

Rationale For Peanut Butter Plus*™

Wysong Peanut Butter Plus*™ is a delicious peanut butter spread designed to provide enhanced nutrition over conventional peanut butters. The plus* includes extruded organic soybeans, ground organic flax seeds, natural Wysong antioxidants and chelated minerals, making this delicious spread even more nutritious. High in protein, essential fatty acids (including omega-3s), vitamins and minerals, it is meant to be used as a sandwich spread, fruit or vegetable dip, or in any recipe calling for peanut butter or peanut spread.

PEANUT BUTTER PLUS*™

W Y S O N G

INGREDIENTS:

Organic Peanuts, Organic Whole Extruded Soybeans, Organic Fresh Ground Flax Seeds, 74 Trace Mineral Wysong Whole Salt™, and Oxherphol™ (a blend of natural organics including Tocopherol Epimers of Vitamin E, Fat-soluble Vitamin C and Botanical Oleoresins).

High in protein, essential fatty acids (including omega-3s), phytoestrogens, vitamins, and minerals.

Use as a sandwich spread, fruit or vegetable dip, or in any recipe calling for peanut butter or peanut flavor.

Tastes just like peanut butter... only better for you!

*The PLUS includes extruded organic soybeans, natural Wysong antioxidants, and chelated trace minerals . . . peanut butter with nutritional muscle.



Peanut butter has been a staple in American children's lunches in the form of peanut butter sandwiches and peanut butter cookies for decades. Peanuts are a rich source of vegetable protein and provide high-energy fatty acids, as well as a number of minerals and vitamins.

Peanuts also contain high concentrations of antioxidant polyphenols (mainly, p-coumaric acid, ferulic acid, and other hydroxy and methoxyl-substituted benzoic acids). Although heat is usually the enemy of good nutrition, roasting peanuts increases the level of p-coumaric acid, boosting their overall antioxidant content by as much as 22%. In fact, roasted peanuts found in Wysong Peanut Butter Plus*™, are as rich in antioxidants as blackberries or strawberries, and are far richer than fruits such as apples, carrots or beets. Antioxidants scavenge free radicals that can lead to DNA mutations. The damage caused by free radicals has been linked to a variety of degenerative diseases including heart disease, stroke, certain cancers and macular degeneration of the eye.

Studies now suggest that a serving of peanut butter a day could help children and adults meet requirements for nutrients often lacking in American diets. This is based on the observation that, peanut butter increases levels of vitamin A, vitamin E, folate, calcium, magnesium, zinc, iron and fiber. Vitamin E, which is hard to obtain from foods, is thought to help prevent heart disease, Alzheimer's disease, and dementia. One serving of Peanut Butter Plus* contains more than 18% of the Daily Value for vitamin E, and almost 10% of the RDA for folate, a nutrient important in breaking down the amino acid homocysteine, which in high levels can lead to artery damage and higher risk of heart attack. An added benefit is that peanut eaters have leaner bodies compared to the non-peanut eaters, as measured by body mass index (BMI), an indicator of body fatness.

But profit-motivated producers have compromised the nutritional value of peanut butter products and introduced potential toxins. Hydrogenation, homogenization, refined salts, sugars and glycerides mark the labels of many modern peanut butter spreads. Hydrogenation can produce dangerous trans-fatty acids; homogenization can change the physical characteristics of the nutrients within the spread; sugar and glycerides are of questionable value and safety; refined salt has its own array of questionable additives and has been drained of many nutritious trace elements that are a part of natural salt (see Wysong Whole Salt™ section); and synthetic preservatives are suspect for a variety of health safety reasons (see Wysong Oxherphol™ section). These manipulations of peanut butter are designed to create aesthetic effects such as preventing the oil from separating

from the peanuts, economic savings through the use of refined salt products, and increased shelf life to aid processors and distributors in product handling. Note that none of these considerations have put the emphasis where it should be on any food item – the health of the consumer. A natural salt (see Wysong Whole Salt™ section), and synthetic preservatives are suspect for a variety of health safety reasons (see Wysong Oxherphol™ section)

Wysong Peanut Butter Plus* incorporates the following design features to enhance the nutritional value of peanut butter:

1. The use of raw, organic, pesticide-free peanuts.
2. The use of peanuts tested to be aflatoxin-free. Aflatoxins are toxins produced by molds that can grow on peanuts and have the potential of causing a wide variety of human and animal diseases.

3. Organic, whole, extruded soybeans are combined with the peanuts. Soybeans are one of the most nutritious vegetable products known. They are rich in proteins, essential fatty acids and fiber, and are highly digestible.

4. Ground, whole, organic flax seeds are included for their beneficial essential fatty acids. Flax seeds contain the highest concentration of omega-3 fatty acids of any vegetarian source. Additionally, flax seeds are rich in lecithin and other phosphatides.

5. Wysong Whole Salt is used as seasoning. This salt contains over 74 trace minerals and is mined from an ancient geological deposit of ocean sea salt, which was deposited prior to our polluted oceans and the Industrial Age.

6. Wysong natural Oxherphol is used as an antioxidant. This product is comprised of natural beta and gamma epimers of vitamin E, fat-soluble vitamin C, organic chelators and natural

botanical oleoresins. It effectively helps stabilize the fragile essential fatty acids present in peanuts, soybeans and flax seeds.

The use of Wysong Peanut Butter Plus* on toast, in sandwiches, whole grain cookies and other grain recipes balances the proteins in these grains to provide high nutrient protein without the use of animal products. Use as you would any other peanut butter spread, but use more liberally and with confidence that this product is designed to enhance health. If oil separates, simply tighten the lid, turn the jar upside down and store it in this position. Stir as needed. Keep cool and out of direct sunlight.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Commercial Peanut Butters

Pesticide/Chemically Treated Peanuts
 Sugar
 Partially Hydrogenated Vegetable Oils
 Dextrose
 Salt
 Molasses
 Mono- and Diglycerides

Wysong Peanut Butter Plus*

Organic Peanuts
 Organic Whole Extruded Soybeans
 Organic Whole Ground Flax Seeds
 74 Trace Mineral Wysong Whole Salt™
 Wysong Oxherphol™ – Natural Antioxidant Containing Beta and Gamma Epimers of Vitamin E, Fat-Soluble Vitamin C, Organic Chelators and Natural Botanical Oleoresins

Nutrients:
 Essential Fatty Acids (including omega-3 fatty acids)
 Protein • Fiber • Beta-carotene • Vitamin E

B Vitamins:
 Thiamin • Riboflavin • Niacin • Pyridoxine
 Folic Acid • Pantothenic Acid

What's in your peanut butter?

Table 1.

PEANUT BUTTER PLUS*™ SCIENTIFIC REFERENCES

Griel, et al. (2004). Improved Diet Quality with Peanut Consumption. *J Am Coll Nutr* 2004. 23: 660-668.

Talcott, et al. (2005). Polyphenolic and Antioxidant Changes During Storage of Normal, Mid, and High Oleic Acid Peanuts. *Food Chem.* 2005, 89, 77-84.

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