



## Our ingredients include.....

### Butter

- Vitamin A - required for thyroid and adrenal gland health which play a role in maintaining proper functioning of the heart
- Selenium – boosts immunity
- Iodine - in a highly absorbable form
- Lecithin - essential for cholesterol metabolism
- Vitamin D - found in butter is essential for calcium absorption
- Wulzen Factor (anti-stiffness factor) - protects against calcification of the joints and prevents hardening of the arteries.
- Contains fat soluble vitamins A,D,E which are vital for fertility
- Vitamin K2 - for bone and tooth health
- Cholesterol - found in butterfat is essential to children's brain and nervous system development.1,2,3,4,5,6

### Organic Quinoa

- Contains the most protein of any grain and is a complete protein
- Fibre - has almost twice the fibre of other grains helping to reduce high blood pressure
- Calcium – required for bone health
- Iron - carries oxygen to the cells, aids in muscle contraction and increases brain function
- Magnesium - helps relax blood vessels, regulates body temperature, detoxification, energy production and transmission of nerve impulses
- Riboflavin (B<sub>2</sub>) – improves energy metabolism within the brain and muscle cells
- Manganese - helps prevent damage to mitochondria during energy production and is a powerful antioxidant that protects cells from free radical damage

### Organic Coconut –sulphur free (220)

- Fibre – lowers blood pressure, assists in digestion by adding bulk which helps move food through the digestive tract
- Lauric acid – for immunity, protection against various bacteria, fungi and viruses
- Manganese –supports the immune and nervous systems
- Potassium – along with sodium is essential for proper fluid balance, stabilizes blood sugar levels and blood pressure, maintains electrical conductivity in the brain
- Copper – important for the production of red blood cells and absorption of iron, prevents premature aging, boosts immunity, protects the sheath surrounding the nerves

### Dates

- Fibre in dates helps lower cholesterol, helps prevent LDL cholesterol absorption
- Iron – for healthy levels of oxygen in the blood
- Potassium – boosts nervous system, helps control blood pressure and heart rate, maintains optimal fluid balance, improves bone health and muscle strength, prevents muscle cramps
- Vitamins A, K and E – protect the eyes, skin and mucus membranes

### Organic Rapadura sugar – (unrefined sugar)

- Derived from the sugar cane plant ...it is dehydrated at a low heat so vitamins and minerals are retained

## References

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2. Enig MG and others. *Dietary Fat and Cancer Trends—A Critique*. Federation Proceedings, July 1978, 37:(9):2215- 2220.
3. M G Enig, et al, "Isomeric Trans Fatty Acids in the U.S. Diet," *J Am Coll Nutr*, 1990, 9:471-486.
4. van der Rhee HJ and others. *European Journal of Cancer* 42 (2006) 2222-2232.
5. Lauric Acid Weston A Price "Saturated Fat Does A Body Good"
6. Richards BJ. Monolaurin – A Natural Immune Boosting Powerhouse. [http://www.wellnessresources.com/health/articles/monolaurin\\_a\\_natural\\_immune\\_boosting\\_powerhouse/](http://www.wellnessresources.com/health/articles/monolaurin_a_natural_immune_boosting_powerhouse/) October 31, 2008.

### **Organic Vs Conventional Crops**

An international team of experts led by Newcastle University has shown that organic crops are up to 60% higher in a number of key antioxidants than conventionally-grown ones.

Analysing 343 studies into the compositional differences between organic and conventional crops, the team found that a switch to **eating organic fruit, vegetable and cereals – and food made from them – would provide additional antioxidants equivalent to eating between 1-2 extra portions of fruit and vegetables a day.**

*Source Information: "Higher antioxidant concentrations and less cadmium and pesticide residues in organically-grown crops: a systematic literature review and meta-analyses." Baranski, M. et al. British Journal of Nutrition.*

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