

TECHNICAL DATA SHEET

INGREDIENTS:

Body Balance is a whole food supplement drink and anti-oxidant in a base of aloe vera with a blend of nine different sea vegetables. It contains black cherry concentrate, for flavoring, plus a trace of raw honey. Body Balance combines over 121 vital nutrients including all the essential vitamins, 10 macro minerals, 64 trace minerals, 22 amino acids, three essential fatty acids and seven enzymes.

Body Balance even contains fiber. No chemical preservatives are added. To help preserve the natural nutrients and vitamin complex, ingredients from phosphates, lemon-lime juice and blueberries are added. After opening, it needs to be refrigerated. The shelf life is approximately nine months.

ALOE VERA—revered for its cleansing and regeneration properties. An excellent source of vitamins B1, B2, B6, C, niacinamide, choline and 18 amino acids, Aloe Vera is also one of the rare vegetable sources of vitamin B12. We use whole leaf cold-processed Aloe Vera that is certified by the International Aloe Science Council.

BLACK CHERRY—used to soothe respiratory and other ailments. Recent studies suggest it reduces uric acid levels associated with gout.

9 FULLY-RIPENED SEA VEGETABLES—(Fucus Gardneri, Ulva Lатуca, Alaria Valida, Nereocystis Luetkeana, Laminaria, Ulva Linza, Figarina, Costaria Costata, Phodymenia Pertusa) harvested from the pristine waters of the Arctic in an area referred to as the “Regeneration Zone,” some 200 feet below the ocean surface. Free from herbicides, pesticides and heavy metal contamination, these areas are in a constant state of nutrient enrichment.



Nutrition Facts

Serving Size: 2 tbsp. (30 ml)

Servings per container: varies

Amount per serving	
Calories 10	Vitamin A 135% • Vitamin C 325%
%DV*	Calcium 120 mg 15% • Iron 1.65 mg 16.5%
Total Fat 0 g 0%	Vitamin D 400 IU 200% • Vitamin E 10.4 IU 130%
Saturated Fat 0g 0%	Vitamin K 18mcg 30% • Vitamin B-1 (Thiamin) 2 mg 200%
Cholesterol 0 mg 0%	Vitamin B-2 (Riboflavin) 2.04 mg 170%
Sodium 0 g 0%	Vitamin B-6 (Pyridoxine) 2 mg 125% • Iodine 195 mcg 130%
Potassium 180 mg 5%	Vitamin B-12 (Cobalamin) 3 mcg 150%
Total Carbohydrate 7 g 2%	Magnesium 75mg 30% • Zinc 4.2 mg 35%
Dietary Fiber 0.5 g 20%	Copper 750 mcg 50% • Manganese 6.8 mg 340%
Sugars 0 g 0%	Selenium 50mcg 100% • Phosphorus 80 mg 10%
Protein 0 g 0%	Not a significant source of calories from fat, saturated fat, and cholesterol.

* Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your specific calorie needs.

PRODUCT SPECIFICATIONS

PRODUCT NUMBER	LF160	LF130	LF135	LF142	LF140
DESCRIPTION	Samples	15-day supply	60-day supply	30-day supply	60-day supply
QUANTITY	8oz/227g	quart/.95liter	4 quarts	1/2 gal/1.9liters	1 gal/3.8liters

BODY BALANCE

1





TECHNICAL DATA SHEET

NUTRITIONAL INFORMATION PER OUNCE

All nutrients occur naturally; nothing is added or subtracted. Percent daily values are based on a 2,000 calorie diet. Your daily values may vary higher or lower depending on your calorie needs.

V i t a m i n s	DESCRIPTION	AMOUNT	PERCENT
	Vitamin A (Carotenoids)	6,750 IU	135%
	Vitamin B1 (Thiamin)	2.00 mg	200%
	Vitamin B2 (Riboflavin)	2.04 mg	170%
	Vitamin B6 (Pyridoxine)	2.00 mg	125%
	Vitamin B12 (Cobalamin)	3 mcg	150%
	Vitamin C	195 IU	325%
	Vitamin D	400 IU (5 mcg)	200%
	Vitamin E	10.4 IU	130%
	Vitamin K	18 mcg	30%

**All other vitamins are present in trace amounts.*

a m i n o a c i d s	DESCRIPTION	AMOUNT
	Alanine	381 mg
	Arginine	22 mg
	Aspartic Acid	544 mg
	Cystine	20 mg
	Glutamic Acid	769 mg
	Glycine	316 mg
	Histidine	42 mg
	Isoleucine	194 mg
	Leucine	484 mg
	Lysine	133 mg
	Methionine	139 mg
	Phenylalanine	282 mg
	Proline	422 mg
	Serine	14 mg
	Threonine	127 mg
Tryptophan	10 mg	
Valine	346 mg	

**All other amino acids are present in trace amounts.*

ESSENTIAL FATTY ACIDS

Each serving contains:

- Linoleic Acid and Arachidonic Acid from the Polyunsaturated Omega 6 family of Essential Fatty Acids in trace amounts.
- Alpha Linolenic Acid from the Super-unsaturated Omega 3 family of Essential Fatty Acids in trace amounts.

TECHNICAL DATA SHEET



macro minerals	DESCRIPTION	AMOUNT	PERCENT
	Calcium	120 mg	15%
	Copper	750 mcg	50%
	Iodine	195 mcg	130%
	Magnesium	75 mg	30%
	Manganese	6.8 mg	340%
	Phosphorus	80 mg	10%
	Potassium	160 mg	5%
	Selenium	50 mcg	100%
Zinc	4.2 mg	35%	

micro & ultra trace minerals	Aluminum	Antimony	Arsenic	Barium	Beryllium
	Bismuth	Boron	Bromine	Cadmium	Carbon
	Cerium	Cesium	Chlorine	Chromium	Cobalt
	Dysprosium	Erbium	Europium	Fluorine	Gadolinium
	Gallium	Germanium	Gold	Hafnium	Holmium
	Indium	Iridium	Lead	Lithium	Lanthanum
	Lutetium	Niobium	Osmium	Palladium	Platinum
	Praseodymium	Rhenium	Rhodium	Rubidium	Ruthenium
	Samarium	Scandium	Silicon	Silver	Sodium
	Strontium	Sulfur	Tantalum	Tellurium	Terbium
	Thallium	Thorium	Thulium	Tin	Titanium
	Tungsten	Vanadium	Ytterbium	Yttrium	Zirconium

enzymes	DESCRIPTION	QUANTITY
	Amylase	600 IU
	Bromelain	220 IU
	Lipase	320 IU
	Pancreatin	200 IU
	Papain	50 IU
	Pepsin	400 IU
Ptyalin	30 IU	

Additional enzymes present in amounts less than 10 IU.

Suggested Use of Body Balance:

2 ounces (57g) per day for 30 days. Then one ounce (28g) daily per 100 pounds of body weight. Body Balance also contains .05 grams of fiber.

VITAMIN CHART

VITAMIN	FUNCTIONS	NATURAL SOURCES	SIGNS OF DEFICIENCY
A	Needed for normal retinal function growth of bone and new cell growth; essential for healthy hair/skin/nails and ovarian and testicular function; serves as a co-enzyme.	Colored vegetables, dairy products, cantaloupe and carrots; organ meats (liver, kidney, beef).	Night blindness, increased susceptibility to infections, respiratory infections, dry skin and brittle hair.
Carotenoids (includes Beta Carotene)	Precursor of Vitamin A – the skin stores Beta Carotene and converts it to Vitamin A when needed; helps the eyes adapt to darkness; antioxidant that protects against free radicals.	Dark leafy green vegetables, yellow and orange vegetables and fruits, including peppers, squash, spinach and honeydew melons.	Night blindness, heart problems, high cholesterol, constant infection, wounds that won't heal and yeast infections.
B1 Thiamine	Serves as a facilitator in the conversion of sugar and starch into energy. All B vitamins help maintain a healthy nervous system.	Brewers yeast, rye and whole wheat, flour, beans, seeds and brown rice.	Beriberi, loss of appetite, fatigue, digestive disorders, skeletal problems, mental and nervous disorders.
B2 Riboflavin	Promotes healthy skin, hair, nails and mucous membranes; aids the production of red blood cells and thyroid hormones; aids in proper function of the nerves, eyes and adrenal glands.	Lean organ meats, cheese, yogurt, eggs, almonds, soybean products such as tofu and green leafy vegetables.	Acne and other skin problems, depression, light-sensitive eyes and dizziness.
B3 Niacin	Aids in release of energy from foods; builds red blood cells; synthesizes hormones; maintains skin, nerves, and blood vessels; supports the gastro-intestinal tract; stabilizes mental health.	Liver, poultry, lean meats, fish, nuts, peanut butter, whole wheat, avocados, dates, figs and prunes.	Depression, high cholesterol, muscle weakness, general fatigue, loss of appetite and dry or coarse skin.
B5 Pantothenic Acid	Acts as a co-enzyme in metabolism of carbohydrates, protein and fat; makes antibodies and neurotransmitters; when applied topically, it relieves pain of burns and cuts.	Organ meats, dark turkey meat, salmon, wheat bran, brewers yeast, brown rice, lentils, nuts, beans and sweet potatoes.	Slow-healing wounds and immune problems.
Pyroxidine	Supports immune function, nerve-impulse transmission (especially in the brain), energy metabolism and red blood cell synthesis.	Brown rice, lean meats, poultry, fish, bananas, avocados, whole grains, corn and nuts.	Carpal tunnel syndrome, depression, fatigue, immune problems, PMS and skin problems.
B12 Cobalamin	Acts as a co-enzyme for normal DNA synthesis; promotes normal fat, carbohydrate and protein utilization; promotes growth and cell development; aids in neural transmission.	Vitamin B12 is not normally produced by plants. However, the aloe vera in Body Balance is a rare exception.	Anemia, profound fatigue, depression, nausea, yellow eyes/skin, shortness of breath, dementia, bleeding gums.

CONTENTS FOUND IN BODY BALANCE

VITAMIN CHART

VITAMIN	FUNCTIONS	NATURAL SOURCES	SIGNS OF DEFICIENCY
Orotic Acid	Metabolizes folic acid and Vitamin B12; prevents certain liver problems and premature aging; aids in the treatment of multiple sclerosis.	Root vegetables, whey and the liquid portion of soured or curdled milk.	Liver disease, premature gray hair and wrinkled skin.
B15 Pangamic Acid	Antioxidant; extends cell life span; neutralizes alcohol cravings; lowers blood cholesterol levels; aids in protein synthesis; simulates immune responses; benefits circulation and breathing.	Dark leafy green vegetables, yellow and orange vegetables and fruits, including peppers, squash, spinach and honeydew melons.	Night blindness, heart problems, high cholesterol, constant infection, wounds that won't heal and yeast infections.
H Biotin	Part of the B-Complex vitamins; helps convert food to energy and is required for the synthesis of carbohydrates, proteins and fatty acids; important for healthy hair, skin and nails.	Cheese, kidneys, salmon, soybeans, sunflower seeds, nuts, broccoli and sweet potatoes.	Fatigue, hair loss, muscle pains, depression, loss of appetite and skin disorders.
C Ascorbic Acid	Necessary for collagen formation and tissue repair; an antioxidant; needed for metabolism of folic acid and iron; strengthens blood vessels; helps heal infections and reduces allergic reactions.	Many fruits and vegetables, especially citrus.	Scurvy, easy bruising, nosebleeds, slow healing of wounds and frequent infections.
Choline (Part of the B Complex)	Precursor to acetylcholine, a neurotransmitter involved in memory and thought processes; aids in nerve transmission, utilization of fat and hormone production; aids urinary system.	Egg yolk, legumes and whole grain cereal.	Memory problems, depression, aggressive and compulsive behaviors, Parkinsons Disease and Alzheimers Disease.
D Calciferol Viosterol	Promotes healthy bones and teeth by regulating the absorption and balance of calcium and phosphorus, while fostering normal muscle contraction and nerve function.	Fatty fish (such as herring, salmon and tuna), dairy products and sunlight.	Rickets, bone disorders, psoriasis, and weak muscles.
E Tocopherol	Required for proper function of the immune and endocrine systems and sex glands; anti-oxidant-prevents free radical damage to cells and tissues; deters atherosclerosis; heals wounds.	Wheat germ, soybeans, most vegetable oils, raw seeds and nuts, leafy greens, eggs, meat, beef liver, milk and legumes.	Arthritis, heart disease, skin problems, wounds, poor circulation, leg cramps and decreased sexual performance.
F Unsaturated Fatty Acids	Aids in preventing cholesterol deposits in the arteries; promotes healthy skin and hair; combats heart disease; aids in weight reduction by burning saturated fats.	Vegetable oils, wheat germ, linseed, sunflower, safflower, soybean and peanut oils, as well as nuts.	Arteriosclerosis, overweight and depression.

CONTENTS FOUND IN BODY BALANCE

VITAMIN CHART

VITAMIN	FUNCTIONS	NATURAL SOURCES	SIGNS OF DEFICIENCY
Folic Acid (Part of the B Complex)	Acts as co-enzyme for DNA synthesis; promotes normal red blood cell formation; functions as a co-enzyme in amino acid and nucleo-protein synthesis; prevents birth defects.	Deep green leafy vegetables, carrots, torula yeast, liver, egg yolk, cantaloupe, apricots, pumpkins and avocados.	Red blood cell disorders, irritability, lack of energy, diarrhea, sleeping difficulties and birth defects.
Inositol (Part of the B Complex)	Helps lower cholesterol levels, aids in fat/cholesterol metabolism. Beneficial for hair/skin/nails; calms the nervous system; aids in redistribution of body fat; helps prevent eczema.	Liver, brewers yeast, dried lima beans, beef brains and heart, cantaloupe, grapefruit, raisins, wheat germ, peanuts and cabbage.	High cholesterol, eczema, difficulty with fatty foods and forgetfulness.
K Menadione	Needed in a small but critical amount to form essential proteins, mainly for blood clotting but also for kidney function and bone metabolism; needs dietary fat for proper absorption.	Bacteria living in the intestines produce about half the bodys needs; dark leafy vegetables, beef liver, cheese and oats.	Blood won't clot normally and greater risk of osteoporosis.
PABA (Part of the B Complex)	Works as a coenzyme for the breakdown and utilization of proteins; helps bacteria in intestines to produce folic acid; aids in red blood cell production; antioxidant; benefits skin/hair.	Liver, kidney, brewers yeast, wheat germ, molasses and whole grains.	Premature aging and skin sensitivity.
Bioflavonoid	Helps maximize the benefits of Vitamin C by inhibiting its breakdown in the body; strengthens capillary walls; helps build resistance to infection; aids in healing bleeding gums and nose bleeds.	Fatty fish (such as herring, salmon and tuna), dairy products and sunlight.	Rickets, bone disorders, psoriasis and weak muscles.
T	Helps in blood coagulation and the forming of platelets.	Sesame seeds and egg yolks.	Hemophilia and anemia.
U	It is believed to play a role in healing ulcers.	Raw cabbage.	Ulcers.

CONTENTS FOUND IN BODY BALANCE

MINERAL CHART

MINERAL	FUNCTIONS	FOOD SOURCES	SIGNS OF DEFICIENCY
Calcium	Essential for the growth and maintenance of bones and teeth; it enables muscles, including the heart, to contract; necessary for normal blood clotting and proper nerve-impulse transmission.	Dairy products, dark green leafy vegetables, sardines, salmon, soy and almonds.	Osteoporosis in adults; rickets in children; high blood pressure, heart disease and convulsions.
Chromium	Works with insulin to regulate the body's use of sugar and is essential to fatty-acid metabolism; contributes to metabolism making it beneficial for weight loss; lowers cholesterol and triglycerides.	Brewer's yeast, liver, lean meats, poultry, molasses, whole grains, eggs and cheese.	Diabetes, heart disease, hypoglycemia, alcoholism, protein and fat metabolism.
Cobalt	Helps in the formation of red blood cells and the maintenance of nerve tissue; necessary for the manufacture of vitamin B12 in the body.	Sea vegetables, liver, kidneys, milk, oysters or clams.	Anemia.
Copper	Aids in hemoglobin formation; facilitates the absorption/use of iron; assists in the regulation of blood pressure and heart rate; strengthens blood vessels, bones, tendons and nerves.	Seafood, organ meats, lentils, wheat germ, blackstrap molasses, some nuts, mushrooms and honey.	Cancer, heart disease, immune problems, low white blood cell count and bone demineralization.
Iodine	Needed by the thyroid glands/thyroid hormones; increases fat burning metabolism; promotes healthy hair, skin, nails and bones.	Kelp, seafood and iodized salt.	Goiters and skin problems.
Iron	Needed in the manufacture of myoglobin and hemoglobin (the oxygen-carrying compounds found in blood) and enzymes involved in energy metabolism.	Red meat, chicken, seafood, dark green vegetables, whole grains, nuts and dried fruits.	Iron-deficiency anemia, fatigue and reduced resistance to infection.
Magnesium	One of the main ingredients in bone; helps prevent and eliminate osteoporosis; helps regulate nerve and muscle activity; needed by all cells; helps prevent cardiovascular disease.	Fish, green leafy vegetables, milk, nuts, seeds and whole grains.	Heart disease, menstrual problems and muscle cramps.
Manganese	One of the main ingredients in bone; helps prevent and eliminate osteoporosis; helps regulate nerve and muscle activity; needed by cells; helps prevent cardiovascular disease.	Lean meats, raw vegetables, fruits (citrus, bananas and avocados) and potatoes.	Heart disease, high blood pressure, edema, muscular weakness and paralysis.

CONTENTS FOUND IN BODY BALANCE AND OSTEOPROCARE

MINERAL CHART

MINERAL	FUNCTIONS	FOOD SOURCES	SIGNS OF DEFICIENCY
Molybdenum	Helps generate energy and process wastes for excretion; essential to normal development of the nervous system; ingredient in tooth enamel; helps prevent tooth decay.	Peas, beans, cereals, pastas, green leafy vegetables, yeast, milk and organ meats.	Cancer, tooth decay and sulfite sensitivities (sulfites are found in wines and restaurant salad bars).
Phosphorus	Found in every cell; key element in cell reaction; essential for the structure of bones and teeth; stimulates muscle contraction and contributes to tissue growth and repair.	Meat, dairy products, beans, peas, cereals, poultry and grains.	Fatigue, fractures, weakness and loss of calcium.
Potassium	Major mineral in body cells; regulates body water balance, nerve function and many cell reactions.	Lean meats, raw vegetables, fruits (citrus, bananas and avocados) and potatoes.	Heart disease, high blood pressure, edema, muscular weakness and paralysis.
Sulfur	Helps regulate blood sugar levels and blood clotting; essential for healthy hair, skin and nails; helps maintain oxygen balance for brain function.	Meat, fish, poultry, dairy products, peas and beans.	Toxic exposure.
Selenium	Important antioxidant; functions in close association with Vitamin E.	Seafood, meats and grains.	Anemia, arthritis, cancer, heart disease and immune problems.
Vanadium	Lowers blood sugar levels; inhibits tumor development; contributes to cholesterol metabolism and hormone production.	Whole grains, nuts, root vegetables, liver, fish and vegetable oils.	Cancer, diabetes and high cholesterol.
Zinc	Needed in the structure of cell enzymes; a factor in enzymes involved in digestion; plays a role in prostate health; aids in wound healing.	Widely distributed in food, especially pumpkin and sunflower seeds.	Growth failure, infertility, delayed wound healing and prostate problems.

CONTENTS FOUND IN BODY BALANCE AND OSTEOPROCARE

AMINO ACID CHART

AMINO ACID	MAJOR FUNCTIONS
Alanine	Helps the body synthesize pantothenic acid (vitamin B5).
Arginine	Used to treat excess ammonia in the blood because of liver disease; stimulates Human Growth Hormone (HGH).
Asparagine	Acts like a drug that promotes the release of urine; found in many proteins in the body.
Aciaspartic	Helps detoxify liver; may increase stamina and resistance to fatigue.
Carnitine	Helps the body produce energy from food.
Cysteine	An important source of sulphur for many body functions.
Glutamine	Affects mental processes and mental health. Also, facilitates energy production.
Glycine	Found in many animal and plant proteins; necessary for muscle contraction; helps build muscle tissue.
Histidine	Found in histamine (a vasodilator); aids in the production of gastric juices; affects digestion.
Isoleucine*	Necessary for proper growth in infants and nitrogen balance in adults; essential for hemoglobin formation.
Leucine*	Affects blood sugar levels; essential for optimal growth in infants and nitrogen balance in adults.
Lysine*	Promotes growth, tissue repair, production of antibodies, hormones (particularly HGH) and enzymes.
Methionine*	Used in the treatment of liver disease.
Ornithine	Promotes production of HGH.
Phenylalanine*	Induces significant increases in nor-epinephrine, dopamine and epinephrine.
Proline	A constituent of collagen; helps heal cartilage; improves skin texture.
Serine	Affects metabolism.
Taurine	Regulates nervous system and muscles.
Threonine*	Helps maintain protein balance.
Tryptophan*	Is the base of serotonin and niacin; affects mood, ability to sleep; produces B Complex vitamins.
Tyrosine	Is the base for melanin, making the color of the skin and several hormones; affects mood.
Valine*	Acts as a stimulant.

* Essential amino acids: Humans cannot manufacture these; they must be obtained from the foods we eat.

CONTENTS FOUND IN BODY BALANCE and SUNRISE

Amino Acid: An organic compound necessary for forming peptides and proteins themselves. Digestion releases the individual amino acids from food. More than 100 amino acids are found in nature, but only 22 occur in animals. In humans, eight are essential for life. (*Mosby's Medical Encyclopaedia*).

SOURCES: John R. Holum, *Fundamentals of General, Organic and Biological Chemistry*, 3rd edition, John Wiley & Sons, 1986.
 "More Amazing Aminos," *Nutrition News*, Riverside, California, 1991.
 John H. Jeffries, "Preventing Disease," *Total Health*, June, 1989; 14-7.
 Webster's College Dictionary, Random House, 1991.
 Mosby's Medical Encyclopaedia, The Learning Company.