

# BIO COFFEE

"THE HEALTHIEST COFFEE IN THE WORLD"



## *Drink your vegetables*

**“Eat your vegetables”** is one of the tried-and-true recommendations for a healthy diet, and for good reason. Eating plenty of vegetables can help you ward off heart disease and stroke, control blood pressure, prevent some types of cancer, strengthen your immune system, and provide many other “lifesaving benefits.” However, if you are among the 9 out of 10 people who fail to eat at least 3-5 servings of GREEN vegetables every day, you clearly could use a convenient source of greens. Bio Coffee is that source! Bio Coffee contains wheatgrass, one of nature’s super foods, and consuming at least one cup of Bio Coffee per day can put you on the path to optimal health.

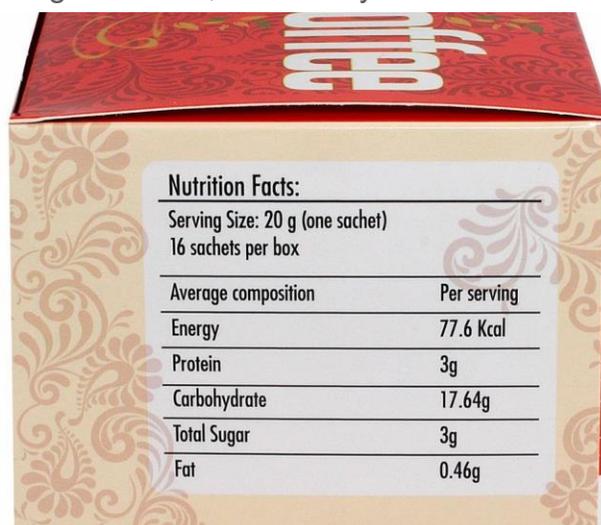
## *Green vegetables have a special ingredient*

**Green vegetables have a special ingredient that other vegetables do not – chlorophyll.** Chlorophyll is a green-pigmented molecule that allows plants to absorb energy from the sun and harness it for photosynthesis, the process of creating carbohydrates from water and carbon dioxide. You can find large amounts of chlorophyll in leafy vegetables and to a lesser extent in fruits. Consuming chlorophyll is the most direct way we can take a piece of the sun’s energy to fuel our bodies. According to “Encyclopedia of Natural Medicine,” chlorophyll can increase the quality and quantity of your red blood cells because the compound has a chemical composition very similar to hemoglobin. Hemoglobin is a molecule found in your red blood cells responsible for transporting oxygen. Increasing the number and quality of your red blood cells can result in better oxygen transportation. The young, green blades of the wheat grass plant are an abundant source of this molecule. This is one of the reasons wheatgrass is the key ingredient in Bio Coffee. Our blood carries life to the different parts of the body. Since we cannot process enough of the sun’s energy to sustain us, green vegetables, like the wheatgrass in Bio Coffee, take that energy and turn it into something we can ingest. This not only gives us the energy we need, but the increase in oxygen also helps rid us of the things that don’t. This is why we should have 3-5 servings of green vegetables every day - to keep a constant flow of vitamins, minerals and nutrients going in and waste going out.

**3-5 SERVINGS OF GREEN VEGETABLES IN EACH CUP OF BIO COFFEE**

## ***Prebiotics and Probiotics both play a vital in overall health***

Our foods and drinks should give the body what it needs and help us rid ourselves of what we don't. Prebiotics help the body absorb vitamins, minerals, and nutrients that we extract from our food. They're important because even if we eat foods that are good for us, if our body can't extract its nutrient value, we're just going through the motion. Probiotics help the body push out the excess or unusable parts of what we ingest. They're important because no matter how good something is for us, if it's not being used, it becomes waste and if we don't get rid of it, it quickly begins to work against our overall health. Bio Coffee comes packed with natural Pro & Prebiotics. In our quest to achieve optimum health, many of us spend a lot of money on buying Pre and Probiotics. Bio Coffee provides these all in your morning cup of Joe.



Nutrition Facts:	
Serving Size: 20 g (one sachet)	
16 sachets per box	
Average composition	Per serving
Energy	77.6 Kcal
Protein	3g
Carbohydrate	17.64g
Total Sugar	3g
Fat	0.46g

Bio Coffee Contains:

- Provides 3-5 servings of green vegetables in each cup
- Provides natural sources of Pre & Pro biotics
- Provides 6 g of fiber per cup
- Provides alkalinity

## ***Get a boost of energy without the 'crash'***

A lot of us associate coffee with energy because of the effect caffeine has on us. Caffeine puts us on a vicious cycle of depriving the body of the real things that cause energy boosts, that can be very difficult to break. Being nutrient deficient, caffeine strips the body of vitamins, minerals, and nutrients as it passes through our bodies. This is why we generally don't give it to children and pregnant or nursing mothers. Losing those vitamins and minerals can have damaging effects at crucial points in our lives. While stripping the body, caffeine makes the heart race as though you just ran a mile. This causes us to feel as if we have energy to take on the world. Once the heart rate slows down, our body then realizes that it has been robbed of the things it uses for energy. This causes us to have a sudden crash or feeling of energy depletion. Now that we can't stay awake let alone take on the world, we usually turn back to caffeine and start the whole process over again. Bio coffee provides energy by giving you an abundant supply of what the body actually uses for energy – vitamins, minerals and nutrients. It's as if you woke up, went to your nearest juice bar, ordered loads of natural proteins, vitamins and nutrients then combined it with something that actually satisfies your tastes buds. The result – natural energy without a crash later. Daily energy should not have to equal nutrient loss.

## ***An acidic environment promotes disease***



To maintain overall health, the blood should have a slightly alkaline pH of 7.3 – 7.45. Being naturally alkaline, green vegetables play a vital role in helping us maintain this level. An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease its ability to repair damaged cells, decrease its ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness. To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80%

alkaline forming foods and 20% acid forming foods. Bio Coffee provides one of nature's most alkaline vegetables, wheatgrass, in a soluble form so the body can absorb it. *Dr Otto Warburg won the Nobel Prize in Physiology or Medicine in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.* This is important because the typical American diet is far too high in acidic producing animal products like meat, eggs, and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like soft drinks and coffees that aren't Bio Coffee. Our bodies will openly welcome the nutrient value and the added alkalinity that Bio Coffee offers.

## ***High Fiber supports regularity***

A lot of us underestimate how much excess waste we hold on to. Did you know that if you don't move your bowels equivalent to the number of meals you have a day that you're considered constipated? If we eat 3 times a day but only move our bowels once a day, where do we think the rest of that is going? Burned off in our daily activities? – Not quite. Most people would be amazed to know how much waste we hold on to. Moving your bowels more frequently is the body's natural way of getting rid of that which it doesn't need and preventing further complications. When we retain more sugar than the body uses, sooner or later that build up causes sugar diabetes. When we retain more cholesterol than the body uses, sooner or later that build up causes us to have high cholesterol levels. When we retain more salt than the body uses, sooner or later that build up causes us to have high blood pressure. This is why at a certain age; our doctors almost force us to come in and have a colonoscopy. They need to find out how much we've been holding on to and what problems it's causing. We want our digestive systems to operate more like it did before when we were babies. Babies take what they need from what they eat and get rid of the rest. The lack of waste in their bodies causes them to be clean inside and out. As a result, their eyes are bright, clear, and healthy, their skin is soft and clear, their hair is strong and shiny and they're full of energy. Fiber helps stimulate peristalsis, a natural wave like motion that occurs in the colon, that helps us get rid of the excess waste that many of us carry around. ***Keeping our bodies clean should not be a once or twice a year detox.*** It should take place naturally, regularly and without discomfort or strain.

Just one cup of Bio Coffee provides 6 grams of fiber, 25% of the daily recommended amount. Take the 12 Day Challenge and get your fiber in with your warm morning delight.

# 12 DAY CHALLENGE (DRINK AT LEAST 1 CUP FOR 12 DAYS IN A ROW)

***Challenge yourself to make a change to live better***

Drink at least one cup of Bio Coffee for 12 days in a row, and watch the positive results come your way. Once you see and feel the difference in your body and the improved performance of your digestive system, drinking Bio Coffee will become more than a habit; it will become a way of life!



## FAQS

***Is Bio Coffee organic?***

Bio Coffee is 100% organic. The wheatgrass contained in Bio Coffee is organically grown and cultivated through the use of biotechnology. Our manufacturer's commitment to quality and excellence combined with our manufacturer who are one of the world's leading makers and suppliers of the finest herbs and nutritional supplements makes Bio Coffee a superb product. The high-quality Arabica instant coffee contained in Bio Coffee is made from prime washed, organically grown Arabica coffee beans. Treat yourself to a superior coffee that not only supports environmental health by the methods used to produce it, however, also supports the overall well-being of those who partake

## ***What makes Bio Coffee Alkaline?***

It's the key ingredient, Wheatgrass. Green vegetables in general can effectively neutralize acids in the body because they are rich in bicarbonates and other alkaline minerals like calcium, magnesium, manganese, and iron. Among all vegetables, Wheatgrass is hailed as the "King of Alkaline Foods."

In a study done in the Japan Analysis Center, the alkaline properties of Wheatgrass were compared to different alkaline foods such as lettuce, limes, tomatoes, bananas, celery, and spinach. The acid-neutralizing properties of wheatgrass ranked the highest at 66.4 megahertz, as compared to spinach which came in second place at 39.6 megahertz. Further analysis done on Wheatgrass revealed that it has high levels of bicarbonates, alkaline minerals, trace minerals and oxygen-rich chlorophyll which all effectively neutralize acids in the body. These alkalizing properties of wheatgrass have a lot to do with the many health benefits of Wheatgrass. What does this mean for you? Remember, an acidic environment promotes diseases, inflammation, including cancer, heart disease, arthritis, and respiratory disorders.

## ***I am diabetic, can I drink Bio Coffee?***

Yes, you can. Bio Coffee's key ingredient is Wheatgrass. The fiber in wheatgrass regulates absorption of sugar and cholesterol from food. This helps prevent a sudden rise in blood sugar levels which is commonly experienced by diabetics after a meal.

Wheatgrass contains high levels of Magnesium. Magnesium supplementation has been shown to improve insulin sensitivity. Based on current knowledge, magnesium repletion plays a role in delaying the onset of type 2 diabetes and in warding off its devastating complications -- cardiovascular disease, retinopathy, and nephropathy. The other nutrients found in Bio Coffee (various vitamins and minerals, such as vitamin A, B complex, C, E, K, calcium, iron, phosphorous, zinc, cobalt, and Sulphur) support energy levels and the overall health of diabetics.

## ***Is Bio Coffee a suitable product for Vegans? What are the ingredients?***

Yes. The four ingredients contained in Bio Coffee are high quality Instant Arabica Coffee (made from prime washed, organically grown Arabica coffee beans), Non-Dairy Creamer (glucoses syrup from tapioca starch & vegetable fat from palm kernel) Oligosaccharide (from chicory root) and Wheatgrass.

Bio Coffee is specially formulated for those who are looking to attain and maintain optimal health. Bio Coffee is organic, alkaline, full of fiber, and loaded with vitamins and minerals. Bio Coffee is packaged in individual sachets so that your busy lifestyle doesn't cause you to miss out on what your body needs. Bio Coffee provides nutrition that is accessible and convenient. Best of all, it tastes AMAZING

## ***An ingredient in Bio Coffee is Oligosaccharide... What is Oligosaccharide?***

Oligosaccharides are carbohydrates which have 3-10 simple sugars linked together. They are found naturally in many plants. Plants with large amounts of oligosaccharides include Chicory root, Jerusalem artichokes, onions, leeks, garlic, legumes, asparagus, and Wheatgrass. It is estimated that North Americans get about 1-3 grams naturally in their diets each day, while Europeans get 3-10 grams.

Recent interest has also been drawn to oligosaccharides because of an important characteristic. Almost 90% of oligosaccharides escape digestion in the small intestine then reaches the colon where it performs as a prebiotic. When oligosaccharides are consumed, the undigested portion serves as food for the intestinal microflora. Clinical studies have shown that oligosaccharides can increase the number of friendly bacteria in the colon while simultaneously reducing the population of harmful bacteria. A cup of Bio Coffee adds to your prebiotic intake.

### ***What is 'glucose syrup from tapioca starch'?***

The name "glucose" comes from the Greek word 'glukus' meaning sweet. The suffix "ose" denotes a sugar. The glucose syrup in Bio Coffee is extracted from tapioca starch, which comes from the cassava root. Tapioca starch is high in fiber, it is well known for its digestive benefits. Natural, unrefined sugars, like the tapioca starch are ideal for those looking to watch their sugar intake and avoid spikes in blood sugar levels.

### ***How does Bio Coffee assist with constipation?***

The tapioca starch (from the cassava root) and the palm kernel (from the edible seeds of the palm tree) are high in fiber and help keep foods moving through the digestive system. The oligosaccharides, which are extracted from the chicory root, are not only high in fiber, but a good prebiotic, which also aids in the prevention of constipation. Wheatgrass also works like a sponge in the digestive system expanding its size by collecting water and producing bulk. This stimulates intestinal movement (a wave-like motion called peristalsis) thereby promoting the elimination of waste (bowel movement). Together, these ingredients provide 6 grams of fiber in each cup. This equates to 25% of your recommended daily allowance. Foods high in fiber helps promote regularity in bowel movements.

### ***How much fiber is in one packet of Bio Coffee?***

Each sachet of Bio-coffee contains 6 grams of fiber. That is approximately 25% of the recommended daily amount.

### ***Why is Bio coffee in sachets?***

Sachets are used to package the coffee and to seal in the freshness without having to use any preservatives or artificial chemicals. The sachets protect the 4 ingredients from contamination and makes it easy and convenient to carry and consume wherever you go. They also make sure that the nutrient value is not lost to oxidation, so Bio Coffee is as effective as it is designed to be. The packaging ensures that Bio Coffee is truly 'The Healthiest Coffee in the World'.