

Bio-Strath



Nature's most
complete tonic
for each stage
of your life.



THERE ARE 3 BIO-STRATH SUPPLEMENTS AVAILABLE TO YOU

1. Bio-Strath in its Original formula will provide you with extra calories and stamina. It is in liquid form with a pleasant taste.
2. Bio-Strath in tablet form (blister packs) is convenient, easy and ideal for diabetics.
3. Bio-Strath in drop form is convenient; the most easily absorbed and has no natural sugars, making it ideal for diabetics or for anyone on a low carbohydrate diet.

This document is not intended as medical advice and in no way excludes the necessity of a diagnosis from a healthcare professional. Its intent is solely informational and educational.

For more information, call toll free: **1-800-361-6320**, email: **info@bioforce.ca** or visit: **www.bioforce.ca**

FRED PESTALOZZI, BIO-STRATH FOUNDER, REMEMBERS...



REAL LIFE STORY

"Many years ago, health problems (Ménière's disease) led to my first encounter with Dr. Walter Strathmeyer's natural products derived from yeast and medicinal plants. After taking his food supplement regularly, I had soon recovered. Since that time, I take the preparation daily."

Fred Pestalozzi believes that anyone exposed to major stresses and demands of everyday life are highly challenging both their body and mind. To this effect, he is convinced that they should treat themselves by natural means and with perseverance. Environmental changes, hectic lifestyles, stress and unbalanced eating habits all have an effect on people's health. Ensuring health and well-being is becoming increasingly important. Inspired by Fred Pestalozzi's approach to treatment, these next few pages bring you user-friendly advice for maintaining your health!



NEGATIVE EFFECT ON OUR LIFE

1. Environmental changes
2. Stress
3. Hectic lifestyles
4. Unbalanced eating habits

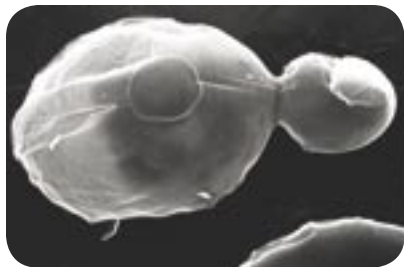
Nutrition is one of the indisputable pillars of good health. Poor dietary choices, nutrient-poor soils, the effects of stress and medications all contribute to the difficulty which exists today in providing our bodies with highly absorbable and bio-active nutrients. Many of us, even those of us who eat “healthy”, see the advantages of complementing our diets with vitamin and mineral supplementation. Although these supplements are helpful, it should be remembered that they are in synthetic or elemental forms. That is to say that they are not in the optimum format for efficient absorption and effective assimilation. Vitamins and minerals from food sources are always of superior quality to the body.



Is there a food supplement with a comprehensive variety of nutrients that is practical, easily digested and safe for all members of the family?

Yes, **Bio-Strath** Food Supplements are based on a nutritional yeast called *Saccharomyces cerevisiae*. This yeast has long been recognized for its immune system enhancing properties and for its rich source of natural B-vitamins.

In a special Bio-Strath manufacturing process, this specific yeast is fed selected plant extracts for added nutritional value and then liquefied by fermentation yielding plasmolysed* yeast.



This way, the yeast cell contents are released in a natural way, without the use of heat, to better preserve the integrity of the nutrients.

* The plasmolysis process in effect stops the yeast's ability to duplicate itself and as such any fears of Bio-Strath promoting yeast overgrowth in susceptible individuals is negated.



There are no synthetic colourings, artificial sweeteners or preservatives required and the **Bio-Strath** Food Supplements are in a completely bio-available form. In fact, its nutritional profile so closely matches that of body cells that metabolism is automatically efficient and complete. This is a significant benefit over synthetic vitamins and elemental minerals.

BIO-STRATH CONTAINS

- Carbohydrates, fats and proteins
- Selection of all the B-vitamins
- Vitamin C and other antioxidants such as selenium, glutathione and zinc
- Ergosterols to support the immune system
- 19 different minerals including calcium, magnesium, potassium, sulfur and chromium
- 20 different amino acids including the 11 vital ones required for the growing child, the athlete and the sick
- Other active principles such as lecithin, co-enzyme Q6, Q7, Q9 and Q10

Bio-Strath can be considered a whole, natural food providing all the nutrients necessary for optimizing health. Because these nutrients are in their "natural, organic, wholesome" state, science confirms that their effect and impact in the areas of digestion, absorption and assimilation is significantly superior than if they were taken in individual, isolated form.

In other words, the beneficial effects of Bio-Strath are greater than the sum of its individual components. This is what is referred to as synergism.



The following tables indicate all of **Bio-Strath's** components and values.

Analysis results per 100 g of the preparations

BASE CHARACTERISTICS	ELIXIR ^{*1}	TABLETS ^{*2}
Density	1.28	1.16
pH (electrometric)	4.95	5.89
Energy	1158 kJ / 276 kcal	1363 kJ / 326 kcal
Carbohydrates	57.2 g	28.1 g
Glucose	19.6 g	0.1 g
Fructose	23.6 g	0.1 g
Proteins (f=6.25)	5.5 g	42.7 g
Fat	0.5 g	4.3 g
Alcohol (% w/w)	2.5	-----
Dry matter	63.7 g	94.5 g
Minerals (ash)	0.8 g	7.1 g
Synthetic colouring	Negative	Negative
Artificial sweeteners	Negative	Negative
Preservatives	Negative	Negative

BUILDING SUBSTANCES	ELIXIR	TABLETS
Lecithin	850 mg	3600 mg
Lecithin Phosphate	51 mg	140 mg
Mannan	1.53 g	7.75 g
Glucan	0.71 g	6.63 g
Glutathione	180 mg	290 mg
Choline	60 mg	420 mg
DNA (desoxyribonucleic acid)	28.28 mg	148.2 mg
RNA (ribonucleic acid)	200.4 mg	3593.9 mg
ATP (adenosine triphosphate)	790 ymol	n/a
L-carnitine	8.9 mg	35.6 mg
Ubiquinone (coenzym) Q6	3.2 mg	10.6 mg
Ubiquinone (coenzym) Q7	0.07 mg	6.8 mg
Ubiquinone (coenzym) Q9	0.003 mcg	14.8 mg
Ubiquinone (coenzym) Q10	35 mg	46 mg

*1 - Daily dosage: 3 x 1 tsp (15 mL)=19.2 g

*2 - Daily dosage: 3 x 2 tablets = 3.0 g

VITAMINS		ELIXIR (mg)	TABLETS (mg)
B1	Thiamine	0.85	47
B2	Riboflavin	0.56	9.9
B3	Niacin	1.5	18
B5	Pantothenic acid	0.92	4.2
B6	Pyridoxine	0.25	0.59
B9	Folic acid	0.013	0.054
B12	Cobalamin	0.004	0.0005
C	Ascorbic acid	1.2	2.32
H	Biotin	0.002	0.01
	Ergosterol	52.1	320
	Inositol	53.6	238

MINERALS & TRACE ELEMENTS		ELIXIR (mg)	TABLETS (mg)
(Ca)	Calcium	9	163.8
(Co)	Cobalt	0.016	0.186
(Cr)	Chromium	0.004	0.01
(Cu)	Copper	0.128	0.31
(Ge)	Germanium	0.045	0.2
(Fe)	Iron	1.22	8.41
(Mg)	Magnesium	23.55	97.5
(Mn)	Manganese	0.08	0.93
(Mo)	Molybdenum	0.08	0.4
(Ni)	Nickel	0.044	0.057
(P ₂ O ₅)	Phosphorus	161.7	927
(K)	Potassium	304.9	2183.7
(Se)	Selenium	0.13	0.226
(Si)	Silicic acid	1.75	26.9
(Na)	Sodium	2.83	164.1
(S)	Sulphur	42.75	122.6
(Sn)	Tin	0.16	0.226
(V)	Vanadium	0.03	0.075
(Zn)	Zinc	2.09	9.84

AMINO ACIDS	ELIXIR (mg)	TABLETS (mg)
Alanine	300	2750
Arginine	220	2220
Aspartic acid + asparagine	490	3780
Cystine	10	210
Glutamic acid + glutamine	570	6150
Glycine	220	1780
Histidine	120	930
Isoleucine*	240	1750
Leucine*	360	2750
Lysine*	310	3020
Methionine*	60	540
Phenylalanine*	220	1500
Proline	200	1360
Serine	260	2170
Threonine*	260	2010
Tryptophan*	60	530
Tyrosine	70	1190
Valine*	290	2130

Note: Bio-Strath drops is an alcoholic extraction of the Elixir which contains the same vital substances in lower quantities. It is as efficient as the two other formats and is quickly absorbed.

*Essential amino acids



Bio-Strath for all the stages of a healthy life.

Because the vital substances of **Bio-Strath** are in natural equilibrium and in small, but high quality amounts, it is suitable for children, adults of all ages, pregnant/nursing mothers, the weak and the athletes.

In fact, scientific studies have been conducted on the therapeutic efficacy of Bio-Strath at all stages of life.

THE BENEFITS OF BIO-STRATH IN CHILDREN

During a period of fifteen years, observations relating to children between the ages of 1 and 14 were documented. The period over which the supplement was taken ranged from one month to several years. Most children preferred the **Bio-Strath** Original Formula, which includes honey and orange juice.



THE RESULTS WERE IMPRESSIVE

- 90% improvement in energy levels
- 88% improvement in resistance to infection
- 85% improvement in concentration
- 90% improvement in reducing convalescing time

In summary, children who took Bio-Strath benefited from increased energy levels in school and sport activities.

Absenteeism dropped, memory and school marks improved.

Testimonials have also been received regarding the beneficial effects of **Bio-Strath** in cases of ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder). Marked improvement in behaviour is often noticeable after only a few days.



Bio-Strath has been proven safe for long-term, regular use, and many parents choose to give Bio-Strath to their children when fatigue, stress and nervousness enter their lives, such as exam time; during periods of emotional upheavals; when they are experiencing growing spurts; or to help avoid developing infections, such as colds.



TESTIMONIAL

"My daughter suffered really badly from ADHD and had quite serious asthma. In about three days (after beginning taking Bio-Strath), she changed into a new person.

Her asthma subsided and she is no longer hyperactive and can definitely focus much better. She went off of her medications and is continuing on Bio-Strath.

What an excellent product."

Lisa Lyford
Vancouver, B.C.

The use of Bio-Strath will enhance and complement the use of other products such as **A.Vogel Echinaforce Junior** at the onset of illness or, for example, **A.Vogel Passion Flower** in cases of hyperactivity.

THE BENEFITS OF BIO-STRATH IN ADULTS AND TEENAGERS



As adults, the speed of life and the stresses of everyday challenges can leave a person exhausted and drained. Unfortunately, this is also when one is most susceptible to catching colds and other infections. Some of the studies conducted on adults involved comparing the efficacy of **Bio-Strath** compared to the flu vaccine.



The largest decrease in feverish illnesses over the duration of the study (done in Switzerland over the Winter months) came from the participants using the Bio-Strath tablet, followed by the Bio-Strath Original formula group as compared to the flu vaccine and to the placebo group.

THEREFORE, IF YOU WISH TO

- Improve your physical and mental efficiency at work, play or at home
- Increase your resistance to infections
- Compensate for less than ideal food choices

There is a Bio-Strath product for you.



Teenagers and busy adults sometimes find it difficult to eat breakfast despite the fact that breakfast is important for mental and physical productivity, as well as helping to maintain weight by avoiding binges later on in the day.

Here is a delectable banana smoothie that everyone can easily prepare and enjoy:

BANANA SMOOTHIE RECIPE

- 1/2 can of unsweetened concentrate pineapple juice
- 1 banana
- 1 tsp of **Bio-Strath** Original
- 1/2 cup of water



Place the above ingredients in a blender and whip. The consistency can be individualized by varying the amount of water used.

Herbal tinctures may also be added to the smoothie such as: **A.Vogel Avenaforce** to provide additional nutrients to the nervous system and to help situations of anxiety, or **A.Vogel Siberian Ginseng** to counteract physical and/or mental exhaustion.

THE BENEFITS OF BIO-STRAH IN PREGNANT WOMEN

In another study, the effects of **Bio-Strath** were measured in its ability to maintain or increase hemoglobin values. This is of significance to pregnant woman because one of the major nutritional deficiencies experienced by many is a lack of iron. The level of hemoglobin in the blood is a good indicator of a person's iron status, vitality and well being. The results of the study on pregnant women demonstrated Bio-Strath's effectiveness in maintaining the hemoglobin levels of expectant mothers throughout pregnancy without additional vitamin or iron preparations.



It is interesting to note that Bio-Strath, by itself, does not contain enough iron to be considered an iron supplement. However, it clearly optimizes the absorption and assimilation of iron from a normal, healthy diet. Women with a history of previous anemia or those on certain medications may require separate iron supplementation but the inclusion of Bio-Strath will minimize their dose and as a result help reduce the incidence of constipation – a side effect of iron supplementation.



The requirement for calcium is also significantly increased during pregnancy. If calcium is a concern, consider adding a homeopathic formula known as **A.Vogel Urticalcin** to your **Bio-Strath** regimen. Urticalcin will provide you with some calcium and also enhance the absorption and assimilation of the calcium you get from your food.



If morning sickness or fatigue robs you of an appetite or energy, a few drops of Bio-Strath in a little water, or vegetable juice, will help to nourish your body without upsetting your stomach or requiring any effort on your part. It can have positive effects physically and emotionally.

THE BENEFITS OF BIO-STRATH IN ATHLETES

Exercise is another pillar in the foundation of building good health. **Bio-Strath** has also been studied on its effects of optical fusion threshold, reaction time, bi-manual coordination, recovery quotient, and physical performance on a bicycle ergo meter.



These technical measurements clearly demonstrated the significant improvements made at the end of the 12-week study period by the Bio-Strath group compared to the placebo group. Furthermore, the Bio-Strath group expressed a **64% improvement in general well-being (energy, concentration, resistance, vitality...)** as compared to only 10% reported by the placebo group. It is often said that an athlete's success is based on both physical and mental abilities. Bio-Strath enhances both.



Intense physical activity can bring with it, increased levels of free radicals. Free radicals are destructive molecules, which are blamed on the development of chronic diseases, ill health and accelerated aging. Our immune system is responsible to prevent free radical damage. "OUT OF THIS WORLD RESEARCH" confirms **Bio-Strath's** immune enhancing properties even against zero gravity, when lymphocytes (specific immune cells) are inactive.

Yes, **NASA** brought Bio-Strath into their space lab for testing. So, even astronauts can benefit from taking Bio-Strath.



*"Just think, as an athlete
how it can propel you to new heights."*



TIP

During a bike ride, a run or training, dilute Bio-Strath with your water and drink the mixture along the way Bio-Strath will help sustain you through your physical efforts.

THE BENEFITS OF BIO-STRATH IN THE ELDERLY

Many elderly people find that their ability to digest and get energy from their food diminishes noticeably with the years. Perhaps medications reduce their appetite or perhaps loneliness makes the preparation of healthy meals a thing of the past.

Taking **Bio-Strath** as a food supplement can help provide the elderly with the same benefits as the younger generations. The regular use of Bio-Strath may also prevent potential nutritional deficiencies, a problem which is more apt to develop with the elderly.



To confirm Bio-Strath's benefits on the elderly, a three month, double blind study carried out in two hospitals and four general practices in Germany, demonstrated that development of geriatric disorders can be retarded or even reversed with Bio-Strath therapy.

THE STUDY INVOLVED

1. Cardiovascular tests
2. Sensomotor function tests
3. Geriatric diagnosis scale tests (premature multiple disorders)
4. A 21-point general condition scale test (balance, memory, speech, depression...)
5. An overall medical assessment

Another double blind trial involving 75 pre-Alzheimer patients also confirmed improvements in the group using **Bio-Strath** compared to the placebo group.

“Memory problems, in general, are often a concern with the elderly.”



Provided that blood-thinning drugs are not being taken, the use of **A.Vogel Ginkgoforce** may give additional support in this regard.

If eating wholesome, nutritious meals is difficult, take Bio-Strath with a healthy vegetable juice such as a glass of **Biotta** Vegetable or Carrot juice.



THE BENEFITS OF BIO-STRATH IN CONVALESCENTS

When health becomes a priority, **Bio-Strath** can help. In the same way that Bio-Strath is successful in avoiding or minimizing health problems, a double-blind study was done on 177 patients receiving radiation therapy. In this particular study, the Bio-Strath Original formula was used. The results indicated that the Bio-Strath group benefited from being able to maintain the following:

BIO-STRATH MAINTAINS

1. An increased feeling of well-being
2. An appropriate weight
3. Appropriate hemoglobin levels

Again, when illness or certain therapies rob you of your desire to eat or your ability to hold food down, a little Bio-Strath can be of enormous benefit.



HEALTH IS A LIFETIME COMMITMENT

Every stage of one's life brings with it new and challenging opportunities. And so, Bio-Strath is there to complement your lifestyle every step of the way. With over 40 years of documented research showing it to be effective in promoting alertness and a state of general well-being, the integrity and effectiveness of Bio-Strath is well established.

TESTIMONIAL

Three month into my second pregnancy, I started to feel tired and had little energy. Being very conscious of what I take during my pregnancy

I did not want to do anything that could harm the baby or myself. So, I went to see a lady I knew well and trusted at my local health food store. She recommended that I take

Bio-Strath a safe all-natural tonic to increased my energy as well as replace all the nutrients I was losing because of my pregnancy. I started to take the product and I was astounded at the results in a very short time. I started to feel less tired, regained a lot of my energy and most importantly I was sleeping well at night.

I still continue to take **Bio-Strath** and could not imagine starting my day without it. I now have both my children taking **Bio-Strath** as well as my husband.

Many thanks!

Lynn Dolphin
Beaconsfield, QC



TESTIMONIAL

Honestly speaking, I used to complain of much stress and fatigue. Sometimes had poor mental concentration, joints and muscles exhaustion of the huge physical effort exerted by me during intensive sports exercises and under match pressures.

Since I started on **Bio-Strath** for the last three months, I noted the following:

1. Restored fitness, strength, energy and vivacity
2. Strong mental concentration
3. No more fatigue and joint/ muscles exhaustion
4. Physically and psychologically sound

I recommend all sportsmen to use 100% natural **Bio-Strath** which has absolutely no side effects and contains no doping substances.

Captain of UAE National soccer team
A. S. Jumaa

We want to hear from you! Send us your **Bio-Strath** testimonials at info@bioforce.ca or at the following address:

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