotic”. It is also why this unwelcomed “side effect” is usually temporary. The best solution is to stop for a day or two until things return to normal. Then start again with ¼ scoop. If this amount is well accepted, increase by ¼ scoop every several days. Most people will find they can work up to a full scoop within 2 weeks.

Lactose intolerance, the inability to digest milk sugar, should not be a problem, except in the rarest of cases, as NanoPro^{PRP} contains less than 1% lactose. We have also added lactose digesting enzymes just to be sure.

If for some reason gas and/or cramping persist, please discontinue and speak to your health professional.

Suggested Recipes for: **NanoPro^{PRP}** Whey Protein with Colostrum Peptides



with Orange Juice

OJ is the most nutrient dense of the common fruit juices, rich in alkalizing citrates, potassium, vitamins C and B vitamins, especially folic acid (Vitamin B9). It can be made fresh or purchased with extra calcium and vitamin D for strong bones, or extra pulp for even more soluble fiber. Just mix a scoop with 8 to 10 ounces to taste. If too sweet, dilute with water or green tea.



with Low Fat Milk

Milk adds protein, calories, vitamins and minerals. Just mix one scoop with 8-10 oz. of NanoPro^{PRP} to taste.

Adding 1-2 heaping tsp. of unsweetened low fat cocoa powder adds healthy antioxidant polyphenols, plus some extra fiber and minerals. Children often like 2 tbsp. of Ovaltine® instead, which adds extra vitamins as well.



Super Shake

First, thoroughly blend ice, whole or low fat milk, and ¼ tsp. of malted milk. For a fortified chocolate shake add 2 tbsp. of Ovaltine® instead of malt. Then add a scoop of NanoPro^{PRP} and blend for a few more seconds. *(Too much blending may denature the bioactive peptides that make NanoPro^{PRP} unique.)*



with Soy, Rice or Almond Milk

For those who are lactose intolerant, calcium and vitamin D enriched soy milk (plain or vanilla), is an option. For those wishing to avoid soy, rice and almond milk are tasty ideas!



High-Antioxidant Fruit Smoothie

First, thoroughly blend some ice with your favorite high antioxidant berries in water, green tea, fruit juice, or milk. Then, add one scoop of NanoPro^{PRP} and blend for a few more seconds. *(Too much blending may denature the bioactive peptides that make NanoPro^{PRP} unique.)*

SuperFood Solution™

Lifelong Wellness Made Easy™



Dynamic Duo

Just mix one scoop of any two of BioPharma's Nano functional food powdered mixes in 10 to 12 ounces of pure, ice cold water and enjoy. It's less than 120 calories! Anytime is good. Morning is likely best, or before exercise, or any time you need a stimulant free pick-me-up.

Optionally, instead of water you may use green tea, juice or milk (from dairy, soy, rice, or almond) for extra flavor and extra nutrients as desired.



Lifelong Wellness SuperFood Meal!

Add one scoop each of NanoGreens¹⁰, NanoPro^{PRP} and NanoOmega³ to 12 ounces (1.5 cups) of water, green tea, juice or milk (from dairy, soy, rice, or almond). All three together in water are less than 170 calories! A healthy option is to also enjoy several slices of apple, pear or peach, and/or a half dozen almonds or walnuts with your Lifelong Wellness Meal. A healthy, easy way to start your day! *(Those interested in lifelong mega-nutritional support may wish to consider one of our **Stemviva** line of "Mega-Nutrition Made Easy" Paks on page 18.)*



Heart Wellness SuperFood Meal

To the above "Lifelong Wellness Meal" add 1-2 heaping tsp. or more of fine ground oat bran, rich in oat beta glucan, the soluble fiber. One tsp. is about 3 grams, the amount the FDA approves for heart healthy claims and lowering cholesterol. Soluble fiber also tends to help satisfy hunger and support balanced blood sugar. Mixing in soy milk may add extra heart health support. Follow with an extra 8 ounces of water. *(Those wishing extra heart mega-nutritional support should consider the **Stemviva Vascular Pak** detailed on page 18.)*

Make it a SuperFood Meal!



Menopause Wellness SuperFood Meal

Take the “Dynamic Duo” combination of NanoGreens¹⁰ and NanoOmega³ (one scoop each) and enjoy with calcium and vitamin D enriched soy milk or soy protein. Soy, flax lignans and resveratrol, (a phytonutrient ingredient in NanoGreens¹⁰) are all plant estrogens, called phytoestrogens. Make sure the soy milk or protein you use has at least 20 mg isoflavones per serving.



Vitamin/Mineral SuperFood Meal

Grind one or two tablespoons of toasted wheat germ very fine in an electric coffee grinder. Add to a “Dynamic Duo” combination or the “Lifelong Wellness Meal” and shake or stir briskly. Wheat germ is rich in protein, vitamin E complex, B vitamins, magnesium, zinc and calcium. For extra nutrition, mix low fat milk or enriched OJ.



Joint Wellness SuperFood Meal

Blend 1-2 tsp. of molecularly distilled, orange flavored fish oil with 8 ounces of calcium enriched OJ or low-fat/non-fat milk on high speed. Then add one scoop each of the “Dynamic Duo” of NanoPro^{PRP} and NanoGreens¹⁰. Blend for a few more seconds. Fish oil is rich in EPA/DHA which supports a balanced inflammatory response. Optionally, you can add ½ packet (4 grams) of Knox gelatin and/or 4 grams (1 tsp.) of powdered MSM for additional connective tissue nutritional support.



Brain and Eye Wellness SuperFood Meal

Blend ¼ cup of blueberries with 12 ounces of cold, pure water or green tea. Then add one scoop each of NanoGreens¹⁰, NanoPro^{PRP} and NanoOmega³ (the “Lifelong Wellness Meal”) and blend again very briefly. *(Those wishing extra brain mega-nutritional support should consider the **Stemviva Neuro Pak** detailed on page 19. Those wishing extra eye health mega-nutritional support should consider the **Stemviva Vascular Pak**, also detailed on page 19.)*



Blood Sugar Wellness SuperFood Meal

To 1 scoop each of NanoGreens¹⁰ and NanoPro^{PRP}, add up to ½ teaspoon of cinnamon in water, green tea or non-fat/low fat milk. Cinnamon (*cinnamomum cassia*) may support normal insulin balance. Cinnamon contains a water soluble polyphenol phytonutrient called “type-A polymer” thought to support normal insulin function. Another nutrient-rich food that can add an interesting flavor to the cinnamon is unsulfured black strap molasses, but only use organic. It contains lots of potassium, calcium, iron, chromium and B vitamins, especially B6. Add ¼ - ½ tsp. to taste.



Immune Wellness

To the “Lifelong Wellness Meal” above, add one level tsp. of brewer’s yeast powder (*Saccharomyces cerevisiae*). Brewer’s yeast has a strong flavor which may be lessened by using a de-bittered form. Brewer’s yeast is a good source of protein containing all the essential amino acids, 14 minerals, including chromium, zinc, iron, phosphorus, and selenium, and 17 vitamins, especially the B-complex vitamins thiamin, riboflavin, niacin, B6, pantothenic acid, biotin, and folic acid. Brewer’s yeast is a good source of RNA, an immune-enhancing nucleic acid, and beta glucan, a glyconutrient that also supports the immune system.



Regularity Wellness SuperFood Meal

Add one or two heaping tbsp. of wheat bran (very finely ground in a coffee grinder) to the “Dynamic Duo” of NanoPro^{PRP}, and NanoOmega³ in OJ with extra pulp. The insoluble fiber wheat bran, OJ and flaxseed fibers promote bowel movements. Chase with an extra glass of water. Adding low fat yogurt or buttermilk that are high in active cultures may promote intestinal health even more. Enjoy NanoGreens¹⁰ separately, as all this extra fiber may interfere with absorption of some of the phytonutrients.

SuperFood Solution:™
Lifelong Wellness Made Easy™



Special Programs

Weight Loss, Alkalinization and Detoxification

A Weight Loss Wellness Strategy

The “Lifelong Wellness Meal” combination of NanoGreens¹⁰, NanoPro^{PRP}, and NanoOmega³, when mixed in water or green tea, supplies less than 170 calories! The Lifelong Wellness Meal carbohydrate/fat/protein profile fits very many diet plans you may already be following, such as low carb, low glycemic, and zone diet strategies, the latter also known as the 40-30-30 diet. If need be, speak with your health professional about how the Life Long Wellness Meal best fits into these strategies.



What follows is a special version of the low carb approach, which calls for very low carb eating after 4 PM. The basic idea is simply that most of us do not eat a good breakfast, the most important meal of the day, and overeat in the evening. Once you have your health professional's permission, follow this strategy six days a week. Just enjoy the seventh day if you have stayed on the plan. You've earned it!

Upon rising: 8 ounce glass of water or iced tea (green), with optional squeeze of lemon/lime and/or scoop of NanoGreens¹⁰.

Breakfast like a king! Enjoy a high fiber, breakfast of whole grain cereals, with some fruit slices or berries, and a palm full of nuts and seeds, wheat germ or wheat/oat bran sprinkled in, with low fat dairy/soy/rice/almond milk. Sweeten with fresh fruit or raw, unfiltered honey as needed.

Mid-morning: 8 ounce glass of water, optional squeeze of lemon/lime. Or a cup of green tea, hot or iced. Or enjoy a glass of NanoGreens¹⁰, perhaps mixed with green tea or other favorite tea, perhaps with a squeeze of lemon, over ice. Or snack on an apple/pear/peach; or even a palm full of peanuts. Just stay well hydrated and don't let yourself get hungry!

Lunch like a prince. Enjoy some protein (lean meats, fish, or low-fat Italian cheeses) with cooked vegetables, beans, or soup (non-creamy) and a small salad (1 tbsp. dressings or olive oil and vinegar).

Mid-afternoon: 8 ounce glass of water, optional squeeze of lemon/lime. Or a cup of green tea, hot or iced. Or enjoy a glass of NanoGreens¹⁰, mixed with green tea or other favorite tea, perhaps with a squeeze of lemon, over ice. Or snack on an apple/pear/peach/carrot; or even a palm full of raw nuts. Just stay well hydrated and don't let yourself get hungry!

(continued on next page)



A Weight Loss Wellness Strategy

(continued from page 13)

Dine like a wise man! After 4 PM: Only eat low carb.

- Enjoy a Lifelong Wellness Meal mixed with water or green tea. Avoid adding milk or fruit juices.
- Unlimited snacking on green and salad vegetables (broccoli, peppers, raw carrot, radish).
- One tablespoon of olive oil and vinegar
- Optional (limit 1): One serving string cheese, one boiled egg, or one 3 oz. skinless fowl or fish.
- Optional (limit 1): One tablespoon of one of the following in the evening: butter, heavy cream, salad dressing
- Drink at least two more eight ounce glasses of water.
- If hungry later in the evening, enjoy a “Dynamic Duo” in 6 to 8 ounces of cold water. If it is too stimulating before bed, you may drop the NanoGreens¹⁰, and just have a straight NanoPro^{PRP} in 4 to 6 ounces of cold water.
- If need be, enjoy a chamomile, “sleepy time” or relaxing herbal tea.
- If wanting to “cheat” late in the evening, take a walk, exercise, and pursue some engaging activity. Remember, in the morning you can eat like a king! So go to bed early and get up in time to make a great breakfast!

Important Note: True health, weight loss and healthy weight maintenance is impossible without regular exercise. NanoPro^{PRP}, alone or as part of any of the above, before or right after exercise supports building lean body mass.



Alkalizing Wellness Strategy with NanoGreens¹⁰

Some health problems cause, aggravate or are associated with a tendency for some of the fluids of the body to become too acid. Your health professional is the best one to determine if you might benefit from a program that makes you more alkaline. Such a program may include an alkaline diet, lots of alkaline mineral water, daily walking exercise, and deep breathing exercises several times a day.

Alkaline Wellness NanoGreens¹⁰

Add 6 ounces of mineral water and one scoop of NanoGreens¹⁰ to 6 ounces of calcium/vitamin D enriched OJ. With your health professional's permission, enjoy up to four times a day. Eat at most only one serving of animal protein source per meal.



If weakness occurs with Alkalizing Wellness Strategy with NanoGreens¹⁰ it is most likely because you need more sodium, possibly related to adrenal gland dysfunction, or are experiencing blood sugar imbalances. Citrus allergy is a less likely, but possible, cause. In any case, stop "alkalizing" and speak with your health professional.

Detoxification Fast with NanoGreens¹⁰

Detoxification programs should be under your health professional's guidance. This is especially true if you are on medication and not in good health.

There are three general stages to fasting:

Pre-Fast: Eat moderately and meatless the day before the fast. Complete the last meal at least three hours before retiring. That should be a small, high fiber, well-chewed and relaxed meatless meal of salad, cooked vegetables and beans, with perhaps stewed prunes for desert. Alternately, one could enjoy a "Regularity Wellness Meal" and top it off with some prunes. A large glass of water should be had before bed, perhaps with 400 mg of magnesium to soften the stools naturally if needed. The goal is to gently promote elimination.



(continued on next page)



Detoxification Fast with NanoGreens¹⁰

(continued from page 15)

Some health professionals may suggest an enema or colonic at this time, especially if a longer fast is planned, or irregularity has been a problem.

Fast Day(s): Try to take in one ounce of water for every pound you weigh. A quart is 32 ounces. A 200 pound man would need about 6 quarts of water. Those in hot weather may need even more! Enjoy up to four scoops of NanoGreens¹⁰ daily. Enjoy some of the water as green or herbal tea. In cold weather broths may be considered.

If feeling a bit too weak or hungry, add some orange or lemon juice and honey (raw and unfiltered) to the water or tea. If still too weak or hungry, enjoy a “Dynamic Duo” of NanoGreens¹⁰ and NanoPro^{PRP} in water in the evening. If still too weak, stop and speak with your health professional.

Ending the Fast: Enjoy a NanoGreens¹⁰ with 8 ounces of water upon rising. Breakfast should start with a NanoOmega³ in water followed by a small, relaxed and well chewed meal of fruit salad or steamed prunes. Avoid the temptation to overeat. Continue to drink more water. Stay vegetarian with lunch and dinner if possible, or consider NanoPro^{PRP} if protein is craved.

Timing: Most healthy people could do a one day (36 hour) fast weekly if so desired. This is best done during a day of rest. Monthly 3 day fasts, from Friday evening through to Monday morning, can be very beneficial as the opportunity presents itself. Longer fasts usually require a spa-type setting, or at least freedom from work and responsibilities and close monitoring and support from a health professional.



Important- Please Read

These SuperFood recipes are provided to demonstrate to you how easy it can be to add many of the most nutritious functional foods to your diet quickly, easily and enjoyably. However, only your personal health professional knows your health history, situation and needs best. Therefore, please discuss these suggested “SuperFood Solutions” with him or her before proceeding.

Also, the programs on weight loss, alkalizing, detoxifying and fasting are presented to show how BioPharma products can support such efforts and to assist your health professional in presenting these ideas to you. Again we restate that in every case their guidance and opinion supercedes anything written herein.

Furthermore, as in most scientific disciplines, not all experts agree. For example, some doctors recommend some or all of their patients avoid milk or soy. Others recommend avoiding gluten grains. As it is likely it is your health professional supplied you with this booklet, please abide by their advice.

Footnotes:

Fine grinding of grains and seeds in a coffee grinder make them more palatable, the texture smoother, with less, or at least slower, settling.

Generally, rice, almond or goat milk are acceptable substitutes for soy milk or dairy milk.

Gluten-free rice cereals, rice bran and rice germ can be substituted for wheat and oats if needed.

According to PDRhealth.com, there are, at the time of this printing no reported adverse reactions related to colostrum and pregnancy or breast feeding. Before proceeding with NanoPro^{PRP} pregnant and lactating women should discuss using colostrum-containing nutraceuticals or functional foods with their physician.

FDA Disclaimer The above statements have not been reviewed by the FDA. BioPharma products are not intended as a cure, treatment or prevention of any disease.



Stemviva™

Neuro, Vascular & Vision Support Formula Paks

BioPharma Scientific manufactures the Stemviva™ line of mega-vitamin/mineral nutraceutical paks for use by MD's providing autologous** stem cell therapy for brain, eye and heart repair. These Stemviva paks may also be ideal for anyone desiring complete, targeted mega-vitamin support made easy.

Each **Stemviva Pak** consists of six or seven different supplement formulas, with seven to nine soft gels and capsules in each pak. For ease of prescription by the doctor and compliance by the patient, these are packaged together as one AM and/or one PM Pak dose. A complete pak is taken with meals once or twice a day. There are 60 of these all-in-one convenience paks in each box.

Each Stemviva Pak has a 5 mega-vitamin supplement core:

Multi-Vitamin Formula:

A complete, broad spectrum vitamin and mineral formula chosen specifically to support the micro-nutrient needs of individuals.

Omega-3 EPA/DHA from Fish Oil:

These omega-3 fatty acids, especially DHA, are essential for maintenance of normal brain function throughout life. This formula is specially coated (enteric coated) to help prevent reflux.

Vitamin E from Mixed Tocopherols:

These are powerful antioxidants to protect lipid membranes of cells, including those of the heart and great vessels.

Tocotrienols:

Sourced from rice bran oil, tocotrienols belonging to the vitamin E family, along with the above tocopherols. Like vitamin E, they are strong antioxidants protecting against lipid oxidation by free radicals.

Coenzyme Q10:

This nutrient is an especially powerful antioxidant to help protect cardio-vascular-pulmonary cells from the aging effects of free radical damage.

** (from one's own cells, not embryos)



Stemviva Neuro Pak

Specially designed as a mega-dietary supplement support for patients receiving stem cell therapy, usually for such disorders as stroke, dementia,

paralysis, or Parkinson's disease. However, the Stemviva Neuro Pak may also be suitable for those desiring a complete mega vitamin program that especially supports nerve, brain, and mental health and normal function.



The Stemviva Neuro Pak is unique in that it includes all the above core supplements plus a targeted brain and nerve health formula:

Brain Formula: The special amino acids, antioxidants, phospholipids, and phytonutrients in this formula, combined with herbal derivatives and extracts, have been specifically chosen for their ability to support brain structure and function.

Stemviva Vascular Pak

Specially designed as a mega-dietary supplement support for those patients receiving stem cell therapy for repairing damage and restoring diminished functions related to cardiovascular disorders. However, the Stemviva Vascular Pak may also be suitable for those desiring a complete mega-vitamin program that especially supports cardiovascular and pulmonary health and normal function.



The Stemviva Vascular Pak is unique in that it includes all the above core supplements plus the following targeted heart health nutrients:

Calcium & Magnesium: These macro-minerals are essential to the maintenance of normal heart and vascular muscle tone and pressure.

L-Carnitine: A naturally occurring amino acid

derivative, L-Carnitine helps cells burn long chain fatty acids to supply energy for the heart muscle and thereby may also help support normal healthy blood lipid levels.

Stemviva Vision Pak

Specially designed as a mega-dietary supplement support for patients receiving stem cell therapy for repairing damage and restoring diminished visual functions related to retinal eye diseases like macular degeneration and diabetic retinopathy. However, the Stemviva Vision Pak may also be suitable for those desiring a complete mega-vitamin program that especially supports eye health to maintain normal visual function.



The Stemviva Vision Pak is unique in that it includes all the above core supplements plus a targeted eye health formula:

Ocular Formula: The amino acids, minerals, antioxidants and phytonutrients in this formula have been specifically chosen for their ability to support eye health.

For General Nutritional Support:

Consider the Stemviva Vascular Pak.

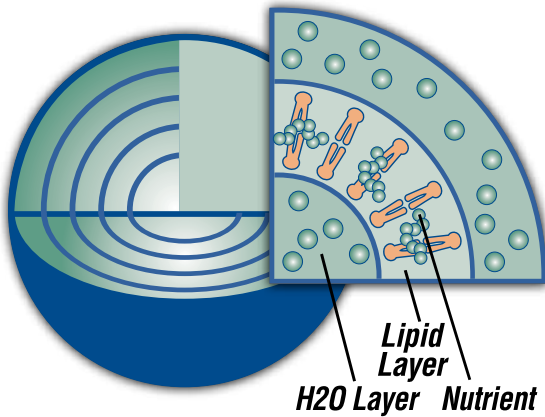
INSTRUCTIONS: Take one pack twice a day with meals unless otherwise instructed by your health professional. Do not exceed recommended dose unless recommended by your physician. When using nutritional supplements please inform your physician; especially prior to surgery or if taking prescription medications. Do not take if pregnant or lactating unless otherwise directed by your physician. Keep out of reach of children.

All Stemviva Neuro, Vascular, and Vision Paks are designed to work optimally when taken with NanoGreensTM, Fruits and Vegetables to the Power of 10 and NanoPro^{RP}, Whey Protein with Colostrum Peptides from BioPharma Scientific.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



NanoSorb® is BioPharma Scientific's trademark for its patented delivery system proven to significantly enhance bioavailability. NanoSorb® mimics our body's own strategy in creating sub-micron sized liposomes as carriers for otherwise poorly soluble, and therefore poorly absorbed, nutrients.



Liposomes, “fat bodies” in Greek, have been known within the scientific community for decades. Indeed, the normal human digestion of fats and fat soluble nutrients includes our own bodies making these nutrients absorbable (bioavailable) by encapsulating them in liposomes (150 nm) or emulsifying them in even smaller mycelles (<50 nm). Since the mid-1960's, liposomes have been employed as safe and effective carriers of biologically active ingredients to target specific sites of action in a variety of therapeutic applications. Because liposomes are uniquely versatile, they have been long been safely utilized in such diverse applications as pharmaceuticals, vitamins, cancer therapy, gene manipulation, and cosmetics. In 2005, BioPharma garnered the exclusive right to an improved, patented liposome technology formula for use in the nutraceutical arena. We call our patented liposome NanoSorb®.

Because of our liposome delivery system we are not only confident that BioPharma Scientific provides you with superior ingredients, we also have made them more bioavailable (absorbable) as well.

Your Health Professional's Recommendations

For:			
Date:			
	NanoGreens ¹⁰	½ 1 2 3 scoops	1 2 3 x / day
	NanOmega ³	½ 1 2 3 scoops	1 2 3 x / day
	NanoPro ^{PRP}	½ 1 2 3 scoops	1 2 3 x / day
	Stemviva Neuro	1 Pak	1 2 x / day
	Stemviva Vision	1 Pak	1 2 x / day
	Stemviva Vascular	1 Pak	1 2 x / day
Life Long Wellness SuperFood Meals			
	Life Long Wellness SuperFood Meal		1 2 x / day
	Heart Wellness SuperFood Meal		1 2 x / day
	Life Long Wellness SuperFood Meal		1 2 x / day
	Menopause Wellness SuperFood Meal		1 2 x / day
	Vitamin/Mineral SuperFood Meal		1 2 x / day
	Joint Wellness SuperFood Meal		1 2 x / day
	Brain and Eye Wellness SuperFood Meal		1 2 x / day
	Immune Wellness SuperFood Meal		1 2 x / day
	Regularity SuperFood Meal		1 2 x / day
Dynamic Duo's:			
	NanoGreens ¹⁰ + NanoPro ^{PRP}		1 2 x / day
	NanoGreens ¹⁰ + NanOmega ³		1 2 x / day
	NanOmega ³ + NanoPro ^{PRP}		1 2 x / day
Mix with:			
	Water	Green Tea	Milk (non fat/low fat)
	Soy Milk (w/Ca + D)	Rice or Almond Milk	OJ (Ca and Vit D or w/ extra pulp)
	Other:		

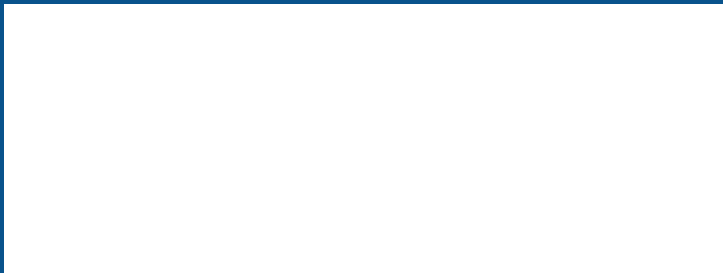
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	Regularity SuperFood Meal			1 2 x / day
Dynamic Duo's:				
	NanoGreens ¹⁰ + NanoPro ^{PRP}			1 2 x / day
	NanoGreens ¹⁰ + NanOmega ³			1 2 x / day
	NanOmega ³ + NanoPro ^{PRP}			1 2 x / day
Mix with:				
	Water		Green Tea	Milk (non fat/low fat)
	Soy Milk (w/Ca + D)		Rice or Almond Milk	OJ (Ca and Vit D or w/ extra pulp)
	Other:			



biopharma[®]
SCIENTIFIC

Better Taste ~ Better Science™



BioPharma products are manufactured at cGMP, Organic & FDA approved facilities.
Manufactured in the USA. Available through qualified health professionals only.