

ORAC TEST



GESUNDHEIT
MARINE PHYTOPLANKTON

Including antioxidant
report by Master Dietician
Msc, HIS, FICN



Vince Zicarelli



GESUNDHEIT
MARINE PHYTOPLANKTON

ORAC TEST GESUNDHEIT PHYTOPLANKTON

Sample ID	Brunswick Lab ID	ORACHydro* (mmoleTE/g)	ORAClipo^ (mmoleTE/g)	ORACtotal (mmoleTE/g)
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Green Powder (phytoplankton as per customer)	06-4714	41	54	95
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*The ORAC analysis provides a measure of the scavenging capacity of antioxidants against the peroxy radical, which is one of the most common reactive oxygen species (ROS) found in the body. ORACHydro reflects water-soluble antioxidant capacity and the ^ ORAClipo is the lipid soluble antioxidant capacity. ORACtotal is the sum of ORACHydro and ORAClipo. Trolox, a water-soluble Vitamin E analog, is used as the calibration standard and the ORAC result is expressed as micromole Trolox equivalent (TE) per gram.

The acceptable precision of the ORAC assay is 15% relative standard deviation.-

Testing performed by H. Ji.

Approved by: _____

Boxin Ou, PhD.

Vice President

B-5207 / 11-27-06 hj

Samples will be discarded one month from report date, unless otherwise notified by customer in writing.

TEST PERFORMED BY:
BRUNSWICK LABORATORIES
50 COMMERCE WAY
NORTON, MA 02766 USA
P: 508.285.2006

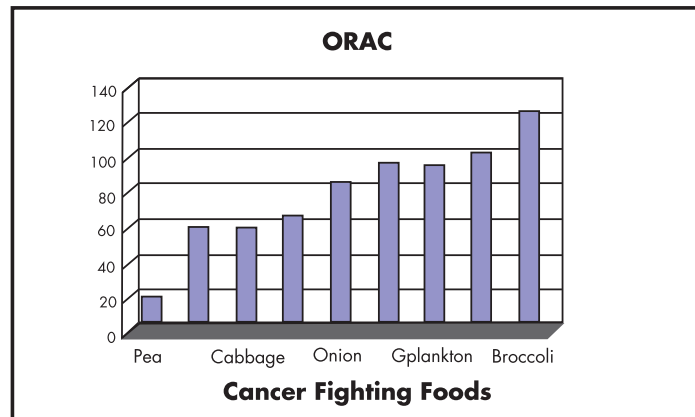


Vince Zicarelli

Gesundheit Phytoplankton- A Plant Food with Antioxidant Potentials

By Vincent Zicarelli MSc.RD FICN

A comparison of the total antioxidant levels of different cancer fighting foods as reflected by their ORAC levels. ORAC levels describe the oxygen radical absorbance capacity of food based antioxidants, which is an indicator of total antioxidant capacity. Gesundheit Phytoplankton (GPlankton) antioxidant levels are comparable to common cruciferous vegetables ranked at the higher end for antioxidant readings.



There is literally a plethora of scientific evidence showing that a higher intake of plant foods such as cabbage, broccoli, tomatoes, carrots, onions, spinach and cauliflower reduces the incidence of most forms of cancer. Indeed, studies have shown up to a 50% reduction in all forms of cancer with high intakes of fruit and vegetables.

Gesundheit Phytoplankton (GPlankton) was assessed for its total levels of antioxidants in an independent third party test conducted by Brunswick Laboratories. The antioxidant levels of GPlankton (95 ORAC level) were found to be comparable to many known anti-cancer foods including carrots, cauliflower, onion, and broccoli (range of 60-125 ORAC level).

Antioxidants are known to quench free radicals thereby reducing oxidative stress in the body. This essentially reduces the damage to cells, tissues, organs, and cellular DNA thereby slowing down the development and progression of many degenerative diseases. It has been suggested by many leading nutrition experts that the antioxidants in vegetables may largely be contributing to their anti-cancer properties.

Thus, it is plausible that G Phytoplankton, may be working in a similar fashion to prevent and possibly treat disease. Although the scientific research is somewhat limited on phytoplankton, the multitude of testimonials showing a remarkable recovery from many chronic disease states may be a confirmation of its antioxidant effects. It has been suggested that phytoplankton is a cellular food that is much better assimilated into the cell, thus, exerting a potentially stronger and more direct antioxidant effect.

Future clinical studies are therefore warranted to explore the in vivo antioxidant properties of phytoplankton. Furthermore, intervention studies are necessary to determine its comprehensive health potentials before conclusions can be made.

Nevertheless, Phytoplankton is another plant food that may be important for preventing many degenerative disease states. If this food's cellular assimilation is indeed better than other plant food; that may partly explain some of the remarkable testimonials claimed by many with its oral intake.

Summary of Research Information:

Gesundheit Phytoplankton was tested in an independent third party laboratory for its total antioxidant capacity as reflected by ORAC (oxygen radical absorbance capacity). This test is an indicator of total antioxidant capacity.

Gesundheit Phytoplankton was found to have an ORAC reading of 95, a comparable antioxidant level to many anti-cancer foods with higher ORAC levels such as cauliflower, broccoli, and red peppers.

Antioxidants counteract oxidative stress in the body thereby slowing down the damage to cells, tissues, and organs thereby preventing and slowing down the development and progression of chronic disease.

It has been speculated that the very high cellular assimilation of phytoplankton may contribute a much stronger and more direct antioxidant effect at the cellular level. The remarkable testimonials with those consuming phytoplankton may be attributed to these antioxidant dynamics.

Phytoplankton is another plant food that may be important for preventing many degenerative disease states. If this food's cellular assimilation is indeed better than other plant food; that may explain some of the remarkable testimonials claimed by many with its supplemental use.

Future clinical studies are warranted to explore the antioxidant potentials of phytoplankton. In addition, intervention trials are required to further assess its health benefits before conclusions can be made.

References:

- Wu X, et al. Lipophilic and hydrophilic antioxidant capacities of common foods in the United States. *J Agric Food Chem.* 2004 Jun 16; 52(12): 4026-37.
- Boxin Ou, et al. Analysis of Antioxidant Activities of Common Vegetables Employing Oxygen Radical Absorbance Capacity (ORAC) and Ferric Reducing Antioxidant Power (FRAP) Assays: A Comparative Study. *J. Agric Food Chem.* 2002, 50: 3122-28.
- Dejian H, et al. The Chemistry Behind Antioxidant Capacity Assays. *J. Agric Food Chem.* 2005, 53: 1841-56.
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