

In-Liven Superfood

Death begins in the colon” – Ilya Mechnikov – Nobel Laureate



In-Liven is a Super Food containing 18 Amino Acids, including the 8 essentials, significant enzymes, and a broad spectrum of essential nutrients. The formula contains the complete Lactobacillus Family: - acidophilus, delbruekii, caseii, bulgaricus, caasicus, fermenti, plantarum, brevis, heleveticus, lactis, bifidus, leichmanni and sporogenes.

It also includes organic Spirulina, one of the single richest and most complete sources of total organic nutrition in the world. Organic Alfalfa Grass, a complete protein with vitamins A, B, C, D, E, F, K and rich in calcium, magnesium, phosphorus, potassium, and trace elements. Organic Barley Grass that has an incredible concentration of minerals, vitamins, trace elements, protein and live enzymes and organic Wheat Grass which is extremely high in chlorophyll and has a molecular structure very similar to the haemoglobin of human blood. Chlorophyll is the blood of the plant and is extremely rich in nutrients.

What is In-Liven?

- Certified Organic Probiotic Predigested Superfood
- Food that are nutrient dense and can support life
- SuperFood





What do you mean by Certified organic?

Certified Organic products are grown and processed without the use of synthetic chemicals, fertilizers, or GMO's. It is an innovative method of farming and production and is increasingly being recognized as being on the leading edge of food and fiber technology into the future. Organics is not just chemical free by testing. It is about the way the product ingredients have been grown, prepared, processed and packaged. The whole system is linked;

Standards to achieve certification are internationally recognized and are assured through annual audits of all certified operators by an independent third party auditor.

Why Use it?

To re-colonise the gastrointestinal tract with the full spectrum of Lactobacillus (friendly) bacteria.

Lactobacillus bacteria form a significant part of the natural intestinal flora. Large populations of this, and other lactic acid producing bacteria, regulate the levels of friendly bacteria and reduce the levels of toxic pathogens that cause ill health. Lactic acid producing lactobacilli bacteria alter the pH of the large intestine, making it inhospitable to undesirable bacteria, moulds, mould spores and yeast, particularly Candida.

Putrefactive bacteria, which are potentially detrimental to good health and increase foul wind production, are inhibited by acidic conditions in the colon.

The presence of active bacteria in the gut can aid the digestive process by helping to break down foods.

To attain the health benefits attributed to Lactobacilli fermented foods, live active bacteria need to be consumed on a regular basis. It is believed the life span in the human body of these cells is 3 to 10 days.

Only the active forms have the ability to tolerate the acidity of the stomach and the alkalinity of the intestine to produce health benefits.

There is a lot of confusion in the marketplace in relation to the abundance or “count” of bacteria in various probiotic products. Many companies are claiming that their products have “billions” more bacteria than other products to gain a marketing edge. This is very misleading for the consumer and, in reality, is little more than sales hype. Bacteria live and work in colonies.

In scientific terms these colonies are called, Colony-Forming Units (CFU's). Some companies intentionally shake the colonies apart,

separating the CFU's, to increase the bacteria count of their products, which is misleading to consumers.

The reproduction ability of the bacteria in the gut is the single most important factor in a probiotic product.

The bacteria must be in their natural state and alive so that once they arrive in the gut they can multiply and produce all the substrains necessary to maintain a healthy intestinal flora. To ensure that the bacteria are in a natural organic state and have not been tampered with or altered in any way it should be certified organic. In-Liven has been certified organic by the ACO (Australian Certified Organic), Australia's largest certifying body.





Common warning signs of a bacterial imbalance:

- Allergies and food sensitivities
- Difficulty losing weight, sugar/carbohydrate craving
- Frequent fatigue, poor concentration
- Frequent constipation or diarrhoea
- Faulty digestion, acid reflux and other gut disorders
- Sleeping poorly, night sweats
- Painful joint inflammation, stiffness
- Bad breath, gum disease and dental problems
- Frequent colds, flu or infections
- Chronic yeast problems
- Acne, eczema skin and foot fungus
- Extreme menstrual or menopausal symptoms

Research has shown that Lactobacilli bacteria:

- Reduce cholesterol in the blood.
- Increase nutrient assimilation, including calcium.
- Reduce high blood pressure.
- Assist in the elimination of ailments such as colon irritation, constipation, diarrhoea and acne.
- Retard yeast infections.
- Strengthen the immune system.
- Manufacture and assimilate B complex vitamins (which include niacin, biotin, folic acid, riboflavin and B12).
- Help digest proteins, carbohydrates and fats.
- Produce natural anti-bacterial agents (antibiotics).
- Produce cancer or tumour suppressing compounds.
- Control the pH or acidity-alkaline levels in the intestines.
- Reduce unhealthy bacteria in the intestinal tract.
- Detoxify poisonous materials in the diet.
- Detoxify hazardous chemicals added to foods, such as nitrates



Things that kill bacteria in the body:

- Antibiotics
- Birth control pills
- Steroidal & hormonal drugs
- Fluoride
- Chlorine
- Coffee/Tea
- Carbonated drinks
- Synthetic vitamins
- Radiation
- Stress
- Preservatives
- Additives
- Pesticides
- Fertilisers



The Lactobacilli bacteria used in In-Liven are the result of 20 years of research.

The unique lactobacilli bacteria have been subjected to a large number of stressors including: Heat, cold, chlorine, salt, alcohol and many preservatives found in food. This results in a “Super Family” of very strong Lactobacilli unlike any others found in the world today. It is also important to note that all the bacteria in our formula are sourced from fruits, vegetables or grains.

An effective Probiotic product should contain Lactobacilli bacteria that can:

- Maintain its high and active count through processing and storage until consumption
- Tolerate the acid conditions of the stomach
- Tolerate bile salts
- Increase its own numbers in the bowel and decrease the numbers of competing bacteria.

The unique combination of whole foods and friendly bacteria in In-Liven is a breakthrough in the world of nutrition and will become the benchmark upon which all SUPER FOOD BLENDS will be measured.

The unique formulation of In-Liven provides the complete Lactobacillus family of:

- 13 strains combined with 26 whole foods for 3 weeks prior to bottling

During this three-week preparatory phase the formula is pre-digested by those lactobacilli in the same way it is in our own body. When consumed, the body is able to instantly assimilate the broad spectrum of nutrients.



Who else should use it?

- People with food allergies
- People with irritable bowels syndrome
- Pregnant women
- Babies (after 13 month)
- People with weak immune system



In-Liven Ingredients:

All Certified Organic and fermented:

Spirulina, Rolled Oats, Brown Rice, Wheat Grain, Pearl Barley, Linseed, Kidney Beans, Mung Beans, Adzuki Beans, Red Lentils, Chick Peas, Wheat Grass, Barley grass, Alfalfa grass, Beetroot, Sweet Potato, String Beans, Zucchini, Cabbage, Silverbeet, Spinach, Chinese Cabbage, Asparagus, Broccoli, Malt Liquid, Molasses, Saccharomyces Cerevisiae, Saccharomyces Boulardii, Lactobacillus acidophilus, L. delbruekii, L. caseii, L. bulgaricus, L. caucasicus, L. fermenti, L. plantarum, L. brevis, L. heleveticus, L. lactis, L. bifidus, L. leichmanni and L. sporogenes.

Certified Organic Ingredients 100%.



One Group provides **The World's First Product Line of Certified Organic Products** for the Health and Wellness Conscious Active Person

Products can be ordered at:

<http://www.dreambig.mionegroup.com>

Thank you for your time in learning about One Group's In-Liven Superfood Probiotic