



The Pollen Press

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FUTURE ISSUES:

Shimitzu Chemical and Rheolex

Graminex Russia

GRAS

New Website Design

UPCOMING EVENTS:

SupplySide East 2009
April 27th-29th
Secaucus, New Jersey
Booth # 1442

AgriTech Isreal 2009
May 5th-7th
TeleAviv, Israel
Booth # 87

Natural Market Place 2009
July 9th-11th
Las Vegas, Nevada
Booth # 1145

SupplySide West 2009
November 11th-13th
Las Vegas, Nevada
Booth # 24107

New Formulation: PolliQueen™



PolliQueen is now formulated with 100 percent more solvent free Graminex Flower Pollen Extract™. Formulated for a woman's specific nutritional needs, PolliQueen™ creates a perfect unity of two powerful compounds, Graminex's Standardized

Flower Pollen Extract™ and quality tested Royal Jelly. Flower Pollen Extract™ offers women a number of benefits due to its vitamin, mineral, amino-acid, phytosterol (including plant hormones and isoflavones), and fatty acid nutritional content. During the 1990's and 2000's flower pollen extract has been scientifically substantiated to reduce hot flashes and other menopausal symptoms. Graminex Flower Pollen Extract™ in

combination with added nutrient available in Royal Jelly, help to strengthen the immune system and offer anti-inflammatory effects, thereby providing a superior woman's nutritional supplement.

Benefits:

- Perfect blend of two powerful compounds: Flower Pollen Extract and Royal Jelly
- Increases energy and vitality
- Helps to build the resistance to allergies
- Strengthens the immune system and
- Improves metabolism and weight stabilization
- Exerts a positive influence on serious stress conditions
- Provides a complete source of essential nutrients including vitamins, minerals, amino-acids, building factors, plant hormones, enzymes, unsaturated fatty acids, prostaglandin precursors, and many other bio-factors critical for optimum health.

Recent Tradeshows



Graminex and its representatives attended many tradeshows in 2008. Tradeshows included SupplySide West, CPhI Worldwide and Health Ingredients Japan. All of these shows helped to connect Graminex with important customers and distributors. The tradeshows seminars also keep Graminex representatives informed of market changes and developments.

SupplySide West was held in Las Vegas, Nevada and was primarily a show for bringing together manufacturers and suppliers of ingredients. It encompassed dietary supplements, cosmetics, food and pharmaceuticals. Graminex presented its raw material and bulk products to potential and existing customers and suppliers. Graminex Representatives also attended the many seminars offered in regards to the recent changes enacted by the US FDA for Dietary Supplements (DSHEA).

CPhI Worldwide took place in Frankfurt, Germany. CPhI is the leading exhibition for pharmaceutical ingredients and allied industries. Graminex made many contacts here regarding the use of its Flower Pollen Extract™ as an API (Active Pharmaceutical Ingredient). Graminex also is continuing to position its Flower Pollen Extract as a cosmetic active ingredient (cosmeceutical), and was introduced during CPhI.

Health Ingredients Japan was an important event for Graminex and its partner Graminex Japan. This show is the leading food ingredient show in Asia. It encompasses functional ingredients, natural food ingredients, food additives and services for this industry. We want to thank Mr. Kazuhito Muronaka and his daughter Ena for their preparation, hard work and attention to make the show such a success. Graminex is looking forward to HI Japan in 2009.

Did you know? History of the Sanomin Name

Cause of Illness

The cause of illness has been an important question throughout history. The discovery of bacteria and later of viruses finally proved a logical, understandable and natural explanation. Since then there have been few new "causes" of illness discovered and we have more or less accepted genetic predisposition as an explanation for why human beings fall victim to certain illnesses.

One explanation that has been proposed contrasts the resistance of uni-cellular organisms, which can "live forever," with more complex multicellular organisms (such as humans), in which the individual cells do not receive sufficient nourishment and cannot rid themselves of wastes as completely as does a single cell. Recent studies in cellular biology question this theory since, when human cells are cultivated under optimum conditions outside the body, they only live a short time before they degenerate. Either degeneration is "built-in" to human cells or else the perfect nutrient for human cells hasn't yet been found. The only human cells that appear to "live forever" are cancer cells.

Studies indicate that certain degenerative diseases, such as arteriosclerosis, earlier considered unavoidable, are caused by outside factors, primarily diet, although the foods considered responsible are subject for debate.

Medical texts discuss the cause of illness very little if at all. Illnesses are discussed under the headings "pathogenesis" and "etiology." (the studies of the development and the cause of disease, respectively) but seldom if ever arrive at the primary cause. With the exception of certain bacterial disease, the causes are often designated "unknown."

Within the field of biological medicine there is a collective and natural explanation for the cause of illness. Basically, there are only two causes, intimately interrelated: heredity and environment.

Heredity can lead to the development of certain diseases, either directly, as in the case of hemophilia, or by providing predisposition, in which case a number of other factors must also be present before a disease will appear.

Environmental factors include such things as bacteria, the working place, psychological fac-

tors and physical causes such as radiation and accidents.

This approach lends another dimension to the question of health and disease where the responsibility for one's health falls primarily on the individual. We must "take care of ourselves," seek a pollution-free environment, and eat a healthy diet.

This philosophy of health and illness is in direct opposition to conventional medicine, so-called "school medicine," where pharmaceutical drugs are considered a cure for disease.

Classifying Pharmaceuticals

Some experts prefer to reclassify pharmaceuticals and to label them:

- Health remedies
- Surrogate remedies or
- Toxins

The majority of our current drugs are toxins in the prescribed dosages. They are made either from toxic plants or synthetically produced chemicals. Labeling them toxins should not keep them from being used-though it should serve as a warning-as they can both relieve suffering and be lifesaving. Toxins will continue to be important to those who already have become ill or are injured.

Surrogate remedies are health restoring remedies usually produced by the body itself, but which need to be provided when there is an insufficiency. Insulin, thyroid gland hormone or fresh blood are examples of surrogates.

The final group consists of health remedies/foods, and includes all known and unknown substances necessary to sustain life and good health.

Humans certainly cannot survive if an amino acid is lacking, for example, or a trace element, or a vitamin or mineral. The most fascinating of these has always been vitamins (literally: "that which is needed to live.")

German, Japanese, United States and Russian scientists have suggested that certain other "vital factors" may affect our health and resistance to disease, and that certain natural substances may help to normalize various bodily imbalances and make us healthier.

Flower Pollen

Professor Olov Lindahl, a leading Swedish doctor and scientist, coined the term sanom-

ins as a sub-category under the grouping health remedies/foods. Sanomins (perhaps from the Latin root sanus, meaning "whole, sound," so that Sanomin would be: "that which is needed to be whole") would raise the condition of health and even eliminate certain symptoms of illness. Yet, in contrast to a vitamin deficiency, a deficiency of sanomins would not bring about death. While a deficiency of sanomins might not shorten life, it could lead to a lower level of basic health.

Examples of such substances are Graminex Flower Pollen, optimum ranges of certain vitamins and gammalinolenic acid.

German and Russian researchers have introduced a similar idea, adaptogens, intended to be applied, above all, to Ginseng Ginkgo Biloba.

These preparations have an overall energizing effect on the body; and therefore, the ability to adapt the organism, bringing it back to its normal state.

A sanomin is a natural nontoxic substance that increases the body's resistance to adverse physical, chemical, and emotional stress. A sanomin

Helps the body to bounce back or regain its natural equilibrium.

Do Sanomins Exist?

Are there, then, any real grounds to support the hypothesis that certain elements, called sanomins, can provide a healthier or more wholesome life and better health?

There is a thin line separating vitamins and sanomins. We know that a complete deficiency of vitamin C, for example, can lead to scurvy and even to death. In treating scurvy, gradually increasing doses of vitamin C can be given until a point at which the patient survives and has no direct symptoms of the disease, yet the vitamin C deficiency remains and manifests itself in the body. This condition is not life-threatening and can continue throughout an entire "normal" life. Or is such a life perhaps shorter? Or is there a greater susceptibility to disease? This is difficult to evaluate.

In such a case, giving vitamin C in doses needed to prevent scurvy (between 10-50 mg/day) can be called a sanomin supplement. If a supplement in the range of between 50 mg and

1,000-4,000 mg (recommended by Linus Pauling to lessen pre-disposition to infections of the respiratory tract) can both prevent infection and lower the risk of getting cancer, then this too is a form of sanomin supplement.

Studies have shown that vitamin B12 in an “overdose” of 1,000 times the normal requirement can improve health and lower the frequency of general fatigue. If these research results are true, then this kind of “overdose” would be a form of sanomin supplement.

One product which fits the definition of sanomins is Graminex Flower Pollen Extract. This product has been used for more than 15 years and has undergone numerous tests, all of which indicate that it increases physical performance levels. No negative effects are indicated.

The Minimum Law

A Sanomin such as Graminex Flower Pollen works according to the rule of synergy, and what is known as the minimum law. It is the multiple interactions of nutrients, not their single actions, which are the basis of their biological functions. This principle has been only recently emphasized in nutrition science, although top scientists have known it for many years.

According to Liebig’s Minimum Law, the alimentary substances conveyed to the body

must be both complete and have a certain relation to each other as settled by nature so that they may be effectively utilized. If there is a shortage of only one substance, this will evolve so that all others will be in corresponding degree poorly utilized, and thus the body cannot make the use intended of food eaten. This same law applies for all the different factors which the body requires, such as vitamins, hormones, enzymes, coenzymes, mineral substances, fats, carbohydrates and amino acids. The body is able to utilize the food effectively if the latter contains a complete selection in suitable proportions of all necessary substances. Therefore, you may, in simple way, assure yourself of the fact that your body obtains all substances necessary for life by supplying the body daily with Graminex Flower Pollen.

Synergy describes the effect of coordinated action. It describes a process in which the total effect of the individual agents is greater than the individual effects of each separate entity. Synergy means 3+3 = 7. Synergy truly means that the whole is greater than the sum of its parts.

The value of synergy is well understood. Enlightened people are looking beyond food supplements-vitamins or minerals- that simply fill nutritional gaps. They’re looking instead to a product that can meet the total needs of their patients.

A remarkably balanced product, Flower Pollen contains all the essential nutrients needed for good health. It had the total components of vitamins, minerals, amino acids, RNA and DNA building factors, enzymes, unsaturated fatty acids, prostaglandin precursors and other essential biofactors. These nutrients work together synergistically to produce “optimum health” an effect that each nutrient by itself is incapable of achieving. This is the power of synergy.

The term Sanomin was introduced in Europe several years ago by Professor Olov Lindahl, a Medical Doctor, and one of the world’s leading exponents of Biological Medicine from Sweden. “Biological means true to nature or natural, i.e., according to the fundamentals and correlations which correspond to the laws of nature.”

Dr. Paavo Airola, one of the greatest Nutritional Researchers who ever lived, said that:

“Tomorrow’s doctor of biological medicine will be a true doctor-which means teacher.. He will teach people the correct ways of eating and living so that they can avoid ever becoming sick. Biological Medicine will stress the preventive approach to disease. ‘An ounce of prevention is worth a pound of cure’ will become the norm, rather than the empty phrase.”

Hygiene Monitoring



Graminex has recently purchase a new piece of equipment to help ensure hygienic conditions in the laboratory, blending, packaging, manufacturing and warehouse facilities. This SystemSURE II Analyzer device verifies that cleanup procedures were followed correctly and sterile manufacturing conditions are maintained. The verification system is used by the largest food processors in the world, hospitals, restaurants, supermarkets and other manufacturing industries where rapid detection of contamination is crucial at the point of manufacturing.

Standards Cleaning Operating Procedures enforced by Graminex require that all surfaces are sterile prior to initiating and remain sterile during manufacturing and storage. By wiping surfaces with a swab, the SystemSURE II Analyzer can verify instantly that sterile conditions have been maintained.

The Quality Assurance Manager can be certain that the cleaning procedures were completed satisfactorily and products being handled or processed will not be contaminated. The SystemSURE II Analyzer helps Graminex guarantee the safety and quality of its products.

Field Expansion



This year Graminex has added 500 acres of test plots to its annual plantings. These test plots will be used to evaluate various varieties of plants for their pollen production. We are always striving to find higher quality pollens to offer our customers, including new pollens being targeted for specialty pharmaceutical applications.

Wellness News: Walking

How many steps per day do you walk? Something as simple as walking has many health benefits. Many studies have linked walking with reduced heart problems. In women 3 hours of walking a week, or about 30 minutes per day, may reduce risks of heart disease by as much as 40%. In addition to this walking also helps control blood pressure and boosts "good" cholesterol (HDL).¹

Along with the heart benefits, walking is able to improve circulation, help breathing, combat depression, bolster immunity, prevent osteoporosis, prevent and control diabetes and control weight.² Women who added 3,500 steps a day for one year lost an average of 5 pounds with no other changes to their diets or lifestyles. Men were able to lose an average of 8.5 pounds.³ This same group lost 10-15% excess body fat without losing muscle mass.

In our lives we tend to have longer and longer time periods of sitting. One theory draws a correlation between expanding waistlines and the amount of time sitting. A recent study shows that the longer you sit, the slower your metabolism remains.⁴ It also showed that even when you exercise later, your metabolism still remains slow. Simply standing up once and awhile from your chair will start your metabolism and get your blood circulating again after prolonged sitting.

So how much walking should we do? 10,000 steps per day is a common goal. Depending upon your age and abilities this may or many not be reasonable. For those who are relatively

sedentary simply adding 2,000-3,000 steps a day is a good goal to begin with. The best way to gauge how much you walk is to put on a pedometer. Wear it a few days to see what your average number of steps per day is. A general classification to follow is:

- 5,000 - sedentary lifestyle
- 5,000 to 7,500 - low activity
- 7,500 to 10,000 - somewhat active
- 10,000 to 12,500 - active
- 12,500 and up - highly active⁵

Once you see how many steps you take per day set a goal to add 2,000 steps per day until you reach 10,000 steps per day.

So, how do you add these steps to your day? There are many things you can do at home and at work. At work get up out of your chair and move every 30 minutes. This could be getting water or doing some stretches, anything to get your blood circulating and to keep your metabolism working. Also try not to make things too convenient. You don't need to have everything you will need all day at work piled on your desk. Put copy paper and other items down the hall or in a closet. Attending meetings in another office also gets you up out of your chair. Even if it's right around the corner. If you have to ask someone a question get up and ask it instead of sending an email. One of the ways to add steps every time you leave the house is to park further out in parking lots. It takes only a little bit more extra time to walk to the

door, but these steps will add up.

Try adding just a few more steps to your day. It will improve your overall health and well being, as well as reduce your risks of heart problems.

1. <http://www.aarp.org/health/fitness/walking/a2004-06-17-walking-numerous-benefits.html>
2. http://www.cambridgema.gov/cdd/et/ped_hlth.html
3. <http://usatoday.printhis.clickability.com/pt/cpt?action=cpt&title>
4. <http://diabetes.diabetesjournals.org/cgi/content/full/56/11/2655?>
5. <http://walking.about.com/cs/measure/a/lockel22004.htm?p=1>

Mexico Approval



Graminex has recently received approval by the Mexican Health Authorities for several of its products in Mexico. Working with Biodiet S.A. de C.V. five products were approved for sale in Mexico. The products include Prostanex Capsules, PollenAid Tablets, Cermalin Tablets, Barley Grass Tablets, and Alfalfa Tablets. This will help open up new and expanding markets in Mexico for Graminex.



Michelle Neiling
Quality Control Manager

This issue's spotlight employee is Michelle Neiling. She has been working for Graminex since June 2005. She has a Bachelor's of Science degree from Bowling Green University. Currently, Michelle manages all aspects of Quality Control. The Quality Control Department oversees the approval for all incoming products and materials, sampling for retention and release of products to the market. As part of Michelle's quality control duties she manages and oversees all internal documentation, such as SOP's, Batch Records, Analytical Testing Logs, as well as Product Dis-

position Records.

In addition to the internal documentation, Michelle also issues all technical documents needed by the customers of Graminex, such as Specification Sheets, Certificates of Analyses, and MSDS sheets depending on customer's needs.

Michelle is an important part of the Graminex staff. Graminex looks forward to having her as a valuable employee for many years to come. Don't forget to thank Michelle for all her hard work!

Employee Corner