

Rationale For Whole Food Concentrate™

For decades, nutritionists have been bent on breaking food down into its simplest components and attempting to describe the nutrient requirements for humans and animals according to these components. Thus was born the notion that we require such-and-such a percent of protein, such-and-such a percent of fat, such-and-such an amount of a certain vitamin, etc. Nutritionists further claim that it makes no difference what the sources of these components are, as long as the scientifically established minimums are met.

WHOLE FOOD CONCENTRATE™

W Y S O N G

PURPOSE:

A natural blend of flavorful and unique nutrient-concentrated foods to be used as a daily supplement to provide nutrition as nature intended. Commercial vitamin and mineral products contain synthetic purified sources of nutrients. Even the so-called natural ones are not actually extracted from food, but rather are synthetic copies of natural vitamins. Since the ingredients in Whole Food Concentrate are whole and natural, nutrient content ratios are exactly as found in nature.

INGREDIENTS:

Selected for their exceptionally concentrated nutritional value: Wheat Grass Juice, Barley Grass Juice, Chlorella, Spirulina, Blue Green Algae, Green Kamut, Organic Blueberries, Organic Apples, Spinach, Celery, Parsley, Lettuce, Watercress, Carrots, Bee Pollen, Organic Millet Sprouts, Organic Mung Bean Sprouts, Quinoa Sprouts, Broccoli Sprouts, Flax Seed, Lecithin, Wysong Zymase™ (enzyme blend), Wysong Probiosyn™ (probiotics, prebiotics, and enzymes), Kelp, Wysong Oxherphol™ (A natural antioxidant consisting of Vitamin E Tocopherol Epimers, Fat Soluble Vitamin C, Organic Chelators, and Natural Botanical Oleoresins.)

DIRECTIONS:

Used in small amounts as part of flavorful foods, it will simply take on the flavor of the food. Healthful drinks can be prepared by mixing Whole Food Concentrate with fresh or frozen fruit and/or vegetable juices. As a nutritional supplement, use 1 to 2 teaspoons, 2 to 3 times daily, or more as desired. Begin with only 1/4 teaspoon and increase the dosage slowly. Whole Food Concentrate is a rich, nutrient-dense product which should be gradually incorporated into the diet.



However, whole natural food has many more elements than these minimums prescribe. It is like a complete alphabet. Although some letters can be removed and many words still formed, such removal can seriously impair language. Remove just the letter “U” and almost 3,000 words are lost. Similarly, although life may function with many food components removed, the fullness of life – its optimal health – will be compromised by doing so.

Natural creatures have adapted throughout eons to natural whole foods. We do not have a nutritional requirement beyond, or less than, that which natural foods can provide. Otherwise, we wouldn't exist today since nature is where we are from. But modern logic argues that we must eat from an arbitrary four food groups daily, and that fortified, fractionated foods have merits equal to or surpassing those of natural foods themselves.

Wysong Whole Food Concentrate™ is a nutritional supplement blended from natural, whole ingredients specially selected for their high nutritional value. Unlike crystalline synthetics, Whole Food Concentrate is a totally natural source of nutrients. This concentrated blend of nutrients is being used in a wide range of Wysong nutritional products. Controlled studies have shown these ingredients to enhance nutrient value and food efficiency.

Specific Ingredient Description

Barley and Wheat Grass Powder:

Compared to mature, harvested wheat and barley, young grasses, especially when grown in rich soil, contain high concentrations of stored nutrients. Grazing animals are maintained exclusively on young grasses and it is suggested that these grasses contain every nutrient essential to mammals. Specifically, they contain 45% protein, are higher in thiamine than mature grains, have five times more iron than mature wheat, and have six times more vitamin C than oranges.

Spirulina/Blue-Green Algae:

Spirulina is a blue-green microalgae believed to be one of the most concentrated sources of nutrition.

TYPICAL ANALYSIS FOR WHEAT AND BARLEY GRASS		
Minerals	Amino Acids	Vitamins
Calcium: 18 mg	Lysine: 29 mg	Vitamin A: 1750 IU
Phosphorous: 18 mg	Histidine: 16 mg	Vitamin K: 280 mcg
Potassium: 112 mg	Arginine: 39 mg	Vitamin C: 11 mg
Magnesium: 3.6 mg	Aspartic Acid: 78 mg	Vitamin E: 1.1 mg
Iron: 2 mg	Threonine: 37 mg	Thiamine: 10 mcg
Manganese: 0.35 mcg	Glutamic Acid: 85 mg	Choline: 1 mg
Selenium: 3.5 mcg	Proline: 33 mg	Riboflavin: 71 mcg
Sodium: 1 mcg	Glycine: 41 mg	Pyridoxine: 45 mcg
Zinc: 17.5 mcg	Alanine: 48 mg	Vitamin B12: 1 mcg
Iodine: 7 mcg	Valine: 44 mg	Niacin: 263 mcg
Copper: 0.02 mg	Isoleucine: 31 mg	Pantothenic Acid: 84 mcg
Cobalt: 1.75 mcg	Tyrosine: 18 mg	Biotin: 4 mcg
Sulfur: 7 mg	Phenylalanine: 38 mg	Folic Acid: 38 mcg
75+ other trace minerals: 129 mg	Methionine: 15 mg	
	Cystine: 8 mg	
	Tryptophan: 4 mg	
	Amide: 10 mg	
	Purines: 2 mg	
	Serine: 85 mg	

Figure 1.

Ancient cultures used it as a food source for centuries, but only in recent decades has it been “rediscovered”. Spirulina has been used to treat kwashiorkor (protein malnutrition) in African children and is being heralded as a possible solution to feeding third world populations.

Spirulina is 65% protein (a whole egg is 47%) and contains 18 amino acids, including all the essential amino acids. It is 100% higher in vitamin B₁₂ than beef liver and contains twice as much iron as three ounces of beef. Gamma-linolenic acid, a precursor to prostaglandins (potent hormone-like substances that have fine-control over a variety of body functions), is a fatty acid rarely found in foods other than human milk and some seeds. Gamma-linoleic acid makes up 20% of spirulina’s fatty acid composition. *Spirulina pacifica*, a particular strain used in Whole Food Concentrate, is flake-dried or quickly air-dried. This produces a product closer to its pure form and therefore superior in flavor and nutrition.

Other nutrient-dense strains of blue-green algae, such as *Aphanizomenon Flos-Aquae*, are also used in Whole Food Concentrate. This strain comes from an unpolluted fresh water lake, one of the few remaining alkaline lakes on the planet. It is located in an area where a volcanic eruption took place over 7,000 years ago. The ash from the volcano covered the surrounding area (where the lake was formed), with tons of mineral ash. *Aphanizomenon Flos-Aquae* is therefore rich in trace minerals and sixty times more nutrient dense than other types of blue-green algae.

Green Kamut:

Green kamut is one of the original ancient grains used in Egypt during biblical times. It is a non-hybrid grain that has never been crossbred. Kamut is significantly more nutrient-dense than wheat, its close cousin. It is 29% higher in protein, 27% higher in beneficial fatty acids, and is higher in 8 out of the 9 minerals generally found in wheat. Kamut is 23% higher in magnesium and 25% higher in zinc. Essential vitamins and amino acids are also more abundant.

Kamut is higher in 3 of the B vitamins, riboflavin, thiamine and niacin, and contains a higher level of vitamin E than wheat. Amino acids range from 34-65% higher in kamut versus wheat, and include threonine, cystine, arginine, histidine, and aspartic acid.

Lecithin:

Lecithin is a beneficial phospholipid. Soybeans are a particularly rich natural source. Lecithin is a member of the lipid (fat) family, but it also contains phosphorous and nitrogen. Lecithin is a precursor to choline, which performs reactions necessary for a wide range of neurological functions. It also contributes significant levels of the essential fatty acid, linoleic acid. Lecithin aids in the emulsification of fat and fat-soluble vitamins during digestion. Pure lecithin, which contains phosphatidylcholine, has been shown to lower plasma triglycerides and cholesterol.

Kelp (Source of Naturally Chelated Minerals):

Kelp is a seaweed that until recently was consumed primarily by the Japanese. Composted seaweed and

crustacea marine life are mined from ancient inland sea beds to supply a source of over 70 naturally chelated minerals. Chelation, or mineral binding to a carrier protein, is vital for minerals to be assimilated into body tissues. Chelation can occur naturally in the body, but only after minerals compete with one another for absorption, causing some to be lost through inhibition. Kelp and whole salt are excellent natural sources of vitamins and minerals including iodine, zinc, and potassium, as well as an entire range of other trace minerals.

Kelp also supplies algin, a gel forming substance, which, like dietary fiber, contributes to improving stool bulk.

Carrot Powder:

Carrot powder is a natural source of calcium derived from carrot juice. Two teaspoonfuls supply 100% of the RDA for calcium, magnesium, vitamin A, and vitamin D. Since it comes from a whole food, the calcium found in carrot powder contributes minerals in their chelated form, permitting their more ready absorption.

Ground Flax Seeds:

Flax has been used for centuries because of its many health benefits. Flax seeds are 45% oil and very rich in essential fatty acids, particularly the omega-3 fatty acid, linolenic acid. This class of fatty acids is lacking in the modern processed diet and has been shown to help prevent and treat cardiovascular diseases (CVD) by lowering

plasma lipid levels and reducing certain clotting factors that are associated with CVD. Flax seeds are 20% protein with all essential amino acids represented. Their overall dietary fiber content is 22%, with mucilages accounting for 10%. Flax seeds also contain a wide range of essential minerals, fat-soluble vitamins (A, E, D), thiamin, riboflavin, and vitamin C, thus making it nearly a complete food. (For further information on flax seeds, see the Nutritious Oils and FiberMin-EFA™ Monographs.)

Bee Pollen:

Pollen is unique because it is one of the only foods than can be considered nutritionally “complete.” It is composed of carbohydrates and fatty acids as well as 17 minerals, 18 amino acids (including all 8 essentials), 18 enzymes and coenzymes, and the full array of known vitamins. In clinical studies, good results have been achieved with airborne allergies, ulcers, and radiation sickness caused by radiation therapy.

Yeast Culture:

Yeast cells are grown in nutrient broths and then liquefied by fermentation (plasmolysis), which releases their nutrient contents. These cultured cells contain all essential amino acids, a wide variety of minerals, B vitamins, biotin, and inositol. Most importantly, nutrients are supplied as natural protein-nutrient complexes more readily assimilated.

Apple Crystals/Original Sweet Tooth™:

The yearning for sweetness is virtually a universal taste preference in humans. We are genetically programmed to seek and enjoy sweet tasting foods, because they represent energy which our metabolism requires. Wysong Original Sweet Tooth™ combined with apple crystals provides a variety of naturally sweet, whole foods that are rich in nutrients.

These ingredients contain natural sugars, complex carbohydrates, fiber, vitamins, and minerals (including glucose tolerance factor chromium). Each of these nutrients is as they are found associated with the natural food itself. Original Sweet Tooth contains unrefined whole dried natural sugar cane juice, germinated barley, rice bran, dried whole raisins, guar soluble fiber, dried whole figs, maple syrup powder, yeast GTF chromium, banana powder, orange crystals, and Wysong Chelamin™ (trace minerals derived from ancient sea beds). (For further information see Original Sweet Tooth Technical Information.)

Wysong Zymase™ and Probiosyn™ (Probiotics, Prebiotics, & Enzymes):

Enzymes are delicate compounds responsible for nearly every chemical reaction that occurs in the body. Digestion and all metabolic pathways rely on enzymes to function. Because modern food processing destroys enzymes, eating more raw enzyme-rich foods helps supply these important, but

Nutrients Found in Wysong Original Sweet Tooth™ <i>The sweet ingredient in Whole Food Concentrate</i>				Nutrients in Common White or Table Sugar
Carbohydrate	Pantothenic Acid	Sodium	Zinc	Carbohydrate
Protein	Riboflavin	Chlorine	Iron	Sodium
Fatty Acids	Thiamin	Magnesium	Chromium	Potassium
Fiber	Pyridoxine	Potassium	Cobalt	Iron
Vitamin A	Vitamin C	Copper	Biotin	Zinc
Inositol	Calcium	Iodine	Plus over 60 other trace minerals	
Niacin	Phosphorous	Manganese		

Figure 2.

ignored nutrients. However, even raw foods today do not contain natural levels of enzymes because poor farming techniques have depleted the soil of nutrients needed for the production of enzymes. Enzyme supplementation is especially important for anyone eating cooked or processed foods. Enzymes result in increased nutrient absorption and more efficient use of nutrients with less demand placed on the enzyme-secreting organs. (For further information, see Rationale for Enzymes.)

Despite the inclination to regard microorganisms as the enemy, the majority of these tiny life forms favor cohabitation and cooperation – not conflict. While some microorganisms are villains, others, termed probiotics, can and do play a very beneficial role in maintaining health. Intestinal probiotics, particularly bacteria, play an important role in determining the

digestive mechanisms and general health of all animals, humans included. In essence, just about anything that changes the natural, quiescent, homeostatic state can create stress, disrupting gastrointestinal flora. Probiotics (pro-life), as opposed to antibiotics (anti-life), can enhance the immune system, inhibit pathogens, decrease disease recovery time, and create an overall improvement in health. (For more detailed information see Rationale For Probiotics.)

Suggestions for Use:

Whole Food Concentrate can be used in a wide variety of ways. When

Calories per teaspoon (3.5 grams)		% Calories
Protein	2.71	24.30%
Fat	1.16	10.40%
Carbohydrates	7.30	65.40%
Total calories per teaspoon (Based on Dry Matter Analysis)		11.17
Total (when eaten)		10.05

Figure 3.

used in small amounts, it will take on the flavor of any food. To achieve maximum benefit from Whole Food Concentrate, it should be consumed uncooked. It can therefore be added to juices, shakes, cereals, or atop any uncooked dish. However, it may also be added to cooked dishes including cooked cereals, casseroles, sauces, breads, cakes, and muffins. If possible, add once dish has cooled.

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.

Whole Food Concentrate™ Nutrient Profile			
Nutrient	Quantity	Nutrient	Quantity
Protein	22.10%	Sodium	0.10%
Fiber	9.60%	Sulfur	0.30%
Ash	4.80%	Iron	116.6 mg/kg
Fat	3.90%	Zinc	16.6 mg/kg
Vitamin A	1198 IU/gram	Copper	7.0 mg/kg
Vitamin D	0.02 IU/gram	Manganese	18.8 mg/kg
Vitamin E	40.3 mg/kg	Selenium	1.0 mg/kg
Thiamin	13.4 mg/kg	Iodine	4.1 mg/kg
Riboflavin	7.8 mg/kg	Cobalt	0.1 mg/kg
Niacin	50.1 mg/kg	Arginine	0.60%
Pyridoxine	5.4 mg/kg	Tryptophan	0.10%
Folic Acid	0.6 mg/kg	Lysine	0.50%
Vitamin B ₁₂	0.2 mg/kg	Methionine	0.20%
Pantothenic Acid	116.6 mg/kg	Cystine	0.10%
Choline	738.7 mg/kg	Phenylalanine	0.40%
Biotin	0.2 mg/kg	Tyrosine	0.30%
Vitamin C	544.9 mg/kg	Histidine	0.20%
Calcium	0.20%	Isoleucine	0.40%
Phosphorous	0.70%	Leucine	0.70%
Magnesium	0.10%	Threonine	0.40%
Potassium	0.90%	Valine	0.50%

Figure 4.

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7550 Eastman Avenue
Midland, MI 48642
www.wysong.net
wysong@wysong.net