

Fermented & Organic **SuperFoods**

add more
superfoods
to your everyday



prairienaturals®



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SANS
OGM

DAIRY
FREE
SANS
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Organic Red Superfoods

Organic Beet Roots • Organic Pomegranate
Organic Goji Berries • Organic Grapeseed
Organic Carrots • Organic Strawberries
Organic Blueberries • Organic Raspberries
Organic Cranberries

Remember when the green superfood revolution began?

We sure do. Prairie Naturals helped establish this vital lifestyle trend of eating more colourful, antioxidant-rich plant foods with the launch of our *colours of health* fermented and organic superfood powders. The Red Superfood blend is the newest member of our colourful superfood family.

There is nothing else quite like this potent blend of deliciously nutritious organic red plant foods! Check out this impressive list of wholesome and healing ingredients in Red Superfoods: organic beet roots, organic pomegranate, organic goji berries, organic grapeseed, organic carrots, organic strawberries, organic blueberries, organic raspberries & organic cranberries.

Contains NO soy, dairy, eggs, gluten, flavours, colours, preservatives, sweeteners, GMO ingredients or fillers. 100 % vegan. Experience the energizing, healing and restorative power of Prairie Naturals organic & non-GMO Red Superfoods. This instant, ready-to-use powder is the perfect addition to smoothies, salad dressings, sauces and homemade energy bars!



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Fermented & Organic Superfoods

Green Foods & Fermented Mushrooms
Certified organic • Gluten-free • Non GMO

Green Superfoods & Fermented Mushrooms

Prairie Naturals Fermented & Organic SuperFood blend is carefully crafted collection of 20 premium fermented & organic food based antioxidants. Each ingredient has been chosen to deliver maximum health benefits in a delicious and easy to use blend. Prairie Naturals SuperFood contains: Fermented & Organic Alfalfa, Kale, Wheatgrass, Oatgrass, Barleygrass, Turmeric, Maca, Beet, Mushroom Blend (King Trumpet, Turkey Tail, Cordyceps, Reishi, Himematuake, Lion's Mane, Antrodia, & Maitake) together with Organic Spirulina, Chlorella, Moringa and Blueberry!



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Fermented & Organic Turmeric

Enhanced bio-availability • Antioxidant-Rich
Traditional spice • Vegan • Gluten-free • Non GMO

Even after thousands of years of traditional culinary use, Turmeric (*Curcuma longa*) continues to surprise and delight nutritional researchers by its endless array of health benefits. Packed with antioxidants and phyto-nutrients, Turmeric's medicinal and culinary versatility makes it the most popular superfood spice in the world today. Even a small amount yields big benefits. Studies show that a mere half teaspoon daily provides a broad spectrum of protective antioxidant power.

Golden Milk Latte Recipe

Serves : 2

This immune-boosting spiced drink is perfect for cold mornings-warming you from the inside out. The combination of a healthy fat such as coconut oil and pepper greatly — increase the health benefits of turmeric, making healthy compounds such as Curcumin more bioavailable.

Ingredients:

- 3 cups of coconut milk
- 2 tsp of cinnamon
- a pinch of black pepper
- 2 tsp of coconut oil
- 1 tsp of grated ginger
- 1 tbs of sweetener of your choice
- 1 tsp of vanilla extract

Method:

- Combine all ingredients together in a blender on medium speed for 30 secs.
- Transfer to a small pot, cover with lid, and warm on medium heat for 3-5 mins.
- Add sweetener of your choice to taste, serve and enjoy!



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Fermented & Organic Maca

Antioxidant-Rich • Enhanced bio-availability
Sustainably grown • Vegan • Gluten-free • Non GMO

The Peruvians used Maca as Food and as a Traditional Medicine?

As a daily food, Maca is a nutritional superfood powerhouse. The peoples of the Central Andes attribute their ability to work vigorously at high altitudes with renowned strength and vitality to eating maca. Maca has often been touted as Peruvian ginseng, owing to the root's traditional uses for fertility, libido, conditions of menopause, mental and physical energy. Peruvians remark that it works equally well for both men and women, especially in terms of increased libido and fertility, its' nutrient-rich profile gives maca it's broad-based healing and adaptogenic properties. Adaptogens, like Chinese ginseng and Peruvian maca, are hailed for their ability to reduce the effect stress hormones can have on the body. Adaptogens support and rejuvenate overwhelmed, tired adrenal glands, providing more energy, stamina, clarity of mind and an ability to handle stress. With this superfood, it is best to begin with a conservative amount and work up slowly until one notices an increase in energy, usually occurring around 1- 3 teaspoonfuls taken daily. It may take a few weeks to reach the effective dose.



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Fermented & Organic Barley Grass

Whole plant powder, including juice & fibre
Nutrient-Rich • Vegan • Non GMO • Gluten-free
Canadian Grown

Taste the energizing power of Prairie Naturals organic & fermented Barley Grass!

While fermented foods such as yogurt and sauerkraut have been recognized for their many health benefits for thousands of years, the fermentation of cereal greens is new and revolutionary. And Prairie Naturals is the very FIRST in Canada with organic & fermented Barley Grass.

Prairie Naturals organic & fermented Barley Grass starts with the sustainable harvesting of fresh young green leaves of organic barley plants. This fresh-cut Barley Grass is then naturally cultured with *Lactobacillus plantarum* and *saccharomyces boulardii* on a molasses matrix and fermented for four days. This natural fermentation process enhances and transforms the naturally occurring nutrients to more readily assimilated forms.

Prairie Naturals organic & fermented Barley Grass delivers a refreshingly green taste experience that includes the natural juice and fibre from the fresh leaf blade. Enlivened with health-promoting probiotic bacteria, organic & fermented Barley Grass is easily digested and supports bowel regularity and healthy immunity. This concentrated source of readily assimilated chlorophyll, vitamins, minerals, antioxidants and enzymes is pleasant-tasting and is the perfect addition to smoothies, salad dressings and sauces!



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Fermented & Organic Prairie Grasses

Fermented organic grass blend
Revolutionary blend of fermented & organic leafy green grasses from barley, alfalfa, wheat & oats
Canadian Grown

The perfect alkalizing blend

Health experts tell us to eat several servings of alkalizing leafy greens every day for optimal well being. They also encourage us to include fermented foods in our daily diet. Nutritional research shows that everything from good digestion and energy to disease prevention and anti-aging are related to these two wholesome food categories — green foods and fermented foods.

Your all-in-one fermented organic grass blend

Prairie Naturals has expanded our line of grain-free and gluten-free, fermented greens to include a synergistic fermented grass blend of highly alkalizing, organic, leafy green grasses of barley, alfalfa, wheat and oats. This all-in-one blend gives you the benefits of all four grasses in one convenient instant drink mix.



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Fermented & Organic Wheat Grass

Whole plant powder, including juice & fibre

Nutrient-Rich • Vegan • Non GMO • Gluten-free

Canadian Grown

Experience the healing power of Prairie Naturals organic & fermented Wheat Grass!

For thousands of years, cultures from around the world have used natural fermentation to preserve their foods and improve digestibility and nutrient availability.

Nutritional scientists are discovering that naturally fermented foods such as yogurt, miso, kefir, sauerkraut and kimchee provide abundantly diverse health benefits and are an integral part of a healthy daily diet.

While the fermentation of many foods is an ancient dietary practice, the fermentation of organic Wheat Grass is new and revolutionary; and Prairie Naturals is proud to be the very FIRST company in Canada to provide organic & fermented Wheat Grass powder.

We start with the sustainable harvesting of fresh young green leaves (*cotyledons*) of organically grown wheat (*Triticum aestivum*) plants. These fresh-cut blades of Wheat Grass are then naturally cultured with probiotics — *lactobacillus plantarum* and *saccharomyces boulardii* — on a molasses matrix and fermented for four days. This natural fermentation process enhances and transforms the naturally occurring nutrients to more readily assimilated forms.

10 Ways to add SuperFoods to Your Everyday

- 1 Add to Salad Dressings
- 2 Infuse your Favourite Shampoo
- 3 DIY Masks and Scrubs
- 4 Add to Pesto's, Sauces and Spreads
- 5 Homemade Energy Bars
- 6 Superfood Popsicles and Ice Cream
- 7 Superfood Smoothies and Smoothie Bowls
- 8 Superfood Cocktails
- 9 Superfood Energy or Protein Balls
- 10 Superfood your Pets Treats

Download Our Recipe Book



prairienaturals.ca



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Organic Spirulina

Blue-green algae

**Super green food • Proven fat-fighter
Effective Anti-inflammatory**

Spirulina (*Spirulina platensis*) is one of the most ancient green superfood plants on earth. These tiny, single-celled freshwater micro algae contain an impressive 60% protein content! This lean & green protein source is also a natural source of minerals, including iron, calcium, and magnesium. Its high levels of B12 and protein make it the perfect addition to the diet of vegetarians. Spirulina contains all the essential amino acids and essential fats, along with complex carbohydrates, fibre, a wide range of vitamins and minerals including antioxidants, carotenoids (especially lutein) and nucleic acids. Researchers have found that Spirulina intake reduces blood cholesterol and inflammation. Regular supplementation with Spirulina also removes accumulated toxins in the body, creating a gentle and safe daily cleansing effect.

10 reasons to choose Prairie Naturals Organic Spirulina...

1. The first organic Spirulina in Canada.
2. 100% organic Spirulina (powder V-Caps and tablet form). No binders or excipients!
3. Tested and free of BMAA bacteria, algal toxins, and melamine.
4. Certified Kosher and vegan.
5. 200% higher in carotenoids compared to other organic Spirulina products.
6. GMO-Free.
7. Tested and free of pesticides, herbicides.
8. 100% VEGAN. No animal products or by-products.
9. Free from artificial ingredients, preservatives and irradiation treatment.
10. Organically grown & free from Chilean nitrate (synthetic fertilizers).



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Organic Aqua Greens

Spirulina & Chlorella

**Alkalinizer • Nutrient-Rich • Vegan
Gluten-free • Non GMO**

Better together. Naturally.

Some foods just naturally belong together. So what can be better than combining two of the world's most popular and beloved green energizers together into one super powerful, super convenient superfood duo? That's exactly what we did at Prairie Naturals when we created our new Aqua Greens, an equal-ratio blend of our Organic Chlorella and Organic Spirulina powders.

Prairie Naturals Chlorella undergoes a special procedure that breaks open (but does not remove) the indigestible cell wall and allows access to its concentrated nutrients. The fibre in Chlorella acts as a natural prebiotic that promotes probiotic activity in the intestinal tract.

Prairie Naturals Chlorella and Spirulina are grown sustainably and organically, outside and in the sunshine in ecologically protected areas to ensure purity and maximum nutritional value.



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Organic Chlorella

Broken wall cell

**Improves lipid metabolism • Green energizer
Heart helper • Detoxifier • Immune Balancer
High source of whole food chlorophyll**

Chlorella is one of the most ancient food plants on earth. These tiny, single-celled green micro algae are "freshwater phytoplankton" that float on the water's surface soaking up sunshine and converting it into green energy power cells! The name "Chlorella" comes from the Latin words for "green leaf" and "small." Chlorella contains the highest percentage of chlorophyll (the green pigment in plants) of any plant on earth. Chlorophyll is what gives Chlorella deep, emerald-green colour.

But these fast-growing, microscopic green energy cells are not only packed with chlorophyll; Chlorella contains concentrated levels of protein (with all the essential amino acids) and essential fats, along with complex carbohydrates, fibre, vitamins and minerals including antioxidants, carotenoids (especially lutein) and nucleic acids. Researchers in Japan and Korea are finding that Chlorella intake has a positive effect on blood cholesterol, blood sugar and appetite control. Studies show that chlorella also has the power to remove toxins from the body.

Prairie Naturals Chlorella undergoes a special procedure that breaks open (but does not remove) the indigestible cell wall and allows access to its concentrated nutrients. The fibre in chlorella acts as a natural prebiotic that promotes probiotic activity in the intestinal tract.

Prairie Naturals Chlorella is grown sustainably and organically, outside and in the sunshine in ecologically protected areas to ensure purity and maximum nutritional value.



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Organic Moringa Leaf

**Antioxidant Green SuperFood
Certified organic • Gluten-free • Non GMO
Sun dried & steam sterilized**

Meet the fruit from the miracle tree

Moringa, a global superfood star, is a new addition to our ever-growing family of organic superfood powders. Sometimes called the "Miracle Tree," this beautiful tree is native to India and other parts of South Asia. Virtually all parts of it are used as food and medicine in traditional Indian diets, but the leaves are recognized as the most nutritious part of the tree. Prairie Naturals Organic Moringa Leaf powder is sustainably and certified organically grown in India. Packaged as pure powder and in vegetable capsules (without fillers), Moringa Leaf is a convenient way to fortify your diet with potent, plant-source antioxidants.

what are the **colours** of health?

Remember when your mom and grandma told you to “Eat more greens?” Well guess what, they were right! Thousands of published scientific studies from around the world have confirmed the healthy wisdom of what mom and grandma always said. And that’s not all! Now the latest research also tells us to eat the blues, the reds, the yellows, and all the other colours every day in order to get the full spectrum of colourful phyto (plant) nutrients we need to be healthy and active.

But that’s not always easy to do, is it?

That’s why Prairie Naturals researches and formulates all the Colours of Health into tasty, instant, drink mixes for daily use! Our concentrated drink mix powders are made with selected fruits, berries and super green foods to provide the wide array of antioxidants, minerals, vitamins and phytonutrients you need for healthy hearts, eyes, brains, skin, digestion, immunity and aging.



What's better than superfoods? Fermented superfoods!

Fermented foods have been used as medicine throughout history. Chinese workers ate acid-fermented vegetables while building the Great Wall of China. The Japanese have had Kimchi as part of their daily menu for centuries. The Romans used sauerkraut to treat and prevent intestinal infections. Captain Cook used sauerkraut and lime juice to prevent scurvy on his three-year journey around the world.

In the case of superfoods, we've taken the highest quality, antioxidants-rich superfoods and fermented them, which makes them even more...super!

"Fermented foods, as a group, are highly nutritious and digestible. Fermentation pre-digests foods, making nutrients more bioavailable, or easier for the body to absorb, and in many cases fermentation generates additional nutrients or removes anti-nutrients or toxins."

—Sandor Katz, *The Art of Fermentation*