

**Q: Can people with diabetes, heart disease, sodium restrictions, cholesterol problems, obesity, digestive disturbances and other health problems eat Origins?**

**A:** You should always check with your doctor, but we feel Origins can help just about anything because real food is the food we were designed to eat and real food is what Origins is.

**Serving Suggestions**

Origins comes in three convenient forms and sizes for at-home enjoyment as well as on-the-go. The Bar and the Bites will become your favorite portable meal!

**Breakfast** – Combine with yogurt or milk just as you would regular cereal. Add fresh fruit to your liking. Or, you can just add a bit of Origins to your regular cereal to spike it with some real nutritional power.

**Snack** – Just like it is. It's delicious and satisfying. Or lightly salt with Wysong Whole Salt for another kind of treat.

**Cooking/Baking Creativity** – Crumble over salads, or desserts and ice cream. Crumble as a substitute pie crust. Use it anywhere you want delicious taste, crunch and nutrition.

**Camping, Hiking and Getting Lost** – Whether you are just out on the trail or actually get lost in the woods, real food is what you need. Origins is the perfect food for when you are out there close to your origins.

**Shakes and Smoothies** – Blend with shakes and smoothies to make your nutrition rise to a new level.



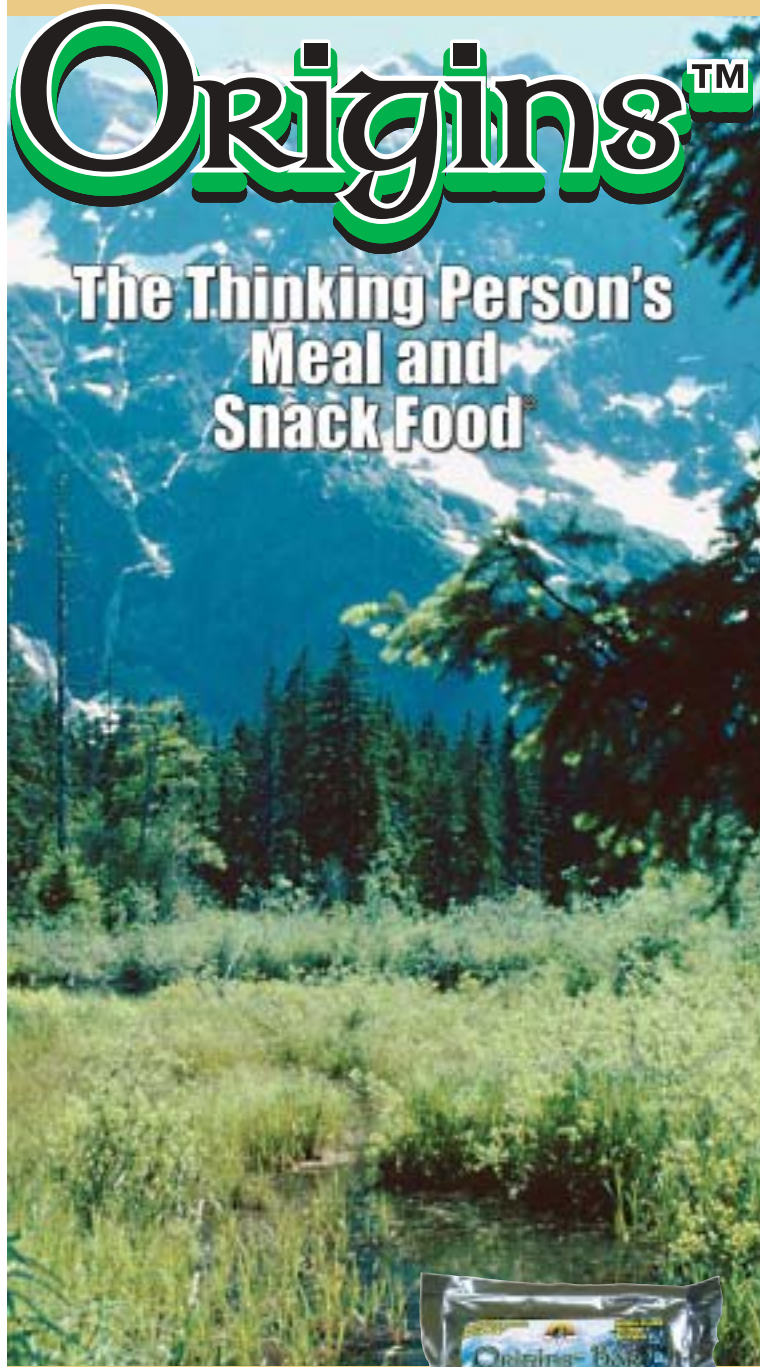
Origins™  
"Uncereal"  
Breakfast and  
Snack Food  
10 oz. (283 g)

Origins™ Bites  
Meal-in-a-Bite  
2.5 oz. (70 g)

Origins™ Bars  
Meal-in-a-Bar  
1 oz. (30 g)



1880 North Eastman • Midland, MI 48642-7779  
(989) 631-0009 • Fax (989) 631-8801  
Find us on the web • <http://www.wysong.net>



# Origins™

The Thinking Person's  
Meal and  
Snack Food



**True Food As Nature Intended®**

# Origins™

A DELICIOUS HIGH-PROTEIN, NON-THERMALLY PROCESSED  
REAL FOOD RIGHT FROM NATURE

Over 25 years of research are behind this revolutionary new health-enhancing food.

- NO refined carbohydrates
- NO refined sugars
- NO grains
- NO nutrient degrading heat processing
- NO non-nutritional anything

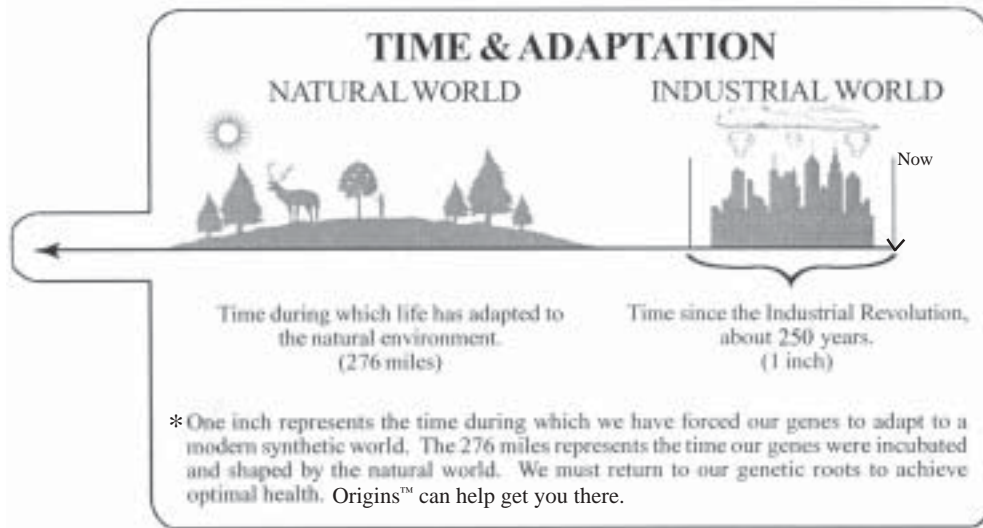
Origins™ is the most nutritious product available to replace today's sugared, high carbohydrate, nutrient-poor cereals, snack foods and toppings.

Available in state-of-the-art, nutrient-protecting, nitrogen-flushed packages.

**The Lesson of Our Origins**

In this day of endless controversy about what is best to eat, it is easy to forget our origins. You see, our genes were created way back in time\* when foods were what could be found in nature. True food is whole, fresh and natural.

In the beginning there were no bakeries, extruders, roller mills or other fancy inventions to fractionate, synthesize and torture food. There was not the epidemic of health problems so rampant today either, such as obesity, arthritis, heart disease, cancer, allergies, diabetes, digestive distress and other chronic degenerative conditions.



Research is increasingly linking today's failed health to the departure from our nutritional and environmental origins, and especially from the foods we are genetically programmed to eat. True food comes right from nature and is eaten as is.

When we say "as is," that means no high heat processing. Heat is the enemy of nutrition since it destroys nutrients and creates toxins. Ingredients conspicuously missing in the original, natural, healthy diet of our ancestors were processed grains and refined sugars. Yet today these ingredients make up a huge proportion of foods eaten throughout the day. What happens when we don't eat as we were originally designed to eat? Failed health.

So Wysong has taken its 25 years of research, science and thinking on natural health and nutrition and packaged it into Origins. It is the food of your origins.

**Health-First Design**

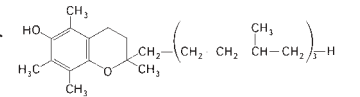
**Non thermally processed** – Not heated above 118 degrees F, the critical temperature above which food enzymes and other nutrients are destroyed, decreased, or dangerously altered.



**Special Care** – Individually batched and hand prepared, then protected from nutrient-degrading light and air by vacuum drying and unique packaging.



**Antioxidants** – Protect fragile nutrients from being lost or turning into dangerous free radicals. Origins contains a bounty of both fat- and water-soluble antioxidants.



**A Spectrum of Nuts**

– Provides minerals, vitamins, protein and essential fatty acids. We even developed a special process to remove the bitter tannins from the nuts to make them much more digestible and nutritious.

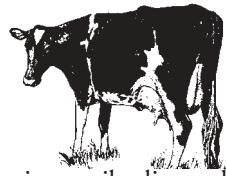


**Sprouts**

– Have the highest nutrient concentration and are at the most digestible stage in the lifecycle of seeds. Origins' organic sprouts provide nutrients, without the unnecessary carbohydrates of mature, processed cereals.



**Colostrum** – Is the primary component of new (first) milk and is arguably one of the most important of all food sources. It is a concentrated source of vitamins, minerals, enzymes, protein, iron chelators, immune enhancing antibodies and pathogen fighting Lactoferrin and Lactoperoxidase.

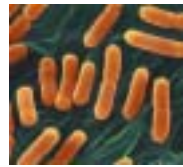


**Flax** – One of the best sources of omega-3 essential fatty acids, antioxidants and fiber, all of which are frequently deficient in the modern diet and increasingly recognized as essential to health.



**Fructooligosaccharides** – Are also called prebiotics because they enhance the growth of beneficial intestinal bacteria (probiotics) which in turn promote digestion, detoxification and immunity.

**Probiotics** – There is a constant battle in the digestive system between the good and bad bacteria. Probiotics are active (live) yogurt-like cultures of microorganisms that shift the balance in favor of the good guys – thus increasing immune strength and digestive function.



**Enzymes** – Are a part of all natural foods but are very delicate and destroyed above body temperature. We ensure Origins' unique processing retains natural enzymes to aid in digestion, nutrient absorption and enhancement of overall health.



**Pollen** – The nutritious “egg” of plants, is considered a natural Super Food because it contains thousands of phytonutrients, the highest antioxidant activity of any fruit or vegetable yet tested, enzymes, phytosterols, amino acids, fatty acids including omega-3 and -6, naturally chelated minerals, and a variety of vitamin complexes. Origins' pollen is a combination of many geographically distinct collection sites to ensure the most diverse and complete supply of bioactive nutrients.



### Why Origins is So Special

**Hearty** – Origins is extremely concentrated nutrition. It's not just fluffed, flaked or pelleted dough laced with synthetics and saturated with sweeteners. A little goes a long way. You'll be surprised how long it satisfies and sticks to the ribs.

No “Sugar High” – Origins contains no processed starches or refined sugars to play roller coaster with your blood sugar and insulin. The wonderful taste of Origins is the natural goodness of great nutrition.

**High in Natural Protein** – A high protein, low carbohydrate diet is the solution to weight and other health problems for many. Origins provides an array of natural proteins exactly as found in nature, minus the carbohydrates glutting the modern diet.

**Nutritional Bounty** – We have pulled no punches. Every ingredient is selected because of its extraordinary nutritional merits. Refer to the chart listing some of the nutrients found in Origins.

**Life** – There is a law in science called Biogenesis which says that life can only spring from life. Origins is life. You are life. Need we say more?

**Nothing Bad** – No artificial anything. No dyes, no synthetic vitamins, fillers, flavorings or other weird stuff. Origins is not a food trinket, it's the real thing.

**Value** – Origins contains the most expensive ingredients and is produced using a proprietary technology that combines non-thermal processing with hand-crafted design, yet if health is the objective, there is no better bargain.

### Questions and Answers

**Q: I am trying to watch my weight, is Origins good for that?**

A: Origins is specifically designed to provide calories from unprocessed natural food. As such, these “premium-grade” calories do not so easily cause excess weight gain, but actually help the body shift metabolism so tissue fat is more readily used for energy needs.

**Q: I read everywhere that I should decrease fat consumption, so why isn't Origins low in fat?**

A: Natural fats as they are found in nature – and in Origins – have not only never been linked to disease, their deficiency in the modern diet is the cause of many health problems.

**Q: Are the omega-3 oils in Origins similar to the healthy fish oil factor I have heard about?**

A: Yes. Today's diet is deficient in these oils. Increasing omega-3 fat consumption is now being linked to many health benefits.

**Q: Does Origins qualify as a high protein food for a diet I am on?**

A: It certainly does. There is more natural, unaltered protein in Origins than any other similar commercial product.

**Q: I usually eat two to three bowls of cereal in the morning so I don't get hungry before lunch. Should I do the same with Origins?**

A: No, not unless you plan on running a marathon. Origins is not anything like puffed and baked products. Origins is concentrated and very dense in nutrition. A little goes a long way. Many people find that a modest bowl of Origins with some fruit and milk or yogurt will satisfy them all the way to dinner.

**Q: Why does Origins contain saturated fats? Aren't I supposed to decrease them?**

A: Not all saturated fats are the same. The unique short and medium chain saturated fats in Origins are excellent energy sources and not only do not readily contribute to body fat, they discourage it.

**Q: Why are carbohydrates listed on the label when Origins is not supposed to have any?**

A: We say there are no refined, processed or grain carbohydrates. There's a big difference between these and

Natural Nutrients Found in Origins					
<b>Proteins</b>	Hydroxylysine	Oleic Acid	Cobalt	Ruthenium	Vitamin E
Cytokines	Hydroxyproline	Palmitic Acid	Dysprosium	Samarium	Vitamin K
Glycoproteins	Isoleucine	Palmitoleic Acid	Erbium	Scandium	<b>Water Soluble</b>
Growth Factors	Leucine	Stearic Acid	Eutopium	Selenium	Biotin
Immunoglobulin A	Lysine		Flouride	Silicon	Choline
Immunoglobulin G	Methionine	<b>Fiber</b>	Gallium	Silica	Cobalamin
Immunoglobulin M	Ornithine	Amylopectin	Germanium	Strontium	Folate
Lactoferrin	Phenylalanine	Cellulose	Gold	Sulfur	Inositol
Lactoperoxidase	Proline	Gums	Hafnium	Tantalum	Niacin
	Serine	Hemicellulose	Holmium	Tellurium	Pantothenic Acid
<b>Amino Acids</b>	Threonine	Lignans	Indium	Terbium	Pyridoxine
Alanine	Tryptophan	Mucilage	Iodine	Thorium	Riboflavin
Arginine	Tyrosine	Pectin	Iridium	Thulium	Thiamin
Asparagine	Valine		Lanthanum	Titanium	Vitamin C
Aspartic Acid		<b>Minerals</b>	Lithium	Tungsten	
Carnitine		<b>Major</b>	Lutetium	Vanadium	<b>Accessory Nutrients</b>
Citrulline	<b>Fats</b>	Calcium	Manganese	Ytterbium	Bioflavonoids
Cysteine	Alpha-Linolenic Acid	Magnesium	Molybdenum	Yttrium	(Rutin,
Gamm-aminobutyric Acid	Arachidonic Acid	Phosphorus	Neodymium	Zinc	Eriodictyol,
Glutamic Acid	Butyric Acid	Potassium	Niobium	Zirconium	Hesperetin,
Glutamine	Linoleic Acid	Sodium	Palladium		Hesperidin,
Glutathione	Medium Chain		Platinum	<b>Vitamins</b>	Quercetin)
Glycine	Triglycerides		Praseodymium	<b>Fat Soluble</b>	Chlorophyll
Histidine	(Capric Acid,	<b>Trace</b>	Rhenium	Carotenoids	
Homocysteine	Caprylic Acid,	Boron	Rhodium	Vitamin A	
	Lauric Acid)	Cerium	Rubidium	Vitamin D	

the natural complex carbohydrates in whole unprocessed natural foods such as Origins. Processed grains are predominantly nutrient stripped starches, which turn into sugar when eaten. In contrast, the carbohydrates in Origins (very small amount – refer to chart below) are complexed with all the other natural nutrients and do not cause a pronounced blood sugar spike like almost all sugars and heat-processed starches.

**Q: Why do you say heat is bad, when virtually everyone cooks?**

A: Heat is only necessary for foods that need to be sterilized, or to make unnatural foods such as grains digestible, or to increase shelf life. Heat is to nutrition what a wrecking ball would be to your home – fire destroys, it does not create. A little cooked food in the diet is fine but everyone should be trying to eat as much raw natural food as possible.

Compare					
Brand	Sugar (%)	Carbohydrate (%)	# of Non-Heated Nutrients	Fresh Whole Natural Ingredients Only	Thermal Processing
<b>Origins™ Meal Bar</b>	<b>12.8*</b>	<b>25</b>	<b>132</b>	<b>YES</b>	<b>NO</b>
Kellogg's™ Crispies	52.1	73.9	0	No	Yes
PR Coffee Bars®	40	44	0	No	Yes
SnacBar®	40	56.4	0	No	Yes
Kellogg's™ Nutri Grain	35	72.9	0	No	Yes
Barbara's Bakery™ Multigrain Bar	35	67.56	0	No	Yes
Odyssey Bar®	31**	37.5	0	No	Yes
Meso-Tech® Protein Bar	30.5	44.7	0	No	Yes
Met-Rx® Food Bar	29	52	0	No	Yes
Power Bar®	33.3	75	0	No	Yes
Cliff Bar®	29.41	66.17	0	No	Yes
Odwalla Bar	33.87	64.51	0	No	Yes

\* As part of natural foods only.  
 \*\* Contains sugar alcohols. Manufacturers “conceal” sugar content by discounting other sources of sugars, such as the widely used polyols, or commonly referred to as ‘sugar alcohols’. Watch out for these hidden carbs by looking for ingredients such as maltitol, xylitol, sorbitol, mannitol, etc.