

Fermented & Organic **SuperFoods**

Add More SuperFoods to Your Everyday



prairienaturals®



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.

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!



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.

Creamy Coconut & Turmeric Popsicles

Ingredients:

- 1 Can Organic Coconut Milk
- 1 TSP Prairie Naturals Fermented & Organic Turmeric Powder
- 1 Scoop Prairie Naturals Organic Rice French Vanilla Protein Powder
- 2 Frozen Peeled Bananas
- 1 TBS Organic Honey
- 1 Cup Frozen Organic Mango

Directions:

- 1) Add all ingredients into a high-speed blender.
- 2) Pour into popsicle molds and add lids.
- 3) Freeze overnight.





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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 SuperFoods 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 SuperFoods contains: Fermented & Organic Alfalfa, Kale, Wheatgrass, Oatgrass, Barleygrass, Turmeric, Maca, Beet, Mushroom Blend (King Trumpet, Turkey Tail, Cordyceps, Reishi, Himematumake, Lion's Mane, Antrodia, & Maitake) together with Organic Spirulina, Chlorella, Moringa and Blueberries!

Fermented & Organic SuperFoods Blend:

- Mineralizes and alkalinizes the body and increases energy
- Contributes potassium, magnesium and calcium which helps maintain optimal pH
- Increases energy levels as well as boosts athletic endurance
- Supports digestive and gut health by nourishing beneficial bacteria with fibre
- Supports liver health and repair
- Promotes detoxification of liver and G.I. tract
- Purifies breath and supports the health of the stomach
- Helps regulate the body's inflammatory process
- Lowers risk of macular degeneration and cataracts
- High in some of the healthiest and most nutritious foods on the planet



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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 its' 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 Fermented & Organic 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 Fermented & Organic Barley Grass.

Prairie Naturals Fermented & Organic 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 Fermented & Organic 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, Fermented & Organic 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 Kale

Antioxidant-Rich • Enhanced Digestibility • Vegan
Gluten-Free • Non-GMO

Kale (*Brassica oleracea*) has rapidly become the most popular leafy green in North America. Its undisputed health benefits and versatile culinary uses are touted by nutritional researchers and gourmet cooks alike. Our easy-to-use fermented Kale powder provides all the nutritional and health benefits of Kale along with the digestive benefits provided by fermentation.

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.



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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 Fermented & Organic 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 Fermented & Organic Wheat Grass powder.



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Fermented & Organic Alfalfa

Chlorophyll-Rich • Alkalinizer • Vegan
Gluten-Free • Non-GMO

Alfalfa (*Medicago sativa*) is a beautiful leafy green plant that grows up to a metre high with roots stretching 15 metres downwards. Harvested as tender, young greens, the leafy aerial parts of our organically grown alfalfa are then naturally fermented. The result is a pleasant-tasting fermented leafy green powder that is highly nutritious and alkalinizing while promoting the healthy production of friendly gut microbes.



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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 part of 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.



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.

Summer Spirulina Popsicles

Ingredients:

1 TSP Prairie Naturals Organic Spirulina Powder
½ TSP Stevia
½ Cup Coconut Water
1 Cup Frozen Mango
Juice of 1 Lime
1 Kiwi

Directions:

- 1) Combine and blend together Spirulina powder, stevia, coconut water, frozen mango and juice of lime.
- 2) Slice kiwi and add to popsicle molds.
- 3) Fill molds with mixture of other ingredients.
- 4) Freeze until solid.
- 5) Enjoy!



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).
3. Tested and free of BMAA bacteria, algal toxins, and melamine.
4. 200% higher in carotenoids compared to other organic Spirulina products.
5. GMO-Free.
6. Tested and free of pesticides, herbicides.
7. 100% VEGAN. No animal products or by-products.
8. Free from artificial ingredients, preservatives and irradiation treatment.
9. Organically grown & free from Chilean nitrate (synthetic fertilizers).



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Organic Chlorella

Broken Cell Wall

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 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 Organic Aqua Greens, an equal-ratio blend of our Organic Chlorella & 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 & Spirulina are grown sustainably and organically, outside and in the sunshine in ecologically protected areas to ensure purity and maximum nutritional value.

what are the **colours** of health?

"Eat more greens?"

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