



Azul with Marine Phytoplankton

Complete Nutrition and Wellbeing

Adam Saucedo, M.D.

Azul is a unique and extraordinary new nutritional beverage mix engineered by ForeverGreen International. These claims can be understood by review and analysis of the constituent ingredients that are combined through a meticulous and painstaking process.

MARINE PHYTOPLANKTON, ALPHA 3 CMP

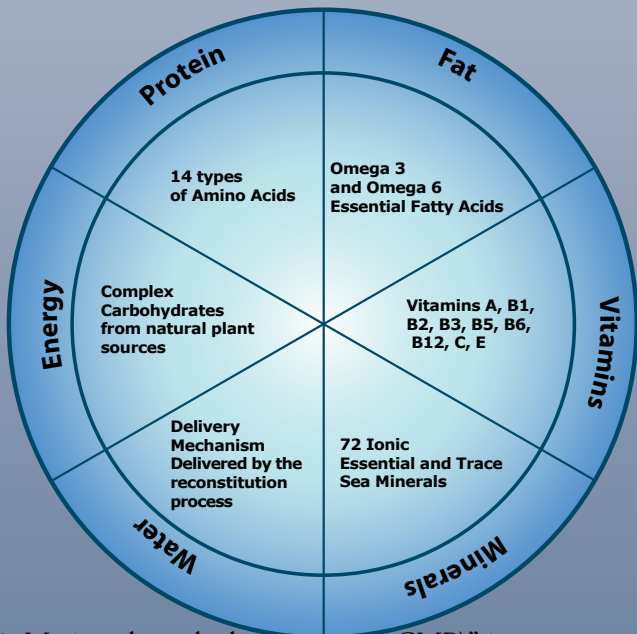
Azul begins with marine phytoplankton. For the moment, please set aside all that you know about marine plants and imagine the following. The largest species of marine phytoplankton measure a mere 1000 microns (or 1mm) and the smallest measure an infinitesimal 10 microns! However, these minute organisms feed the largest species of animal on Earth, great whales, and sustain their lives for years, and in some cases, centuries. Marine phytoplankton is vastly more nutritious than seaweed, sea kelp, sea grass and all other sea plants. Harvested from the sea, this microscopic wild marine phytoplankton, which contains an unrivaled 200 different species of phytoplankton or “sea vegetables”, blooms in pristine seawater and sunshine. In this unique process, the silica membrane that envelops each individual sea vegetable is opened, allowing the digestion and absorption of its nutritional contents into the human body.

The extraordinary marine phytoplankton explained above is exclusive to ForeverGreen is known as Alpha 3 CMP. The miracle that makes this entire process and product possible is the life story of a modern-day Edison, Tom Harper. He saved his own life by creating the process that yields Alpha 3 CMP marine phytoplankton.

What we see in this data is that ForeverGreen’s Alpha 3 CMP marine phytoplankton contains almost all of the nutrient components necessary for balanced, healthy life. And, with 400 times the energy of any other plant, marine phytoplankton stands alone as the finest source of nutrition on Earth. What follows is a nutritional analysis of ForeverGreen’s proprietary Alpha 3 CMP marine phytoplankton.

Independent research and academic articles point to the immune system benefits of marine phytoplankton:

PROVIDES CELLULAR BUILDING BLOCKS



Alanine	Glutamine	Phenylalanine
Arginine	Glutathione	Phosphorous
Asparagine	Glycine	Potassium
Aspartic Acid	Glycogen	Proline
Betacarotene	Histidine	Pyridoxine (Vitamin B6)
Bioflavonoids	Iodine	Riboflavin
Biotin	Iron	RNA
Boron	Lecithin	Selenium
Calcium	Leucine	Serine
Chlorophyll	Linoleic Acid	Silicon
Chromium	Lysine	Sodium
Cobalt	Magnesium	Superoxide Dismutase (SOD)
Copper	Manganese	Substance P
Cysteine	Methionine	Thiamine (Vitamin B1)
Essential Fatty Acids	Molybdenum	Threonine
Electrolytes	Niacin (Vitamin B3)	Tyrosine
Fiber	Nickel	Valine
Fluorine	Nucleic Acids	Vanadium
Folic Acid	Omega-3 Fatty Acids	Vitamin B12
Germanium	Omega - 6 Fatty Acids	Vitamin C
Gamma Linolenic Acid	Acids	Vitamin E
Acid	Pantothenic Acid (Vitamin B5)	Zinc

1. Marine phytoplankton (Alpha 3 CMP)” is a summary of a double blind and controlled studies carried out by the Department of Health Promotion and Education at the University of Utah. It reports evidence that those subjects who participated in the study that took Alpha 3 CMP* showed a significant increase in the CD3 measures, pointing to increased T-lymphocyte presence. This suggests enhanced immune system function.

*Note: Alpha 3 CMP is a proprietary marine phytoplankton product found in ForeverGreen’s LegaSea line of products.

2. Improves immune system function”: Journal of Biochemistry and Pharmacology 2002; 63:73.

3. Marine phytoplankton “enhances macrophages”: Journal of Immunology 1995; 3:35, Immunopharmacology, Jan 1996.

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THE ANTIOXIDANT POWER AND HEALTH BENEFITS OF RAW WHOLE FOODS

After starting with Alpha 3 CMP marine phytoplankton, the formulators at ForeverGreen asked the question, “What can we add to this base to elevate the ultimate health benefits of a product while remaining true to the spirit and science of marine phytoplankton?”

The answer was to add 24 raw whole foods, selected for their unique health benefits (including ORAC value) and delicious flavor. The reported health benefits of the combined ingredients in Azul, in both the lay and academic literature, run in the hundreds. There are also scores of basic and clinical research projects currently being carried out on the ingredients found in Azul to further elucidate their health benefits.

Azul contains many known high antioxidant “super foods”. When an analysis is done and each component ingredient is fully evaluated for its nutritional composition, reported health benefits and inter-ingredient synergies, a powerful image emerges of a food that is without peer for nutritional composition, reported health benefits, and antioxidant power.

When Azul is blended and turned into a fine, natural powder through a 14 to 18-hour proprietary process, the final product boasts an astounding ORAC value of 14,800 units per 100 grams! This value represents an antioxidant power sufficient to combat the growing levels of free radicals that build up in our bodies as a result of exposure to some chemicals, environmental pollution, cigarette smoke, and radiation.

Unchecked, free radicals in the body can result in a chain reaction whereby outer shell electrons are lost, compromising many cell structures including the cell membrane and resulting in disease through cell malfunction. Many diseases and even premature aging are thought to be the result of free radical damage. Azul’s potent antioxidant, or free radical neutralizing capability, is powerful protection.

“Antioxidants can cancel out the cell-damaging effects of free radicals”: Sies H (1997). “Oxidative stress: oxidants and antioxidants” (PDF). *Exp Physiol* 82 (2): 291–5.

PROBIOTICS

Lastly, microencapsulated probiotics are added to Azul’s formulation. This process enhances gastrointestinal health benefits by balancing healthy gut flora.

“Live microorganisms which when administered in adequate amounts confer a health benefit on the host”: FAO/WHO (2001) Health and Nutritional Properties of Probiotics in Food including Powder Milk with Live Lactic Acid Bacteria.

CONCLUSION

The unequalled nutritional composition, antioxidant value, reported health benefits, and probiotic properties of Azul are unmatched in the marketplace. ForeverGreen International has, in effect, parented a true category-creating product with Azul.



“Through exhaustive analysis and literature review I conclude that Azul is possibly the most complete source of nutrition and natural health benefits on Earth”

**- Adam Saucedo, M.D.,
Founder of the
New Life Center Eating Disorders Facility**

AZUL Parfait



Ingredients: 1 packet Azul, 1 cup plain or vanilla yogurt (suggested: Nancy's Organic Yogurt, which is sweetened with agave, or Purely Decadent Coconut Yogurt, which is sweetened with agave with no dairy or soy), Fresh berries of choice, chopped raw almonds, pecans and cashews.

Preparation: Mix yogurt with Azul, blend well. In parfait glass layer yogurt mix, berries and nuts. Enjoy!

Great for breakfast, or an afternoon snack.

Ingredients: 1 packet of Azul, oatmeal of your choice.

Preparation: After cooking oatmeal, top with one packet of Azul. No need to add sweeteners.

A great, healthy alternative to sugary cereals.



AZUL Oatmeal

Ingredients: 1 packet of Azul, 2 oz water or apple juice, homemade coconut ice cream, or store bought ice cream (suggested: Purely Decadent Coconut Ice Cream, sweetened with agave with no dairy or soy), fresh berries of choice

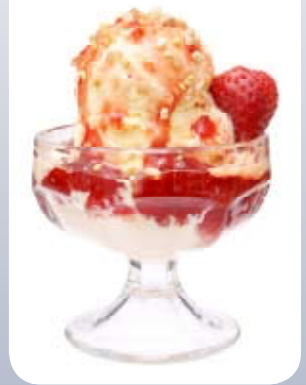
Preparation: Mix Azul with water or apple juice to create a slightly thick sauce. Pour Azul mixture over homemade coconut ice cream and top with fresh berries.

Homemade Coconut Ice Cream

Ingredients: 2 14 oz cans unsweetened coconut milk, 2 tbsp. arrowroot powder, 1/4 cup agave

Preparation: Pour coconut milk into medium saucepan and whisk. Transfer 1/2 cup coconut milk to small bowl and stir in arrowroot. Set aside. Add agave to coconut milk in pan and cook over medium/high heat, whisking often for about 5 minutes, or until just beginning to boil. Whisk in arrowroot mixture and cook, whisking constantly for 3 to 4 minutes or until mixture bubbles and begins to thicken slightly. Remove from heat. Let cool to room temperature. Refrigerate 1 to 2 hours, or until completely chilled. Process in ice maker according to manufacturer's instructions. Transfer ice cream to container, cover and freeze until firm, about 1 hour.

Coconut Ice Cream Sundas



AZUL Spinach Salad



Ingredients for dressing: 1 packet of Azul, 2 tbsp. lemon juice, 3 drops Lemon Essential Oil, 1 tsp. dijon mustard, 1/3 cup olive oil.

Preparation: Mix lemon juice, lemon oil, dijon and Azul. Slowly whisk in olive oil. Toss 6 cups of cleaned, organic baby spinach with dressing. Plate and top with raw nuts of choice (almonds, pecans, madadamias, cashews) and with fresh raspberries, strawberries or Brain Garden Pulse of choice.

A perfect side-dish for dinner, or great for a light lunch.

Ingredients: 1 to 2 packets of Azul, water or apple juice to taste.

Preparation: Mix Azul with water or apple juice to desired taste/strength. Pour into popsicle molds or ice cube trays. Place into freezer. When partially frozen, insert wooden popsicle sticks into center of cubes. Freeze until solid. Lick to your health!

A great treat for kids and adults of all ages!

AZUL Popsicles



Coconut Lime AZUL Sauce



Ingredients: 1 to 2 packets of Azul, 1 can unsweetened coconut milk, 1 cup finely chopped fresh mango, 1 fresh lime (juiced and zested)

Preparation: Whisk the above ingredients together and use as a topping for grilled items or as a dip.

Great on grilled salmon, halibut, chicken breast or vegetables.