



The Pollen Press

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FUTURE ISSUES:

Blending facility expansion

Sanomin celebrates 20 years

UPCOMING EVENTS:

Natural Market-Place 2008
July 18-19th
Booth # 728

SupplySide West 2008
October 22-24th
Booth # 24097

TC High Tech Herb Inc.

TC High Tech Herb Inc is a longtime partner of Graminex LLC that is owned and operated by Mr. Dean Yip. TC High Tech has successfully completed a series of drug registrations in Russia and China for their products containing non-acetone extracted Graminex™ Flower Pollen Extract, including Liver Purifier®. Approvals include health claims for regeneration of liver cells, detoxifying hepatic toxins, improving liver function and helping reverse the presence of viral surface antigens from positive to negative, and reducing the accumulation of fat in the liver, which reduces hypertriglyceridemia or hypercholesterolemia.

In a series of clinical studies conducted at Georgetown University, Washington D.C. and Creighton University of Pharmacy, Omaha, Nebraska, a positive effectiveness with no adverse side effects were reported for Liver Purifier®.

Clinical trial information is available from Graminex LLC and TC High Tech upon request.

Liver Purifier Product containing Graminex™ Flower Pollen Extract is available worldwide from TC High Tech.



Dean Yip
Owner of TC High Tech Herb Inc.

Rye Pollen Harvest 2008



Each bin is sampled manually and tested for moisture content every 30 minutes.

Rye pollen harvest was very successful this season. The start of harvest was delayed by several weeks

due to cold weather. Graminex has taken measures this year to reduce energy costs. By recalibrating and increased monitoring of heaters during the drying process we have reduced our natural gas consumption by 5%. By monitoring moisture levels in each drying bin, we have prevented over drying and any unnecessary extended drying times. We have installed automatic reporting systems on our gas lines to measure the total usage on a continuous basis as well as purchased testing equipment to ensure timely detection of any potential gas leaks. With larger increases in gas prices these savings are becoming a extremely important to containing costs.

Previa

Graminex is happy to announce the release of their Previa Gold™ Capsules that contain Graminex Lipid GFX™ Flower Pollen Extract. Historically this product has been used to aid in the treatment of arthritis and to eliminate women's menopausal symptoms, such as hot flashes. Flower Pollen Extract™ is known to benefit and support women's health during the aging process. It is also used to promote overall heart health and lower the risk of coronary heart disease. The Previa Gold™ product delivers a high concentration of plant phytosterols.

Phytosterols are compounds found naturally in plants that serve as structural support in plant cells instead of cholesterol, as in animal cells. Phytosterols only differ slightly from cholesterol structurally. These compounds are being used for a variety of health improvements. The US Food and Drug Administration has endorsed products with phytosterols as part of a dietary strategy to reduce the risk of coronary heart disease.

The use of pollen products for women's menopausal symptoms goes back to the 1960's. Previa Gold™ serves as an alternative natural product to hormone therapy. Although the use of hormone therapy is wide spread, many women discontinue treatment due to the adverse side effects. Studies have shown that hormone treatment increases C-reactive protein (CRP), increasing the inflammatory action of exogenous estrogens on the arterial walls (1). This could explain the increase of cardiovascular risk during the first years of taking hormone treatment. With these risks some women find the use of naturally occurring phytoestrogens in pollen products like Previa Gold™ beneficial. These phytoestrogens act like estrogen at binding

sites in the body, reducing menopause symptoms, such as hot flashes with no adverse side effects found with hormone treatment.

In addition a common use for phytosterols is to reduce blood cholesterol, which is a well established risk associated with coronary heart disease. Taken as a supplement, phytosterols are effective in lowering both plasma total and low density lipoprotein (LDL) cholesterol. They can reduce cholesterol in humans by up to 15% (2). Dietary cholesterol entering the body is being blocked from incorporation into cells of the intestine, which decreases the overall amount of cholesterol being absorbed (3). Michelles, lipid carriers found in the small intestine, only have a limited capacity to carry cholesterol into the intestine cells. Due the similar chemical structures of phytosterols and cholesterol, as phytosterol quantities increases, the pool of dietary cholesterol is decreased due to competition for binding sites on these michelle carriers. No adverse side effects or toxicity occurs even at very high doses when taken for cholesterol (4).

Additionally Graminex Flower Pollen Extract™ containing phytosterols is use for rheumatoid arthritis patients. It helps to increase motility and reduce pain and inflammation. Phytosterols were able to reduce the intensity of the arthritis disease activities due to their potent anti-inflammatory properties (5).

Previa Gold™ is also useful for improving the immune system functions. It is able to stabilize the immune reactions that occur as well as increase the ability to counteract viral diseases, such as the common cold, as well as various microbial diseases. In decreasing the release of inflammatory factors and increasing the

production of beneficial factors from T-cells, repair mechanisms are able to begin recovery from both acute and chronic illnesses. By restoring immune system balance phytosterols are also beneficial for people who suffer from infections, allergies, sinusitis, stress induced immune suppression or any other autoimmune conditions (6). For allergies these compounds are able to decrease the specific immune factor (Interleukin 4) that causes the allergic response and the release of histamine.

Previa Gold™ is made using Graminex Lipid GFX™ Flower Pollen Extract. This extract is non-acetone extracted and its phytosterols are lipid soluble, allowing it to block absorption of cholesterol. While phytosterols occur naturally in vegetable oils, our product has over 28,000mg/100g compared to soybean oil with 327mg/100g (7). With this higher concentrate our recommended dose is 3 softgels daily. This product is recommended to anyone who is suffering from menopausal symptoms, is at risk for coronary heart disease, has high cholesterol, suffers from arthritis, infections, allergies or an imbalanced immune system.

1. Georgiev, DB, Goudev, AR, Manassiev, N. 2004. Effects of an Herbal Medication Containing Bee Products on Menopausal Symptoms and Cardiovascular Risk Markers: Results of a Pilot Open-uncontrolled Trial. *MedGenMed*. 6(4): 46.
2. Consumption of a Functional Oil Rich in Phytosterols and Medium Chain Triglyceride Oil Improves Plasma Lipid profiles in Men." *Journal of Nutrition*. 133: 1815-20.
3. Ostlund RE Jr. 2007. Phytosterols, cholesterol absorption and healthy diets. *Lipids*. 42(1):41-5. Epub 2007 Jan 9.
4. Katan MB, Grundy SM, Jones P, Law M, Miettinen T, Paoletti R. 2007. Efficacy and safety of plant stanols and sterols in the management of blood cholesterol levels. *Mayo Clin. Proc.* 78(8): 965-78.
5. 2002. *Am. J. Clin. Nutr.* 75. Abstract 40, 351S.
6. 2001. *Alternative Medicine Review*. Vol. 6 No. 2.
7. The Marketing Edge: Phytosterols Qualisoy (<http://www.talksoy.com/pdfs/2006OilsBrochure.pdf>). Qualisoy.

Wellness News: Antioxidants



Antioxidants are substances and nutrients found in our food that can help prevent or slow down the oxidative processes in our bodies. As we use up oxygen inside our cells during these processes, free radicals are released into the body. This process is similar to what we see with cars rusting as the iron gets exposed to oxygen. Free radicals are molecules that are short an electron and are looking to gain one. They get these electrons from important biological molecules in our cells, which causes cellular damage to occur.

Free radicals are held responsible for a number of degenerative diseases associated with aging, such as cancer, cardio-

vascular disease, cognitive impairment, Alzheimer's disease, immune dysfunction, cataracts, and macular degeneration (1). While our body has defenses against these molecules, it greatly diminishes as we begin to age. Antioxidants are known to help our body fight these oxidative processes.

Some of the most common antioxidants are vitamins A, C and E, carotene, lycopene and lutein. These antioxidants can be taken in supplement form, but they also can be found in high quantities in certain fruits, vegetables and nuts. For fruits, cranberries, blueberries and blackberries contain the highest amounts of antioxidants. In vegetables, beans, artichokes and Russet potatoes were highest. And in nuts, pecans, walnuts and hazelnuts were highest. One group of food that is less well known for its higher antioxidants levels is spices, especially ground cloves, cinnamon and oregano (2).

When trying to increase your daily antioxidant intake, cooking methods become more important. For example when boiling potatoes and carrots the levels of antioxidants decrease. One study found that there was almost no difference in antioxidant levels in vegetables when they were

steamed compared to raw. Blanching and storing can cause between 20-30% antioxidant loss, especially for specific vitamins (3).

While much research exists on the benefits of antioxidants, there is still much to be learned. Eating a larger variety of foods is the key to increasing your daily antioxidant intake. This can be done by adding a handful of berries to your cereal in the morning, steaming a variety of vegetables for dinner instead of just one, or adding spices to bland foods. Also don't be afraid to eat desserts. Dark chocolate ranks among the highest fruits and vegetables in antioxidant levels (4).

1. <http://www.ific.org/publications/factsheets/antioxidants.cfm>
2. Warner, J. 2007. Antioxidant Riches Found in Unexpected Foods. WebMD Health News.
3. Puupponen-Pimiä R, Häkkinen ST, Aarni M, et al. Blanching and long-term freezing affect various bioactive compounds of vegetables in different ways. Journal of the Science of Food and Agriculture. Volume 83, Issue 14, Pages 1389 - 1402.
4. DeNoon, DJ. 2003. Dark Chocolate Is Healthy Chocolate. WebMD Health News.

Carton Packer

Graminex has added on a carton packer to its bottling line. The machine carries the finished bottles to the packer, wraps a paper insert around the bottle, puts it into the cardboard carton, and automatically folds the top flaps down to close it. This machine has allowed faster packaging for certain orders that require an outer carton around the bottle. Graminex continues to offer customized bottling and packaging to its customers for finished products.



New Director of Marketing

Phil J. Franzo
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Graminex is extremely happy to welcome Phil J. Franzo to the corporate office staff in Saginaw, Michigan. Phil has accepted the position Director of Marketing. He will be responsible for all of Graminex’s new product launches and the development of marketing materials for use by our customers and distributors. We welcome and encourage our customers and distributors to contact Phil for their sales and marketing needs in regards to Graminex products as well as any general questions about our products and their various health applications.

Warehouse Capacity

Graminex has recently expanded their warehouse capacity. This was done to accommodate the addition of in-house blending capabilities and to consolidate order processing into one building. We are now able to store all of the Graminex products, packaging and other necessary equipment for orders in one area. Order processing has been streamlined with less movement of the product and materials between the storage and handling areas. Graminex is always looking for better material handling methods to ensure a quality product for its customers.



Anthony Coleman
Plant Supervisor

Employee Corner

This quarter’s employee is Anthony Coleman. He started working for Graminex in May 2004 and has been a model employee for the past 4 years at the Graminex manufacturing facility in Deshler, Ohio.

As the plant supervisor he oversees the processing equipment for the production of raw bulk powders as well as the bottling line for finished goods. He is also responsible for supervising harvest setup and clean up each year.

Anthony is approaching graduation from Bowling Green State University with his Bachelor’s of Science degree in Education.

Graminex is grateful to have such a hard working employee like Anthony. The entire Graminex staff looks forward to working with him in the future.