



The Pollen Press

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FUTURE ISSUES:

Graminex Russia

Pollen Harvest 2013

UPCOMING EVENTS:

SupplySide MarketPlace
May 1st-2nd
New York, NY
Booth # 557

Fi, Hi, Ni China-Asia
June 25th-27th
Shanghi, China
Booth # N4C28

SupplySide West
November 14th-15th
Las Vegas, NV
Booth # 29027

New Equipment: Tablet Coater



Graminex has recently purchased a new integrated Hi-Coater® Tablet Coating system from Freund-Vector. This new integrated tablet coating system will allow Graminex to coat all of its current products in-house. This will help reduce lead times for coated products as well as increase product offerings. Different colored tablets are available for customers starting immediately. All of Graminex's current product offerings will be coated in-house with the new equipment. New color choices as well as newly coated products will also be available by customer request. Graminex looks forward to offering this new service to its customers to help them maintain their marketability and customer appeal around the world. Please do not hesitate to contact us about our tablet coating capabilities or any of our other services.

GenLife Product Launch in India



GenLife has released three new products formulated by Graminex to the Indian market. These products, Utiremede, Menoquil and Reguflo will be sold exclusively by GenLife in India. Graminex representatives attended a product launch presentation event hosted by GenLife in New Delhi. The event was attended by a large group of Indian doctors who will offer the products to their patients, along with local press and media representatives. Cynthia May gave a presentation on the three products containing information on their applications, scientific substantiation and manufacturing. This was followed by a question and answer session about the products. This al-

lowed the doctors to get detailed information about how the products work directly from Graminex. Graminex is very excited about these products being launched in India. Everyone at Graminex looks forward to expanding these products with GenLife in the Indian market over the years to come.



Product Spotlight: PollenAid™



PollenAid™ is Graminex's main product that contains a clinical dose of standardized formulation G63™ Flower Pollen Extract. PollenAid™ provides the body with the full spectrum of available essential nutrients to promote healthy body function. It is backed by over 40 years of clinical research for safety and efficacy. PollenAid™ is primarily marketed for the treatment of prostatic congestion.

PollenAid™ Tablets:

Graminex G63™ 250 mg
Recommended 6 per day

PollenAid™ Capsules:

Graminex G63™ 500 mg
Recommended 3 per day

Inflammation and congestion of the prostate gland occurs as a result of the aging process in men. These are two of the main symptoms of benign prostate hyperplasia (BPH), acute and chronic non-bacterial prostatitis and prostatic dysplasia. All of these conditions cause similar symptoms that concentrate in the prostate gland, but effect overall health and quality of life. All of these conditions become more common as men begin to age especially after the age of 50.

Symptoms of prostate conditions:

- Pain in prostate gland and urethra
- High urinary frequency
- Urinary urgency
- Urgency inconsistency
- Nocturnia (voiding at night)
- Weak urinary stream
- Stream hesitancy
- Stream intermittency
- Straining to void
- Sensation of incomplete voiding

If symptoms of these conditions are not treated, overtime the urethra canal may become

completely closed, which leads to other urinary tract problems that may damage the kidneys.

PollenAid™ is a beneficial supplement that has been proven effective to help with these symptoms associated with the prostate. It has been given to men for prostate health and support with peace of mind and without harmful side effects as an alternative to pharmaceuticals for many BPH patients.¹

result of the anti-congestive action of the PollenAid™ in the prostate gland.^{3,4} This leads specifically to a lasting improvement of urinary voiding difficulties as treatment continues. Higher improvement rates are also seen with nocturia patients, one of the most common and irritative symptoms of BPH. In similar studies patients also experienced an improvement in their symptoms of frequency, perineal pain, erection, ejaculation difficulty and pain during

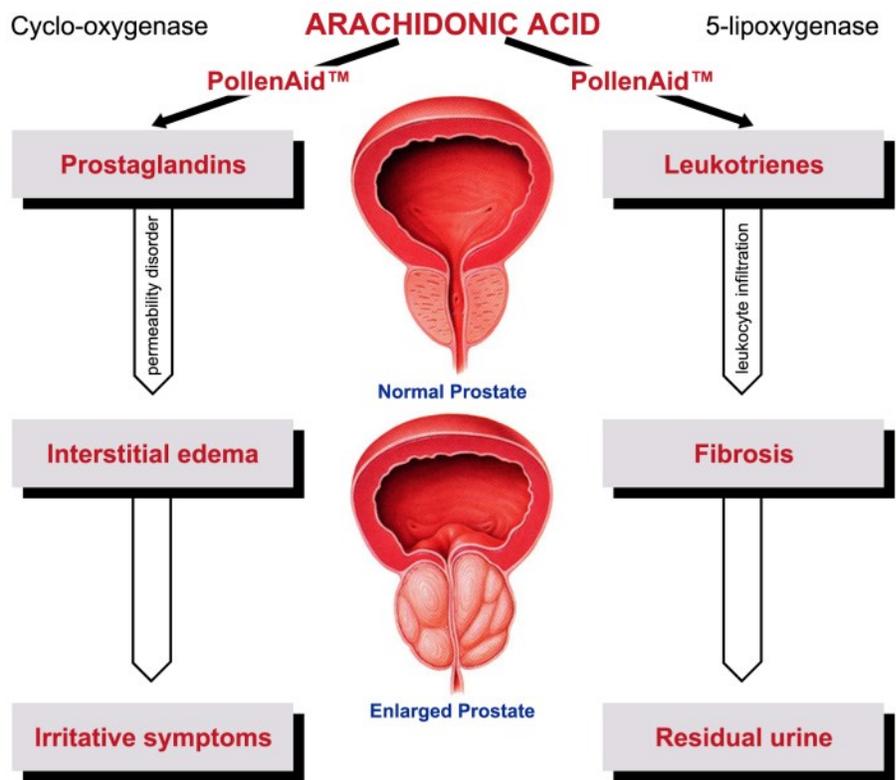


Figure 1: Graminex G63™ inhibits the cyclo-oxygenase and the 5-lipoxygenase and thus reduces the biosynthesis of prostaglandins and leukotrienes from arachidonic acid (2).

The mechanism of action for PollenAid™ involves the inhibition of the prostaglandin and leukotriene biosynthesis during the arachidonic acid cascade.² (Figure 1) Both of these mediators are known to cause inflammation in the prostate gland. Treatment with PollenAid™ has been shown to reduce the quantities of both mediators as well as the total quantity of arachidonic acid. This reduction helps to prevent intraprostatic tissue edema and fibrosis from occurring, both of which cause pain and irritation in the prostate gland.

Clinical studies have also shown a reduction in the size and swelling of the prostate gland along with reductions in residual urine as a

urination.^{1,5} (Figure 2) PollenAid™ may be used in combination with other dietary supplements and pharmaceuticals to provide relief for men experiencing bothersome BPH symptoms. Men who suffer from mild to moderate symptoms of BPH may find Graminex Flower Pollen Extract™ useful to improve their quality of life without the bothersome side effects of unnatural pharmaceuticals.

1. Yokoyama H., Suzuki N., Mishimura Y. *Kanda New Medical Clinic* **2009**.
2. Loschen G., Ebeling L. *Arzneim.-Forsch./Drug Res.* **1991**, 41, 162-167.
3. Vahlensieck W., Dworak O., *Helvetica Chirurgica Acta*, **1988**, 55(3), 293-296.

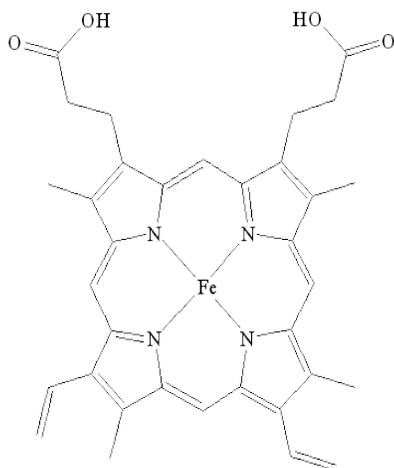
Symptom	Symptom-free	Improved
Pain	52.4%	76.2%
Dysuria (Painful Urination)	60.0%	76.6%
Nocturia	57.1%	92.9%
Frequency	63.3%	63.3%
Discomfort	61.5%	80.8%

4. Buck A., Cox R., Rees R., Ebeling L., John A. *British Journal of Urology* **1990**, 66, 398-404

5. Rugendorff E., Weidner W., Ebeling L., Buck A. *British Journal of Urology* **1992**, 71(4), 433-438.

Figure 2: On average patients reported having 78% improvement in symptoms and being 60% symptom free after using the Flower Pollen Extract (5).

Wellness News: Iron Deficiency Anemia



Iron atom in heme form shown carrying oxygen in the red blood cells.

Iron is a necessary trace element that can be found in almost all forms of life. It plays biologically important roles in the oxygenation of the blood and tissues. Most of the iron in the human body is found in the red blood cells. The most common forms of iron found in our bodies are the heme proteins. When iron is introduced to the body it is attached to different proteins. These iron-binding compounds keep the iron in the body in a safe and usable form for the body's processes. Two of the main forms of heme proteins are hemoglobin and myoglobin. Hemoglobin, the main component of red blood cells, is used to transfer oxygen from the lungs to the tissues. Once the oxygen is removed, it is then able to bind to carbon dioxide and move it back to the lungs. Myoglobin is used as a storage device for iron which is used to disperse the oxygen into muscle cells. Other important iron stores in the body can be found in the liver, bone marrow and spleen. Without iron the human body would not be able to transport oxygen.

Iron deficiency anemia can become a large

problem in adults and children, especially in cases where the body requires more iron that is typically needed. If this demand isn't met, the number of red blood cells in the body is decreased. Iron deficiency anemia is the most common form of anemia. In fact in a study done by the World Health Organization (WHO) 25% of the world's population is effected by anemia, with preschool age children and women making up the largest group.¹ Its symptoms can include; extreme fatigue, weakness, headaches, brittle nails, pale skin, cold feet/hands, shortness of breath, poor appetite and uncomfortable tingling feelings in the legs. Anemia can be caused by many things like blood loss, intestinal damage or nutritional deficiencies. Nutritional deficiencies can be a difficult cause to determine. They may not be caused by a lack of consumption, but rather over consumption of foods that will inhibit the iron uptake mechanisms. Iron uptake inhibitors include: calcium, phytates (seeds, nuts and grains) and tannins (very dark black tea). Iron deficiencies cannot be self diagnosed. This is something a doctor will need to test for and then recommend changes in your diet or supplements. Attempting to increase iron intake before testing can be very bad for your health.

So how do we maintain an iron balance? The body does not have a mechanism for the elimination of excess iron in the body, so it is important not to over expose yourself to unusually large quantities of iron. Over time our bodies gradually lose iron through sweating and shedding skin cells. Most of the iron in the body gets recycled and reabsorbed when older red blood cells are broken down. Inside our gastrointestinal tracts the body has natural barriers that regulate the flow of iron into our system to maintain the right balance. These pathways are opened and closed based on the body's requirements at that time. For replen-

ishing lost iron we must look to our diets.

There are two main types of iron found in foods, heme and nonheme. Heme iron is only found in animal tissues like meats, poultry and fish. Nonheme protein is found in plants especially dark greens. The difference in these two types is the rate of absorption. Your body is capable of absorbing 30% of heme iron from foods and only 2-10% of nonheme iron from foods. Foods that typically boost iron absorption are meats and foods high in Vitamin C. Vitamin C helps to enhance iron uptake. High iron foods include: liver, beef, lamb, shrimp, eggs, whole wheat bread, spinach, dandelion greens, sweet potatoes, prunes and watermelon. Part of a balanced diet means eating a variety of foods. For the most part, a balanced diet will provide your body with all the essential vitamins and minerals your body needs, including iron. If you feel you may be running low on some of your essential nutrients, ask your doctor for a test.

1. World wide prevalence anemia 1993-2005: WHO global database on anemia.



Graminex Thailand

Graminex representatives recently visited our exclusive partner in Bangkok, Thailand. This trip included a tour of the packaging facility where Graminex Thailand packages its products sold throughout the country as well as the beautiful office facilities. Graminex Thailand is the exclusive distributor for all of Graminex's products in Thailand. They offer a complete product line of custom finished formulations that containing Flower Pollen Extracts. Graminex is proud to service the Thailand market exclusively through Graminex Thailand.



Tradeshows Schedule 2013

Below is a list of the tradeshows Graminex will be attending. If you would like to meet with us please let us know. You can send an email to bugs@graminex.com or give us a call at 1-419-278-1023.



February 26, 2013 Booth # 200, 101



March 26-27th, 2013 Booth # 500



May 1-2nd, 2013 Booth # 557



May 14-16th, 2013 Booth # 23047



June 26-28th, 2013 Booth # N4C28



November 14-15th, 2013 Booth # 29027



December 9-12th, 2013 Booth # TBA