

Absorption and your health

At Health 4 All we believe "You are what you can absorb".

The key to getting the benefits from your food is being able to digest and absorb the vital nutrients they contain. Through increased bioavailability, MegaOmega™ Organic Sprouted Flax ensures you get all the health benefits long associated with flax.

Research proves flax has the strong ability to support a healthy heart and cardiovascular system, reduce cholesterol and high blood pressure, and help support blood sugar, intestinal and overall hormonal balance. Just 10 grams (1 tablespoon) a day of MegaOmega™ Organic Sprouted Flax Powder can help improve your overall health and well-being.

Health 4 All is dedicated to functional food products - products that provide essential fatty acids, digestive enzymes, phytonutrients, vitamins and minerals without sacrificing taste or texture.

We are a science-based company. Our product claims are based on our own findings and research found in peer-reviewed medical journals. These findings are the result of years of scientific research by medical and nutritional experts across the globe, specifically surrounding the health and nutritional benefits of the ingredients we chose.

While the benefits of raw flax, milled flaxseed and flax oil have been well documented and accepted by the scientific community, the additional benefits of sprouted flax are only now being understood.

Sprouted flax is at the forefront of health and nutrition research. This research has resulted in pending patents specific to the germination, drying and milling of sprouted seeds and grains.

The unique process stabilizes the essential fatty acids (EFAs) in flax. In shelf stability testing at room temperature, sprouted flax showed no sign of rancidity for over four years! Studies confirmed there was no reduction in taste quality, unheard of with any other milled flax or flax oil product. The germination process also results in increased enzymes, lignans, vitamins and minerals; all of which are maintained throughout drying and milling.

We are extremely proud of MegaOmega™ Organic Sprouted Flax. It is pleasant tasting, easily incorporated into your diet, shelf stable and, best of all, extremely good for you.

Diet - a four letter word

Experts agree, DIETS DON'T WORK! And statistics are proving it. One in every two Americans is overweight, and one in every three is obese.

Dieting not only slows down your metabolism, making it increasingly difficult to lose weight but it also takes a psychological toll, with each failure leading to guilt and sadness.

Good nutrition and exercise are key to a healthy lifestyle. Being overweight is not just about looks, it's about the impact your weight has on your overall health. With increased weight you are more susceptible to diabetes, heart disease, high cholesterol, high blood pressure, stroke, cancer, gall bladder disease, gallstones, depression, malnutrition, poor memory, respiratory problems, liver disease, immune dysfunction, menstrual irregularities, infertility, complications of pregnancy, osteoarthritis and psychological complications.

Essential fatty acids (EFAs) are required in the human diet because the body cannot manufacture them from the foods we eat. EFAs are required by every cell in your body to maintain the cell's membrane integrity. EFAs are the raw ingredients in the structure of the eyes, ears, brain, adrenal and sex glands, and are required for proper infant growth and development.

Without an adequate supply of EFAs, our fat-burning ability stops. EFAs increase the overall amount of oxygen utilized by cells to produce energy. The more oxygen we transport to our cells, the more efficient our metabolism and the faster we burn fat. EFAs increase the metabolic rate and insulin efficiency. Unwanted storage of body fat can be greatly reduced by making EFAs our main dietary source of fat.

The North American diet has shown a dramatic decrease in the consumption of Omega-3 essential fatty acids, while the consumption of Omega-6s have increased. Researchers believe that Omega-3 EFAs should outnumber Omega-6s, but this is not the case. Too low of an Omega-3 EFA to Omega-6 ratio can decrease the efficiency of your bodies use of Omega-3 EFAs, leading to poor metabolism and overall health.

MegaOmega™ Organic Sprouted Flax is the preferred source of EFAs. The ratio of Omega-3 EFAs to Omega-6s is made even better during the sprouting process. Due to a remarkable increase in enzymes, MegaOmega™ Organic Sprouted Flax is highly bioavailable, so you can absorb all of the nutritional benefits of flax.

The Unfair Comparison

Comparing MegaOmega™ Organic Sprouted Flax to any other flax product is an unfair comparison. MegaOmega™ Organic Sprouted Flax is superior in every category.

Enzymes	% Increase
Amylase	+ 28%
Lipase	+ 322%
Cellulase	+ 700%
Protease	+ 860%
Vitamins	% Increase
B2	+ 74%
B3	+ 21%
B5	+ 14%
B6	+ 33%
B12	+ 120%
Beta-Carotene	+ over 1000%
Biotin	+ 483%
C	+ 925%
Choline	+ over 1000%
E	+ 9660%
Folic Acid	+ 273%
Lipids	% Increase or Decrease
Polyunsaturated Fat	+ 4%
Monounsaturated Fat	- 12%
Saturated Fat	- 9%
Omega-3 EFA	+31%
Lignans	% Increase
Lignans	+ 14%
Protein	% Increase
Protein	+ 25%
Amino Acids	% Increase
Alanine	+ 161%
Arginine	+ 122%
Aspartic Acid	+ 124%
Cystine	+ 218%
Glutamic Acid	+ 113%
Glycine	+ 105%
Histidine	+ 136%
Isoleucine	+ 145%
Leucine	+ 128%
Lysine	+ 130%
methionine	+153%
Phenylalanine	+ 128%
Proline	+ 553%
Serine	+ 143%
Threonine	+131%
Tryptophan	+130%
Tyrosine	+225%
Valine	+237%

**The statements contained in this document have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure or prevent any disease.

MegaOmega™ Organic Sprouted Flax

High Lignan High Omega 3 EFA

COR
18

Parve

GMO


Health 4 All
ESSENTIAL FATTY ACIDS

2500mg Omega 3 125mg Lignans

Flax

Research has confirmed what has been known for centuries - flax is an outstanding nutritional food that plays an important role in the prevention and treatment of many chronic illnesses and diseases.

What is not so well known is that flax seeds can be difficult to digest, thus their nutrients poorly absorbed. Flax has natural inhibitors to prevent digestion. This means the seed can be eaten, pass through the body and still grow into a plant. Contrary to popular belief, you cannot overcome this by milling or grinding raw flax seeds.

Sprouting the seed increases its enzymes and starts the seed on its way to becoming a plant. When the seed begins to sprout the natural inhibitors that protect it from digestion are no longer present.

The seed is biologically activated when it is sprouted. All of the plant proteins, oils, starches and vitamins are now bioavailable for human digestion, resulting in better nutritional absorption. Sprouting is the only way to increase the vitamin, mineral and lignan content of flax and naturally stabilize the Omega-3 and other essential fatty acids.

Milled flax seeds and flax oil are not stable and require special packaging and storage to prevent rancidity. Sprouting creates a stable product which does not require refrigeration or vacuum-sealed packaging. MegaOmega™ Organic Sprouted Flax is an extremely potent food source that, when eaten daily, will enhance your digestive, circulatory, nerve, organ, immune and brain function, as well as provide overall support for the body and protect against disease.

This unique product has patents pending in Canada, the United States and Europe. The innovative technology used by Health 4 All ensures that MegaOmega™ Organic Sprouted Flax has active enzymes, resulting in the highest bioavailability of any flax product currently on the market.

Beautiful (nutritious and healthy) Berries

Get all the benefits of our sprouted flax plus the nutritional powerhouse of natural blueberries. Every pound of MegaOmega™ Organic Sprouted Flax with blueberries begins with one pound of fresh low-bush blueberries. Our blueberries are gently dried at low temperatures to preserve all of the berry's natural constituents.

This combination is not only great-tasting (slightly sweet), but scientific studies and published research indicate that flax and blueberries help regulate free radicals, ridding the body of harmful toxins, and can play an important role in assisting to prevent numerous health conditions.

Dormant enzymes come alive and are activated only when flax is sprouted.

Enzymes are the nutrients and biological catalysts that aid in the elimination of toxins, construction of new tissue, nerve cells, muscle, bone, skin and glandular tissue.

Every single system of your body from the brain to muscles, nervous system, vascular system, growth, cell reproduction, immunity, antioxidant defense and digestive systems depend upon enzymes.

Our capacity to produce enzymes is limited and as we age, our body becomes increasingly unable to produce enzymes. This general decline in enzyme activity in our body is a fundamental cause of aging.

Without sufficient enzymes you will begin to suffer from poor digestion, premature aging, joint stiffness and decreased energy levels.

Metabolic enzymes run your body and require fat, proteins and carbohydrates to continuously make repairs. A shortage of metabolic enzymes can jeopardize your health.

Digestive enzymes help with the assimilation of proteins, carbohydrates and fat. If the food we eat does not provide enzymes (packaged and processed foods have no enzymes) to assist with digestion our body's digestive enzymes must carry the complete load, overburdening them and depleting our limited enzyme resources.

There is no food on the planet higher in enzymes than sprouted seeds. Enzyme rich MegaOmega™ Organic Sprouted Flax leads to heightened enzyme activity in the body, and then regeneration of the bloodstream. Consuming food rich in enzymes allows the body's metabolic enzymes to help prevent disease and maintain health rather than aid in digestion.

Get all the benefits of our sprouted flax plus the nutritional powerhouse of unsweetened cranberries. Every pound of MegaOmega™ Organic Sprouted Flax with cranberries begins with one pound of fresh cranberries. Our cranberries are gently dried at low temperatures to preserve all of the berry's natural constituents.

This combination is not only great-tasting (slightly tart), but scientific studies and published research indicate that flax and cranberries help combat harmful bacteria and regulate free radicals, ridding the body of harmful toxins, and can play an important role in assisting to prevent infections and numerous health conditions.

Enzymes

Omega-3

Omega-3 essential fatty acids are "good fats" you require for healthy cell construction. The human body cannot produce essential fatty acids.

Today's diet is severely lacking in these important Omega-3 essential fatty acids. When we ate animals that grazed naturally, Omega-3 essential fatty acids were readily available. Now that animals are raised on grains it has become more difficult to get Omega-3 essential fatty acids, which are vital for good health.

Recent studies suggest the Omega-3 essential fatty acids in flaxseed may reduce risk factors for coronary heart disease by reducing serum triglycerides and blood pressure.

These healthy fats may also protect against stroke by regulating platelet aggregation and blood clotting. The blood regulating capabilities of Omega-3s (linolenic acid) prevent spontaneous blood clots, caused by an excess of fatty acids from refined polyunsaturated oils.

Omega-3's may be beneficial to not only prevent cardiovascular disease, but also PMS, inflammatory, skin, emotional and mood disorders, as well as supporting early brain development.

Humans evolved on a diet with a ratio of omega-6 fatty acids (O6) to omega-3 essential fatty acids (O3) of 1:1. In modern Western diets this ratio now ranges from 15:1 to 16.7:1. Western diets are considered 'deficient' in O3 fatty acids because they contain excessive amounts of O6 fatty acids.

A very high O6:O3 ratio promotes disease, including cardiovascular disease, cancer, inflammatory and autoimmune diseases. Increased levels of O3, and thus a lower O6:O3 ratio, exerts suppressive effects on diseases. The benefits from increasing your O3 intake and reducing the O6:O3 ratio are astounding:

Significant decrease in cardiovascular disease, reduced cell proliferation in cancer patients, decreased cancer risk, reduced inflammation in patients with rheumatoid arthritis, and significant improvement in asthma patients.

Sprouted flax is the best plant source of Omega-3 essential fatty acids. **Taking just 10 grams (1 tablespoon) of MegaOmega™ Organic Sprouted Flax gives you an amazing 2500 mg of Omega-3 fatty acids, adjusting the O6:O3 ratio to 1:6.25. Now that's food for thought!**

For more information
www.Health4AllProducts.com

Sprouting results in a health product very different from raw or milled flax and flax oil.

Some of these changes include:

- Increased enzyme activity
- Increased Essential Fatty Acids (EFAs)
- Increased Vitamin C, E and Choline
- Increase Omega 3 Essential Fatty Acids
- Decreased O6:O3 ratio
- Increased lignan content
- Increased protein content
- Increase nutrient bioavailability
- Detoxification with no laxative effect, due to change in soluble to insoluble fiber ratio
- Stability at room temperature for over one year after opening
- Ease of use in baking with no bad flavour
- Pleasant taste and texture

MegaOmega™ Organic Sprouted Flax is the health product your body has been craving. You can now have a great tasting, nutritious product that your body can actually absorb. MegaOmega™ easy to incorporate into your everyday diet. Mixed in cereal, applesauce or yogurt, it's a great and nutritious way to start your day. Added to juice or your favorite smoothie, you have a powerful drink with an added health kick. Great for use in baking recipe's and a great addition to your favorite entrée.

Why would you ever consider buying other flax products when you can buy Organic MegaOmega™ Sprouted Flax?

MegaOmega™ Organic Sprouted Flax is available in:

- Plain** (flax's natural slightly nutty flavour)
- Blueberry** (slightly sweet taste)
- Cranberry** (slightly tart taste)

Give your body a MegaOmega™ boost!

Here's to your health!

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