



Ingredients in Detail

13 Strains of Lactobacillus Bacteria

Immunity Fuel contains 13 strains of probiotic live bacteria. These bacteria work in harmony with one another as each of their food sources (all of which are contained in Immunity Fuel) are present so the bacteria will live and thrive and not kill each other off to protect their food source.

Bacteria are the first line of defence of the immune system. A balance of bacteria in the intestinal tract is the single most important factor in maintaining good health. They are responsible to provide essential enzymes, to make nutrients available to the body, to clean up cholesterol, to manufacture B vitamins, to clean out the lower bowels, to destroy bad bacteria and eliminate toxins in the body just to name a few of their functions. Most disease begins in the gut or colon and it is the good bacteria's job to insure a healthy gut and colon. All life on the planet depends upon the right balance of bacteria being present including the human body.

Beneficial Bacteria reside in the body's Intestines and can endogenously manufacture Vitamins: Biotin, Choline, Folic Acid, Inositol, Para Aminobenzoic Acid (PABA), Vitamin B2, Vitamin B5, Vitamin B6, and Vitamin K.

Therefore the single most important step in maintaining a healthy body is the daily replacement of good bacteria that are contained in Immunity Fuel.

Evolved Bacteria - Super Strains!

Over 18 years of research and 2.5 million dollars of investment was spent to develop a super strain of bacteria that is contained in Immunity Fuel. The main killers of bacteria were identified, which include anti-biotic therapy, colas, synthetic ascorbic acid, heat, cold, fluorides, chlorine's, preservatives, salt, alcohol and stress, and through a unique process the bacteria contained in Immunity Fuel have been evolved to be resistant to most of these killers.

This resulted in a super strain of bacteria that have the power to overcome even the most stubborn bad bacteria and yeast. We have one of the only organic bacteria strains in the world. They have not been genetically altered and they are obtained from fruits and vegetables, unlike most others, which are grown out of faecal matter. These are living viable bacteria eager to re-colonize your gut and provide you with a healthy intestinal environment that will promote wellness.

2 Strains of Beneficial Yeasts

Saccharomyces Boulardii

Is an internationally acclaimed probiotic used in the treatment of diarrhoea, IBS, IBD and Candida overgrowth.

Although *S. boulardii* is a yeast itself, studies have shown it to reduce the levels of *C. albicans* (which causes candida overgrowth in the body) by up to 90%.

S. boulardii is used for treating and preventing diarrhea and is also used for other digestion problems, Crohn's disease, ulcerative colitis, Lyme disease, relapsing *Clostridium difficile* colitis and bacterial overgrowth in short bowel syndrome.

S. boulardii may also assist with lactose intolerance, urinary tract infections, vaginal yeast infections, high cholesterol levels, hives, fever blisters, canker sores and acne.

Saccharomyces Cerevisiae

This nutritional yeast is high in protein, fiber, B vitamins and folic acid, as well as being gluten-free. It also has the presence of beta-1,3 glucans, which have been shown to stimulate the body's immune system as well as being capable of lowering LDL cholesterol levels, assisting in the healing of wounds and aiding in the prevention of infections.

Several studies indicate that beta-glucans can prevent the formation of tumors and the development of cancers.

Used to treat disorders of the digestive tract, including: diarrhea, irritable bowel syndrome, colitis and lactose intolerance

S. cerevisiae can provide energy and may help maintain healthy skin, hair, eyes, and mouth. Effective at supporting the nervous system and enhancing the immune system.

The chromium in *S. cerevisiae* may help control sugar levels for patients with type 2 diabetes by improving glucose tolerance.



**immunity
fuel**
Probiotic Superfood

Gluten Free Ingredients

Soya Beans



About

The many health benefits of soybeans come from the wealth of nutrients, vitamins and organic compounds including a significant amount of dietary fiber and a very large 26% protein, the most protein of any plant. Soybeans contain the following vitamins - vitamin K, riboflavin, folate, vitamin B6, thiamin, and Vitamin C. and minerals - iron, manganese, phosphorous, copper, potassium, magnesium, zinc, selenium, and calcium. It is also a good source of organic compounds and antioxidants and is the only vegetable that contains all 8 essential amino acids. Soya beans are also rich in omega-3 fatty acids, essential to help reduce heart disease and cancer.

Benefits

- ✓ Assists in the reduction of cholesterol which in turn reduces the risk of heart disease.
- ✓ Recent research suggests that soy may also lower the risk of prostate, colon and breast cancers as well as osteoporosis and other bone health problems, and alleviate hot flashes associated with menopause.

Red Lentils



About

Lentils are an excellent source of molybdenum and folate. They are a very good source of dietary fiber, copper, phosphorus and manganese. Additionally, they are a good source of iron, protein, vitamin B1, pantothenic acid, zinc, potassium and vitamin B6.

Benefits

- ✓ Lentils are a very good source of cholesterol-lowering fiber and are of special benefit in managing blood-sugar disorders since their high fiber content prevents blood sugar levels from rising rapidly after a meal.
- ✓ Lentils also provide good to excellent amounts of seven important minerals, our B-vitamins, and protein—all with virtually no fat.
- ✓ They contain just 230 calories for a whole cup of cooked lentils, so fill you up without the weight gain. Lentils can also increase your energy by replenishing your iron stores.



Spirulina



About

Spirulina contains over 100 synergistic nutrients and is the single richest and most complete source of total organic nutrition in the world. Spirulina is nature's richest whole food source of the entire anti-oxidant spectrum. It is the only source of Phycocyanin which is an immune stimulant. It also contains Beta Carotene, Vitamin E, Selenium, Methionine, Cysteine, Super Oxide Dismutase better known as (S.O.D.), Copper, Manganese, Zinc. Just look at the B complex B-1, B-2, B-3, B-5, B-6, and B12!! Spirulina is nature's richest whole food source of Bio-chelated Organic Iron. It is 58 times richer than raw spinach and 28 times richer than raw beef liver! It is nature's richest whole food source of Beta Carotene (Pro-vitamin A), it is 25 times richer than raw carrots! Spirulina is also nature's richest whole-food source of GLA and Chlorophyll, as well as complete High Biological Value Protein. Spirulina is also a good source of natural enzymes. Enzymes are vital to health because they help to release the valuable nutrients from foods which nourish our bodies.

Benefits

- ✓ Spirulina suppresses the proliferation of *Candida albicans*.

Spirulina reduces total serum Cholesterol levels and lowers LDL Cholesterol levels.
- ✓ Spirulina alleviates Hypoglycaemia by increasing blood sugar levels and increasing the endogenous production of Insulin (due to Glycogen) [anecdotal].

Flax Seeds (Linseed)



About

Flax seeds are one of the richest known sources for Omega 3 and Omega 6 which are essential fatty acids that the body needs, essential for proper infant growth and development and have been shown to protect against hypertension, inflammatory and auto-immune disorders. It also supplies fibre, is a known cholesterol lowering agent, and is a rich source of lignans which is a type of phytoestrogen which may protect against cancer particularly breast and prostate cancer. Rich in protein It reduces cholesterol and research suggests it offers protection from both coronary heart disease and stroke.

Benefits

- ✓ Flax Seeds inhibit the development of some forms of Cancer, alleviate disorders of the Colon, prevent and reverse Constipation and improve digestion. Flax Seeds stabilize Blood Sugar.





Chick Peas



About

Chick Peas are an excellent vegan and gluten-free source of protein and fiber, and contain exceptional levels of iron, vitamin B-6 and magnesium. They also contain amino acids, carbohydrates, fatty acids, phosphate, manganese, zinc, calcium, copper, potassium, selenium, folate and vitamins A, C and K.

Benefits

- ✓ The iron, phosphate, calcium, magnesium, manganese, zinc and vitamin K content present in chickpeas all contribute to building and maintaining bone structure and strength. The high fiber, potassium, vitamin C, and vitamin B-6 content all support heart health.
- ✓ Chickpeas contain significant amounts of fiber, which helps lower the total amount of cholesterol in the blood, thereby decreasing the risk of heart disease. Most of the fiber in chickpeas is insoluble fiber, which is great for digestive health.
- ✓ Individuals who eat chickpeas typically have better blood sugar regulation since chickpeas are so high in fiber and protein.

Mung Beans



About

Belongs to the legume family. They have a high protein content and contain the following minerals; Calcium, Copper, Selenium, Iron and Zinc. They contain Vitamins; Folic Acid, Vitamin B6, Vitamin B1, and Protease Inhibitors.

Benefits

- ✓ Most Legumes prevent the absorption of some dietary Cholesterol (due to Galactomannans). Metabolism; - Legumes are excellent Insulin regulators [scientific research - humans].
- ✓ Legumes can eliminate the need for Insulin injections in Diabetes Mellitus sufferers.
- ✓ Most Legumes help to prevent Cancer by counteracting carcinogens in the intestine (due to Protease Inhibitors).





Alfalfa Grass



About

Next to Spirulina this is a true super food, a complete protein with vitamins A,B,C,D,E,F,K, rich in calcium, magnesium, phosphorous, potassium, and trace elements. It is extremely rich in minerals since its roots grow as deep as 40 meters into the earth. The minerals are in a balanced form, which promotes absorption. Alfalfa also contains many important enzymes and is high in Chlorophyll.

Benefits

- ✓ Alfalfa inhibits the absorption of dietary Cholesterol and retards the body's production of endogenous Cholesterol (due to Saponins) [scientific research - animals].

Adzuki Beans



About

Adzuki beans are a nutrient-dense food. They are a good food source of potassium, phosphorus, magnesium, iron, manganese, and zinc. They also contain B-vitamins, including B6, B2, B1, B3, and folic acid.

Benefits

- ✓ Adzuki beans are a good source of energy, promote regular bowel movements and help in lowering cholesterol.
- ✓ Rich in soluble fibre, adzuki beans help the liver to detoxify by speeding up the elimination of wastes from the body and preventing the body from absorbing harmful substances.
- ✓ The presence of soluble fibre in the beans also reduces the level of LDL cholesterol in the blood. These beans are ideal for people who are on weight-loss diet, since they are low in fat and high in protein. The high-protein content makes you feel full for longer and the low-fat content helps in limiting calorie intake.
- ✓ Adzuki beans are also known to benefit bladder, reproductive functions and kidneys, and they are used to treat problems such as urinary dysfunction and bladder infections. The beans can tone up the heart and spleen, heal swelling in edema, and stop vomiting and diarrhoea. They aide in diabetes prevention as they maintain healthy blood sugar levels.
- ✓ Adzuki beans contain protease inhibitors that are known to disrupt the development of cancerous cells and may help in the prevention of breast cancer.





Pumpkin Seeds



About

Wheat Also known as pepitas, these nutritional powerhouses contain a wide variety of nutrients ranging from magnesium and manganese to copper, protein and zinc. They also contain plant compounds known as phytosterols and free-radical scavenging antioxidants, which can give your health an added boost.

Benefits

- ✓ Rich in magnesium to benefit blood pressure and heart health, and zinc for immune support and prostate health. Studies suggest that pumpkin seeds may help improve insulin regulation.
- ✓ Pumpkin seeds, rich in healthy fats, antioxidants and fibers, may provide benefits for heart and liver health, particularly when mixed with flax seeds.

Biodynamic (Brown) Rice



About

Brown Rice is referred to as nature's most perfect food. Two thirds of the world's population have rice as its staple food source, and brown rice is the least processed therefore the highest in nutrient value. Brown Rice is rich in Magnesium, Manganese, Copper, Fibre, Iron, Niacin, Phosphorus, Thiamin, Folate, Vitamin B1, B2, B3, B6, Vitamin E, Potassium, Selenium, Zinc, and is rich in Carbohydrates, Protein and Enzymes (much of this is removed when processed into white rice, so brown rice is much more nutritionally beneficial).

Benefits

- ✓ The high magnesium content is good for your heart, for regulating blood pressure and offsetting sodium in the body.
- ✓ Brown rice contains 88 percent of the recommended daily amount of manganese which is an important mineral that helps digest fats. The high fibre content helps keep bowel movements regular, reducing constipation, and helps keep bowels healthy, and may even reduce cholesterol. Brown rice contains protein for energy, and is a slow-release carbohydrate, which can help maintain blood sugar levels and keep energy consistent.
- ✓ Brown rice is associated with lowered risk of colon cancer, prostate cancer and breast cancer as the Manganese may protect against free radicals, which are cancer-causing agents.
- ✓ Brown Rice is a good source of selenium, which helps induce repair in damaged cells, which can help stop cancer cells from spreading and may be associated with reduced risk of colon and prostate cancer.





Sunflower Kernel



About

The sunflower kernel is the edible remainder once the sunflower seed has been dehulled. Sunflower seeds are an excellent source of vitamin E and a very good source of copper and vitamin B1, manganese, selenium, phosphorus, magnesium, vitamin B6, folate and niacin.

Benefits

- ✓ The vitamin E provides anti-inflammatory and cardiovascular benefits by neutralizing free radicals. Rich in Phytosterols which can lower cholesterol, enhance the immune response and decrease risk of certain cancers.
- ✓ Magnesium helps reduce the severity of asthma, lower high blood pressure, and prevent migraine headaches, as well as reducing the risk of heart attack and stroke.
- ✓ Magnesium is also necessary for healthy bones and energy production. Selenium has been shown to induce DNA repair and synthesis in damaged cells, and to inhibit the proliferation of cancer cells.

Fresh Ginger



About

Ginger is one of the healthiest and tastiest spices there is. It is rich in nutrients and bioactive compounds which have powerful health benefits for the body and brain. Gingerol, which is the main bioactive compound in ginger, is responsible for many of ginger's medicinal properties and it has powerful anti-inflammatory and antioxidant effects.

Benefits

- ✓ Ginger has a long tradition of being very effective in providing gastrointestinal relief, alleviating motion sickness and can provide relief for nausea and vomiting during pregnancy.
- ✓ It has anti-inflammatory and antioxidant effects and immune boosting action.





Agave Liquid



About

Agave liquid is a prebiotic included in the formula to give the bacteria the food they need to ferment the product and to stay alive.

Benefits

- ✓ Agave has a desirable low-glycemic index. This means that when consumed, it won't cause a sharp rise or fall in blood sugar.
- ✓ It contains substances known as fructans, which are thought to reduce cholesterol (and) alter the absorption of fat in the intestine. Inulin, a type of fructan, is a carbohydrate found in many plants, and some scientists believe inulin helps weight loss.

Molasses



About

Molasses has a broad spectrum of vitamins and minerals and is also included in the formula to feed the bacteria. Molasses contains Carbohydrates, Molybdenum, Calcium, Magnesium, Sodium, Iron, Lactic Acid and PABA.

Benefits

- ✓ Molasses alleviates Constipation for many people.

Disclaimer

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