

# Benefits of Sprouted Flax Powder

The times are changing and so are our nutritional needs. There is a well know adage that states "You are what you eat". We have taken that a step further by saying...

**"You are what you can digest."**

**Bioavailability** is the term used to describe the difference between what we ingest and the actual amount of "goodness" we receive from what we've ingested.

For example, it is well known and confirmed by research that flaxseed is one Nature's most remarkable Omega-3 food sources, but did you know that flax, as with all seed, has been designed by Nature to pass through your body virtually undigested and still grow into a plant when expelled? Imagine the impact flax could have if it were to become truly bioavailable.

The way to overcome flaxseed's poor digestibility is to sprout the seed. We have spent the last twenty years researching the benefits of bio-activating seed through germination. Increased bioavailability is only one of the many amazing changes that take place when we germinate flaxseed.

Take a few minutes to go through these benefits. We guarantee you will leave with an understanding of why Sprouted Flax Powder is a BIOAVAILABLE SUPERFOOD and why you need to make it a regular part of your daily diet.

## Increased Vitamins and Minerals

One of the truly amazing results of our proprietary process is the natural increase of vitamins and minerals. On average, vitamins increase 600% when compared to un-sprouted flaxseed.

For example, vitamin C and vitamin E can increase more than 900% during the germination process. This incredible increase naturally stabilizes the Omega-3 essential fatty acids in the flaxseed.

Beta Carotene, Biotin, Choline and Folic Acid are also among the increased vitamins. Minerals present in the flaxseed are also naturally increased during the germination process.

These increases become exponential when you factor in the enhanced bioavailability, because they are now available for your body to digest and assimilate.

## Increased Antioxidants

Antioxidants are substances that may protect cells from oxidative damage (damage due to oxygen) caused by unstable molecules commonly referred to as free radicals.

Free radical damage may lead to cancer. Antioxidants interact with and stabilize free radicals and may prevent some of the damage free radicals can cause. Examples of antioxidants include beta-carotene, lycopene, vitamins C, E, A and other substances such as lignans.

The method of measuring [antioxidant](#) capacities of different foods is referred to as Oxygen Radical Absorbance Capacity, or ORAC. Sprouted Flaxseed has **double** the ORAC value of un-sprouted flaxseed.

The ORAC value for sprouted flax is also more than twice what is found in blueberries, blackberries and cranberries.

The benefits to you are possible increased free radical protection and product stability as a result of the increased antioxidants.

## Increased Amino Acids

Amino Acids are the "building blocks" of the body that make up proteins.

Protein substances make up the muscles, tendons, organs, glands, nails, and hair. Growth, repair and maintenance of all cells are dependent upon them. Next to water, protein makes up the greatest portion of our body weight.

Amino Acids that must be obtained from food are called "Essential Amino Acids".

Sprouted Flax powder contains **all** of the Essential Amino Acids

During the sprouting process the amino acids are increased and naturally converted making them "pre-digested" and available for our body to use.

## Increased Lignans

Lignans are phytonutrients, or plant chemicals that are present in a wide variety of plants. Flaxseed is the richest source of lignans, providing 75-800 times more lignans than most other plant sources.

The main lignan from flaxseed is called secoisolariciresinol diglucoside, or SDG. When SDG is ingested it is metabolised by microflora (friendly bacteria) in the human gut into mammalian lignans.

These two metabolites are then absorbed from the gut and transported to the liver where they undergo further reactions before entering the blood stream.

A great deal of research has been done on lignans. Lignans contain phytoestrogens that mimic estrogen in the body. Increased phytoestrogens have the potential to lower breast and colon cancer. Recent research indicates that lignans may be able capable of inhibiting the formation of tumours.

Lignans are not associated with the oil fraction of foods so flaxseed oils do not provide lignans unless ground flaxseed has been added to the oil.

The lignans in flaxseed increase as much as 14% during the germination process. Sprouted Flaxseed contains the highest level of lignans available in the most bioavailable delivery system.

## Stability without Refrigeration

Stability and rancidity (oxidation of lipids) are common concerns due to the extremely high oil content in flaxseed.

Sprouting flaxseed naturally increases the antioxidant content, which in turn protect the polyunsaturated fats from oxidation, naturally stabilizing the essential fatty acids.

Sprouted Flax Powder, unlike other flax products, does not require refrigeration or packaging in a protective atmosphere (nitrogen flushing or vacuum packing).

Sprouted Flax Powder is shelf-stable at room temperature for as much as **two years** after opening – the longest shelf-life of any flax product currently available.

## Reduction in Phytic Acid

Phytic acid is a natural plant antioxidant that protects the seed prior to germination. Phytic acid can be found in most grains, seeds and beans. Flaxseed has high levels of phytic acid.

The downside of phytic acid is that reduces the uptake of certain essential minerals (calcium, magnesium, iron copper and zinc) in the intestinal tract.

Flaxseed is a rich plant source of Omega-3 fatty acid (ALA), an essential fatty acid in the human diet.

In order for your body to convert ALA (alpha-linolenic acid) to EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), your body needs magnesium, iron, and zinc as cofactors. Sprouting decreases the amount of phytic acid in the seed allowing for increased mineral bioavailability for the conversion of ALA to EPA and DHA.

EPA's major role is in controlling inflammation, and DHA's major roles are in brain function, eyes and hormone regulation.

## Changes in Fibre Ratios

There are basically two types of fibre - insoluble and soluble. Sprouting flaxseed improves the ratio of soluble to insoluble fibre when compared to un-sprouted flaxseed.

Soluble fibre is increased during sprouting. Soluble fibre breaks down as it passes through the digestive tract, forming a gel that traps some substances related to high cholesterol. There is some evidence that soluble fibre may lessen heart disease risks by reducing the absorption of cholesterol into the bloodstream.

Insoluble fibre in the diet promotes more frequent bowel movements and softer stools. Insoluble fibre is reduced in sprouted flax, resulting in a gentle regulatory effect, as opposed to a harsh laxative effect.

The increased soluble to insoluble fibre ratio that occurs during the germination process results in

enhanced nutrient absorption.