

Genesis Super Food Mix.....by Paradise Distributors

Superfood	Other Nutrients	Minerals	Fibre	Antioxidant Rich	Vitamins	Your Benefits	Your Benefits	Your Benefits	Your Benefits			
Pepitas	Omega 3 & 6 Fatty Acids	Iron, Calcium, Magnesium	Fibre	Antioxidant Rich	B1, B2, B3, B5, B6, E, K, B9	Immune System Supplement	Sexual Wellbeing	Bone Health	High Protein Low Carb. Low GI Diet			
Hemp	Full spectrum of Amino Acids	Anti Inflammatory	Iron, Calcium, Magnesium, Potassium, Manganese & Zinc	Fibre	A, C, E, Folate	Eczema	Arthritis	Constipation	Cardiac Health	Pain Relief	Lowers Cholesterol	High Protein Low Carb. Low GI Diet
Sesame	Dopamine	Calcium, Magnesium, Potassium, Selenium & Cu	Fibre	A, B1, B3, B6 Folate Plus many Trace			Keeps Memory Sharp	Bone Health				Low Carb. Low GI Diet
Chia	Omega 3 Fatty Acids	Anti Inflammatory	Iron, Calcium, Phosphorous & Zinc	Fibre	Antioxidant Rich	B1, B2, B3				Pain Relief	Reduces Blood Sugar	High Protein Low Carb. Low GI Diet
Linseed	Omega 3 Fatty Acids	Anti Inflammatory		Fibre	Phytochemicals	Reduces the risk of certain Cancers	Improves Digestion	Cardiac Health		Pain Relief		High Protein Low GI Diet
Almond	Omega 3 Fatty Acids	Calcium, Magnesium & Potassium	Fibre	Antioxidant Rich	B1, B2, B3, B7, E, K, Folic Acid.	All Nutrients required for longer stonger Hair		Lowers Blood Pressure				High Protein Low Carb. Low GI Diet
Sunflower		Calcium, Iron, Magnesium, Potassium, Manganese, Phosphorous & Zinc			B1, B2, B3, B6, C, E, Pantothenic Acid			Lowers Blood Pressure		Lowers Cholesterol	Reduces Blood Sugar	High Protein Low Carb. Low GI Diet
Brewers Yeast		Selenium, Chromium	Fibre	Essential trace nutrient to balance blood sugar	B Complex Vitamins						Balances Blood Sugar	High Protein Low Carb. Low GI Diet
Cacao	Flavenoids	Magnesium, Iron		Antioxidant Rich		Stimulates and Relaxes		Cardiac Health				High Protein Low Carb. Low GI Diet
Wheat Germ	Anti Inflammatory	Magnesium, Potassium, Phosphorous, Zinc	Fibre	Antioxidant Rich	B1, E Folate.	Vit. E Protects brain cells, cell membranes etc from free radicals.				Pain Relief		
Psyllium	Bulking Agent fibre that binds with water.	Small amounts Calcium & Manganese	Fibre	The carbs are not digested by our body..means zero net carbs.		Relieves constipation diarrhoea and gut inflammation.	Aids weight loss as gives a fullness feeling	Cardiac Health	Lowers Cholesterol	Lowers post meal spike of blood sugar	Balances Blood Sugar	Low GI Diet
Lecithin	Choline Rich					Keeps Arteries clear of Plaque	Helps Brain Function	Lowers Blood Pressure	Lowers Cholesterol	Helps Digestion	Helps nervous system function	

Notes:

1/ Make sure you shake up the mix before using so that the finer ingredients are evenly distributed.

2/ Soak in water or milk etc for a few minutes before eating. Add fruit to flavour if you wish. Instead of soaking you can nutri blast it. Either way will make the omega 3 oils available.

3/ High Protein, Low Carb. Low GI Diet has health benefits for everyone. Especially the health compromised including those affected by Diabetes, Cancer. Also a great aid to losing weight.

4/ High Fibre Diets are closely linked to an improved metabolism and Heart & Bowel Health.

5/ Wheat Germ contains Gluten & Triglyceride.

Even though a small % of Wheat Germ in this mix we do not include for the gluten intolerant or Heart Patients. Please advise us.

