

Q: How do I take NanoGreens10?

A: Mix one level scoop (provided in bottle), with 6-8 ounces of **ice cold, pure** water. Stir briskly or shake in a closed container and enjoy one or more times a day. NanoGreens10 may best taken alone on an empty stomach. First thing in the AM is ideal! NanoGreens10 is also good mixed with a protein drink as a meal replacement or pre workout meal.

It is much easier to take super green foods daily in almost any circumstance when all you need is water! Adding fruit juice adds carbohydrates and calories as well as adding considerably to the real cost of taking a super greens mix.

For those few who still wish to mix NanoGreens10 with other juices, *diluted* fruit juice is our best recommendation, most especially organic unfiltered apple juice or fresh squeezed orange juice with pulp!

As to dosage, that varies according to the amount of fruits and vegetables already in the diet. Those eating less than three servings a day would do best to take one scoop twice a day. Those eating less than 5 servings a day would do well to take 1 and 1/2 scoops a day. Those enjoying less than 7 (female) or 9 (male) servings a day would do best to take a scoop a day. Those exposed to lots of toxins/ pollutants/ smoke/ stress, or have routine intense physical activity may benefit from a scoop a day even when consuming 7-9 servings a day. Your health practitioner may recommend a different dosage related to your health condition.

Children not yet fully grown may enjoy 1/2 scoop a day with perhaps an added splash of their favorite juice according to their liking. Toddlers may enjoy a third of a scoop a day.

Q: Can't I just take a multi-vitamin instead?

A: The National Institutes of Aging states, "Most experts think that the best way to get these (antioxidant) vitamins is by eating fruits and vegetables (7 to 13 helpings a day) rather than by taking vitamin pills"

While we doctors at BioPharma Scientific are not against multi-vitamins, we strongly recommend that before you start taking more supplements not recommended by your health professional, you try enjoying NanoGreens10. Besides, NanoGreens10 is made from a combination of several dozen whole super foods, whole super food extracts and concentrates, herbs, enzymes, special spices and super fibers. No multi-vitamin comes close to supplying all the phyto-nutrients and the health benefits they bring. One would have to buy a half dozen of so many different bottles of pills, taking somewhere around two dozen tablets a day, at the cost of over \$120+ a month, to even come close!

Q: What is the vitamin/mineral content of NanoGreens10?

A: Although NanoGreens10 is micronutrient dense, it does not, nor is it designed to supply the RDV of every vitamin and mineral. Also, as NanoGreens10 is a live food product, nutrient density will vary somewhat from batch to batch. However, NanoGreens10 is specially formulated to supply 50% of the RDV of vitamin A (from naturally occurring beta-carotene) and 50% vitamin C (from acerola cherry). Though phytonutrient rich, NanoGreens10 does not supply more than 10% of the RDV of any other nutrient.

The purpose of a greens drink like NanoGreens is to help provide the phytonutrition of 10+ plus servings of fruits and vegetables a day. Phytonutrients 1) function as antioxidants, 2) modulate immune, anti-inflammatory, detoxification and hormonal functions, and 3) help optimize hemodynamics.

One of the most powerful functions of phytonutrients is to act as antioxidants. **Oxygen Radical Absorbance Capacity** (ORAC value) is a way of measuring the antioxidant power of food or supplements. Therefore perhaps the best way to measure the phytonutrition of a greens drink is to first make sure each of the 7 classes of phytonutrients is significantly represented by fruits, vegetables and spices of all the different colors. Then one must make sure the ORAC value is high enough so that taken as directed, the diet supplies the phytonutrition based antioxidant value of 10 servings of fruits and vegetables. Indeed, the developers of NanoGreens were the first doctors to develop a greens drink whose potency was validated by ORAC testing.

In order to maintain such a high ORAC in just a 12 gram serving, a product must start with high ORAC fruits and vegetables and spices. That is why most of our ingredients are either certified organic juice powders or standardized herbal and phytonutrient extracts. And then we must prepare the product without exposure to solvents and with minimal heat, light, moisture and oxygen exposure. If these steps are not followed, a unsatisfactory ORAC value is attained. Being a live food, NanoGreens ORAC value will vary from batch to batch, but we always guarantee, taken as directed, that the diet will have the phytonutrition of 10 servings of fruits and veggies.

But the real way to evaluate the potency of this product is for you, your family and your staff to enjoy it regularly for one month. That is the best way to be convinced NanoGreens10 is supplying nutrients that you need and want!

Q: What are phytonutrients?

A: Phytonutrients are chemicals from plants. These chemicals act as antioxidants and detoxifiers that protect the plants from oxidants and toxins, both present externally and internally generated, that would rob vitality, and sooner or later cause the plant to suffer sickness and premature death. There are many different kinds of phytonutrients. When

we include an abundant wide variety of these plant nutrients in our diets, we get some of the very same protection and benefits! This is why safe, consumable plants high in phytonutrients are called super foods.

Q: What are antioxidants?

A: Antioxidants are natural substances that fight harmful molecules called free radicals. Free radicals are a normal byproduct of living things creating energy. They are also produced from smoking, radiation, sunlight, high sugar diets, polyunsaturated and trans fats, and chemical pollutants. Even exercising causes free radicals! If well nourished and not over stressed, our bodies create their own antioxidants, but never enough to prevent the slow but steady "burning up" of our tissues. This oxidation damage builds up over time, leading eventually to the common signs and symptoms of aging, such as wrinkles, arthritis, cataracts, macular degeneration, emphysema, heart disease, strokes and cancer.

It is interesting to note that the longer a species of animal lives, the more antioxidants it has in its body. Much evidence now exists that a diet high in antioxidants from fruits, vegetables, sprouted shoots and greens, algae, herbs and spices helps delay the onset of the above common complications and disease of aging by supplying extra warriors in the never ending battle against free radical damage.

Q: How can Biopharma Scientific® get all these phytonutrients and antioxidants into just one scoop of powder?

A: First of all BioPharma Scientific spares no expense in purchasing the finest organic greens, fruits, and veggies that are grown and processed specifically for their high phytonutrient content. Many of these are then juiced and low temperature spray dried or freeze dried to concentrate all the natural goodness of freshly juiced produce, but without the sugar, fiber and water. To these ingredients are added the high **ORAC** phytonutrient fruit and vegetable concentrates. Finally we add well researched single phytonutrients like of quercetin (found richest in apples and onions), resveratrol (as in red wine), ellagic acid (raspberries, cherries) and catechins (green tea), lycopene (tomatoes), and lutein(greens).

Q: I eat 7 (female) / 9 (male) servings of fruits and vegetables a day. Can I still benefit from NanoGreens?

A: Are these 7-9 servings from a wide variety of fresh or lightly cooked fruits and vegetables of all the different colors? We must remember, many authorities are concerned that our mass produced foods, even the fresh ones, while thankfully abundant, are nonetheless nutrient poor because of modern agri-business practices.

While most nutritionists, dieticians and health practitioners today say 7-9 servings is optimal, age, size, exposure to environmental toxins, medications, disease states, and even high activity levels may increase the optimal to as high as 13 servings a day.

Admittedly, there are a small percentage of people who eat so well they easily include more than a half dozen daily servings of a wide variety of fresh and lightly cooked organically grown, vine ripened fruits and vegetables of all the colors, plus the special spices, herbs, fermented and super foods found in NanoGreens. But even they have days when their schedule or travels won't allow it.

Q: Can even infants benefit from NanoGreens?

A: Breast fed infants obtain good nutrition from their mother's good nutrition! Young children should be encouraged to eat a variety of fruits and vegetables. Mixing 1/4 to 1/2 a scoop of NanoGreens10 in diluted fruit juice is a good way to get more of the wholesomeness greens, berries and vegetables into the diets of those young children who otherwise stubbornly resist eating such foods.

Q: What about pregnant and nursing females?

A: As NanoGreens is just a super food concentrate, there is no contraindication in pregnancy or nursing as such. Nonetheless, do ask your doctor and show him or her the product. It is possible that your nursing child could be allergic to any food you are eating, and that does of course include the foods in NanoGreens! However, NanoGreens is free of most of the common allergens.

Q: How alkalizing is NanoGreens compared to other greens products?

A: Acid-base PH balance is a very complicated physiology. NanoGreens10 is alkalizing in the following ways:

It is rich in organic alkalizing metals (CA, MG, K).

It is rich in weak organic acids which stimulate bi-carbonate release in the pancreas.

It is rich in prebiotics, which help create an acid colon (optimal PH 4.5) which enhances calcium uptake, which is alkalizing.

It is a cholagogue (artichoke) and lipotropic (lecithin), supporting bile flow. Bile is the most alkaline substance in the body.

It is rich in Phase I and Phase II supporting phytonutrients aiding liver detoxication of acids.

NanoGreens was designed most especially to help provide the phytonutrition of ten plus servings of fruits and vegetables of all the colors. This is insured by **ORAC** values of 5000 or more per scoop, sourced from all the major classes of phytonutrients, specifically the polyphenols, poly-saccharides, the organic acids, organo-sulfurs,

terpenes, amines, and lipids (isoprenopids, eicosanoids, and phytosterols).

Q: I have food allergies. Can I take NanoGreens?

A: NanoGreens contains NO yeast, egg, preservatives, MSG, glutamate derivatives, alcohol, artificial flavoring, salt, starch, maltodextrin, wheat, corn, stabilizers, solvents, or dairy. Many of the food ingredients contained in NanoGreens10 like spirulina, and quercitin (from onions) have been shown to have antihistamine properties.

Q: I am allergic to soy. Can I take NanoGreens?

A: NanoGreens contains only soy lecithin, not "soy protein". It is the soy protein that are the allergens. **Soy Lecithin** is made from soybean oil, not protein. Soy Lecithin "is the mixed phosphatide product obtained from soybean oil by a degumming process. It contains lecithin, cephalin and inositol phosphatides, together with glycerides of soybean oil and traces of tocopherols, glucosides and pigments." Therefore, it is highly unlikely that soy allergy is a problem. However, no one can guarantee that any soy lecithin is totally free of tiny amounts of protein. Therefore, if there is any concern as to sensitivity, speak with your health professional first. The general recommendation is to start very slowly with very low doses and slowly work up if no symptoms appear.

Q: How many servings are in a container of NanoGreens10?

A: There are 30 one scoop servings of NanoGreens10 in each container. As the density and weight of a scoop can be affected by many factors, sometimes a few more scoops are available, sometimes a few less. Keep in mind NanoGreens is sold by weight, not by volume. Settling will occur and it is normal for the container to be not quite full by the time it is opened. This is a function of the super fine processing that allows NanoGreens10 to mix so instantly without lots of clumping, as is the case with some other greens products.

Q: I am gluten sensitive. Can I take NanoGreens?

A: NanoGreens10 is 30 ppm gluten. Therefore the gluten load on a 12 gm serving should be generally recognized as safe for gluten sensitive persons. Barley grass does not contain gluten like the mature barley seed grain. Rice and rice bran are gluten free. Oat beta glucan is a minimal gluten source. Certainly anyone with food sensitivity concerns should start with ¼ scoop and, as things prove to go well, slowly increase to a full scoop over a week or two just to be safe. But you should know that we have several anecdotal reports as to how much our phytonutrient greens drinks have helped those with IBS and colitis, even celiac disease!

Q: I am sugar sensitive and on a very low carb diet? Is NanoGreens10 OK for me?

A: NanoGreens10 is not only OK, but it is an excellent supplement for those on low carb, low calorie and low sugar diets. NanoGreens has only eight grams of carbohydrate. And it tastes so good in plain, cold water that adding high sugar juices is not necessary to make it more palatable.

And NanoGreens10 supplies many of the phytonutrients that are missing in restricted low carb and low calorie diets. Plus, NanoGreens has a systemic alkalizing effect, which helps counterbalance high acid ash protein and fat rich diets.

NanoGreens10 does not contain added sugars of any kind. The 8 gm of sugars listed on the label are carbohydrates that occur naturally in the oat beta glucan, rice bran, and super greens and the fruit and vegetable juice powders.

NanoGreens is formulated with the highest grade stevia, a safe and natural leaf used for centuries in India. Stevia is promoted as an exceptional aid in **weight loss and weight management** because it contains no calories and reduces one's craving for sweets and fatty foods. Preliminary research data indicates that Stevia may actually reset the hunger mechanism in people where the pathway between the hypothalamus and the stomach has become obstructed. If so, Stevia would help people to feel satiated sooner, helping them to eat less. To maximize this effect, stevia sweetened products are best taken 20 minutes before meals.

Q: Is NanoGreens10 organic?

A: NanoGreens10 is made with organic ingredients. NanoGreens10 is manufactured in a cGMP (NNFA - A rated), ISO 9001 (2000), Organic & FDA approved facility.

Every ingredient that can be organic, is organic. However, there is, for example, no organic powdered lecithin currently available, though we do use non GMO lecithin. All ingredients are nonetheless pesticide and herbicide free. The herbs are all water extracted, not solvent or alcohol extracted. None of the ingredients are irradiated. We list quality assurance heavy metals and microbial tests on every batch on the NanoGreens10 science page. <http://www.biopharmasci.com/hp/sng/science.asp>

Q: Is stevia a natural sweetener? Is it safe?

A: Stevia is a natural plant leaf. In "over 120 articles about stevia written before 1958, and over 900 articles published to date... no author has ever reported any adverse human health consequences associated with consumption of stevia leaf." Supplement to GRAS affirmation petition no. 4G0406, submitted by the Thomas J. Lipton Company February 3, 1995

To learn more see: <http://www.lauralee.com/articles/stevia.htm>

Q: Can I make NanoGreens less sweet?

A: Yes, in two ways. First, you may simply add more water. Second, you may add lemon or lime juice according to your taste preferences.

To learn more see: <http://www.lauralee.com/articles/stevia.htm>

Q: Is NanoGreens10 a meal replacement?

A: No, NanoGreens contains only 50 calories per serving, with only a gram or two of protein and fat. NanoGreens10 is micronutrient dense (vitamins, minerals, phytonutrients), not macronutrient dense, (carbs, proteins and fats.) A good meal replacement is to add one scoop of NanoGreens10 to one scoop (28 gm) of flavored whey, soy or rice protein and two heaping tablespoons of fresh ground flaxseed with 8 ounces of water, orange juice, non-fat milk or soy milk.

Q: What is the glycemic index for NanoGreens10??

A:The *glycemic index* measures how fast and how far blood sugar rises after you eat a food that contains carbohydrates. The *glycemic load* of a food is calculated by multiplying the glycemic index by the amount of carbohydrate in grams provided by a food and dividing the total by 100.

No studies have been done on the glycemic index because the glycemic load of NanoGreens10 must be negligible. One 12 gm serving contains 8 gm of carbohydrate, of which only 3 gm is simple sugars. But let's say for arguments sake that all 8 gm of NG10 had a GI score of 100.

The Glycemic Load would be $(100 \times 8) / 100 = 8$ GL, very low as you can see. To lower it even further in severe cases, one can take 1/2 scoop twice a day.

Because NG10 tastes so good in plain water, with perhaps a squeeze of lemon, no hi glycemic juices need be added, which juices have astronomical glycemic indexes and loads.

Q: What are the "Natural Flavors" in NanoGreens?

A: The natural flavors in NanoGreens are proprietary. (That means a trade secret). We can assure you that all the natural flavors are 100% natural, plant sourced, vegan extracts. There are no MSG, other glutamate based, or any neuro- excitatory peptides or additives or "flavor enhancers."

Q: I am caffeine sensitive. Can I enjoy NanoGreens10??

A: NanoGreens10 is essentially caffeine free. The green tea/white tea are decaffeinated high polyphenol extracts. The total tea extracts are less than 100mg in every serving and consist mostly polyphenol catechin concentrates. Even IF that 100mg was 3% caffeine, that would be 3 mg a serving, an miniscule amount. But is indeed *much* less than that.

Nonetheless, it is common for people to feel a surge of energy when taking NanoGreens10, especially at first. **Please rest assured that NG10 contains no stimulants.** Nonetheless, when first enjoying NanoGreens10 , we recommend you take your dose in the early morning, upon rising, until you are sure it is not interfering with sleep.

Q: Why is NanoGreens10 my best choice in phytonutrition?

A: NanoGreens¹⁰ was formulated to be the most complete, highest quality, organic phytonutrition product available in a canister *and* to be proven the most absorbable, making it the most powerful in your body!

Q: Can I take NanoGreens10 if I am on prescription blood thinners?

A: NanoGreens¹⁰ contains less than 5 mcg of Vit K per serving, and as such is not contraindicated when taking blood thinners. Of course, all prescription medical questions should be directed to your physician and pharmacist.

Q: I heard there may be some danger with Nanotechnology in foods. Is NanoSorb™ proven safe?

A: YES, COMPLETELY! The **NanoSorb™** molecule is a component of one or more patents, patent applications, regulatory filings and regulatory approvals.

The nanosize of the **NanoSorb™** liposome is the same size range as the old tech phosphatidyl choline liposomes used for almost 40 years now, and in common use in supplements for 25, with not one symptom related to their "nanosize".

Q: Is it bad to mix all the different kinds of fruits and vegetables in NanoGreen10?

A: Some nutritionists recommend a *food combining* regime that separates the enjoyment of most fruits and vegetables at the same time. Such recommendations are given to maximize the ease of digestion and minimize gas and acid formation through

fermentation. (Fermentation is a process related to the anaerobic conversion of sugar to carbon dioxide and alcohol by yeast.) As NanoGreens10 contains natural, organic fruit and vegetable juice *concentrates and extracts* that have minimal natural sugar content left, fermentation is not a problem. Indeed, it is a common anecdotal report that NanoGreens10 helps digestion and elimination, sometimes greatly!

Q: Can NanoGreens10 be enjoyed by patients with candidiasis (candida infection)?

A: Actually NanoGreens10 may be perfect for persons suffering from enteric or systemic candida infections. Phytonutrients have many, many beneficial effects on the immune system. They also promote Phase I and II liver detoxification. NanoGreens10 has many natural ingredients, like cholagogues, lipotropics, and enzymes, that promote normal bile flow, digestive function, and elimination. Bile is a powerful yeast killer!

Those with severe candidiasis must often restrict their intake of fruits and grains, as they contain too much sugar. Sugar is the food that yeasts thrive on through fermentation. But fruits and whole grains also have many beneficial nutrients.

With NanoGreens10 the diet is supplemented richly with a wide variety of phytonutrients, but with comparatively little carbohydrate. Therefore, NanoGreens10, also being free of common allergens, yeasts, and molds, may be integral to a well rounded approach to candidiasis control and prevention. The only proviso is to start slowly, so as to prevent too sudden a detoxication reaction.

Q: What are some of the specific potential benefits of all the different nutrients found in the NanoGreens10 supplement?

A: While we must be careful not to make any claims for NanoGreens10 as such, here are some of the many potential benefits attributed to the foods and phytonutrients in NanoGreens10:

Good Source of Vitamins and/or Minerals: Spirulina, chlorella, spray dried barley grass juice, alfalfa, spray dried organic fruit and vegetable juice powder, and kelp are all "nutrient dense" foods, full of natural organic vitamins and minerals.

Rich in Antioxidants: Spirulina, chlorella, barley and wheat grass , quercetin, green tea, resveratrol, grape seed extract, grape skin extract, carrot, broccoli, sweet potato, cabbage, spinach, parsley, kale, tomato, blueberry, cranberry, are all known for their rich antioxidant phytonutrient content. No "vitamin pill" even comes close!

Anti Fatigue: Spirulina, chlorella, wheat and barley grass juice are rich in natural B vitamins, iron, and chromium. Kelp supports healthy thyroid function, and cinnamon helps insulin work to get blood sugar into your cells.

Weight Control: Green tea and kelp both support a more optimal fat burning metabolism. Cinnamon helps insulin work to get blood sugar into your cells, limiting sugar cravings. So does the stevia. The green algae grasses are potassium rich, often acting like natural "water pills". Next time you need a lift, forego the sweets and soda pop and try a refreshing tall glass of NanoGreens.

Help Relieve Symptoms of Fibromyalgia and/or Arthritis: Spirulina, chlorella, wheat and barley grass, grape seed extract, enzymes and kelp have all been reported as having anecdotal success with joint and muscle pains and stiffness.

Help Maintain Strong Bones: Spirulina, chlorella, wheat and barley grass, spray dried organic fruit and vegetable juice powders are highly alkaline. A more alkaline diet helps keep your body from using its alkaline reserves of calcium and magnesium in your bones in order to keep the body from becoming too acid. This robbing of your alkaline reserve is the basis for one of the mechanisms causing osteoporosis. The greens in NanoGreens are rich in Vitamin K, a not well appreciated, but nonetheless important vitamin for healthy bones.

Helps Maintain Younger Looking Hair and Skin: Nutrient and antioxidant rich, and fortified with white tea, NanoGreens helps slow skin aging. Plus, by supporting healthy elimination and detoxification, this stressful burden is lessened for the skin, which is also an important organ of elimination.

Help Support the Immune System and/or Antiviral, Antibacterial Activity: Spirulina, chlorella, wheat and barley grass, green tea, cinnamon, and prebiotics have each been reported to help us ward off infection and keep pathogenic and opportunistic bacteria at bay.

Help To Improve Mental Acuity and Protect Your Memory: Soy lecithin is the richest natural source of phosphatidyl choline, a vital brain memory nutrient. Essential fatty acids from algae, dark greens, and rice bran are rich sources of natural essential fatty acids, the "good fats". Our brains are 60% fat! Plus, the antioxidants in berries have been proven to slow brain aging!

Help Support Detoxification and Remove Toxic Heavy Metals from the Body: Spirulina, chlorella, wheat and barley grass chelate heavy metals. Milk thistle, artichoke, cruciferous vegetables and red beet root support liver detoxification.

Support Ease of Digestion and Elimination: Plant enzymes, milk thistle, artichoke, and soy lecithin all support digestion and/or elimination. Plus the chlorophyll in spirulina, chlorella and spray dried barley grass juice, along with the aloe vera, tends to have a soothing and healing effect. All this combines to often help eliminate the root causes of heartburn and indigestion.

Help Reduce Risk of Heart Disease and Lower Cholesterol: Soluble rice bran, soy lecithin, green tea, grape seed extract, spirulina, chlorella, green grass spouts , plus all the other antioxidants, can help keep our hearts strong, our arteries clear and flexible. Vitamin K, from spinach and kale, is important in inhibiting atherosclerotic plaques (hardening of the arteries or atherosclerosis.) Enzymes can all help keep our blood from clotting, and are thus of value in limiting stroke and heart attacks.

Help Reduce Risk of Cancer and/or Demonstrates Antitumor Activity: Barley grass juice, spirulina, chlorella, apple pectin, green tea, grape seed extract, beets and cruciferous vegetables can all help our bodies antioxidant and anti-mutagen immune defense systems.

Support the Eyes and Prevent Macular Degeneration: Carrots, spinach, kale, parsley, , are antioxidant rich, especially the kind of antioxidants the eyes like, namely lutein and zeaxanthin, while berries are rich in retina and brain friendly anthocyanins.

Help Keep You Looking And Feeling Young: One of the reasons we age is that our cells literally become full of toxic debris and burn out (oxidize). By incorporating super foods that promote detoxification and fight oxidation (antioxidants), most antiaging specialists agree that we can slow the aging process!

The above statements have not been evaluated by the FDA. NanoGreens10 is not intended for the diagnosis, treatment, or prevention of disease.