

# Body Balance - Powerful Ingredients



Body Balance®, a modern day miracle with time-tested nutritional technologies, harnesses a dynamic combination of SeaNine™, and certified organically-grown and processed Aloe vera. This nutritional powerhouse provides an abundant range of minerals, trace-minerals, phytonutrients, essential fatty acids, and amino acids, offering a strong foundational support for each of your core body systems.

SeaNine contains a proprietary blend of nine wild, sustainably harvested sea vegetables. As heroes of the deep blue, sea vegetables lay claim to being some of nature's most nutrient dense plants. Containing 10 to 20 times the minerals and vitamins of land vegetables gram for gram, they are higher in vitamins and minerals than any other class of food on the planet.<sup>(1)</sup> Plus, demographic studies have shown that people who regularly incorporate sea vegetables into their diets have fewer problems from mineral depletion and live longer than other people.<sup>(2)</sup> To deliver this wholesome goodness to your body, we harvest only the best of the mineral rich red, green and brown sea vegetables for our SeaNine blend.



## Green Sea Vegetables

Like emeralds of the sea, green sea vegetables emit a wealth of minerals and nutrients in concentrations greater than what can be found in many land-grown vegetables. Offering 60 to 70 percent digestible vegetable protein, green sea vegetables are also an important source of calcium, iron, enzymes and antioxidants. Highly concentrated in nutrients, green algae offers numerous health-promoting benefits, and may be useful in a variety of health-improving applications, such as anti-aging, increased energy, improved digestion, weight loss, stronger hair and nails, and more.



## Brown Sea Vegetables

Brown sea vegetables tout a powerful nutritional composition of magnesium, protein, iodine, phosphorous, and also contain vitamins C, K, E, as well as zinc, sulfur, silicon, iron, copper, cobalt, boron, radium, and ultra-trace minerals. Research reveals that the Alginic acid content, a polysaccharide abundant in brown sea vegetables, can cleanse and detoxify the

body. Alginic acid binds with any heavy metals found in the intestines, renders them indigestible, and causes them to be eliminated.<sup>(3)</sup>



## Red Sea Vegetables

For centuries, cultures renowned for their exceptional health esteemed red sea vegetables for their high nutritional content and concentrations of what we now know as *trace minerals*. Red sea vegetables provide a robust source of phytonutrients, essential fatty acids, fiber, protein, complex carbohydrates, and minerals. Invaluable in boosting the immune system, red sea vegetables may also improve the body's response to infection, and researchers maintain that they may also prove useful in aiding weight loss and detoxifying the blood



## Aloe Vera

Aloe vera is one of the best known herbs throughout the world, widely used for its numerous health benefits, both internal and external. The health benefits of aloe vera have been well known for centuries, however, at that time it was mostly used to treat wounds and cuts. Nowadays, we know there are many other health benefits of aloe vera like its use in treating constipation, boosting the immune system, cleansing your colon and relief for acid reflux symptoms.

The following are a few benefits of aloe vera, which is why it's one of the most popular natural products today:

- Aloe vera is believed to help boost the immune system.
- It has anti-inflammatory properties that can help alleviate inflammation.
- Aloe vera has a natural laxative effect, as a result, Aloe Vera juice is widely used to help relieve constipation – *naturally*.
- Drinking aloe vera is another common remedy for acid reflux systems, such as stomachaches and heart burn.
- Aloe vera contains over 75 nutrients and 200 active compounds. These include 12 vitamins, 20 minerals and 18 amino acids.
- The aloe vera is fresh and of the highest quality. It is grown and processed according to organic standards. The aloe juice is taken from the inner leaf of the fillet only, and done so within hours of harvest to retain freshness and the integrity of the nutrients. The aloe vera in Body Balance is 100% organic.

## Discovering True Wellness & Wellbeing!

