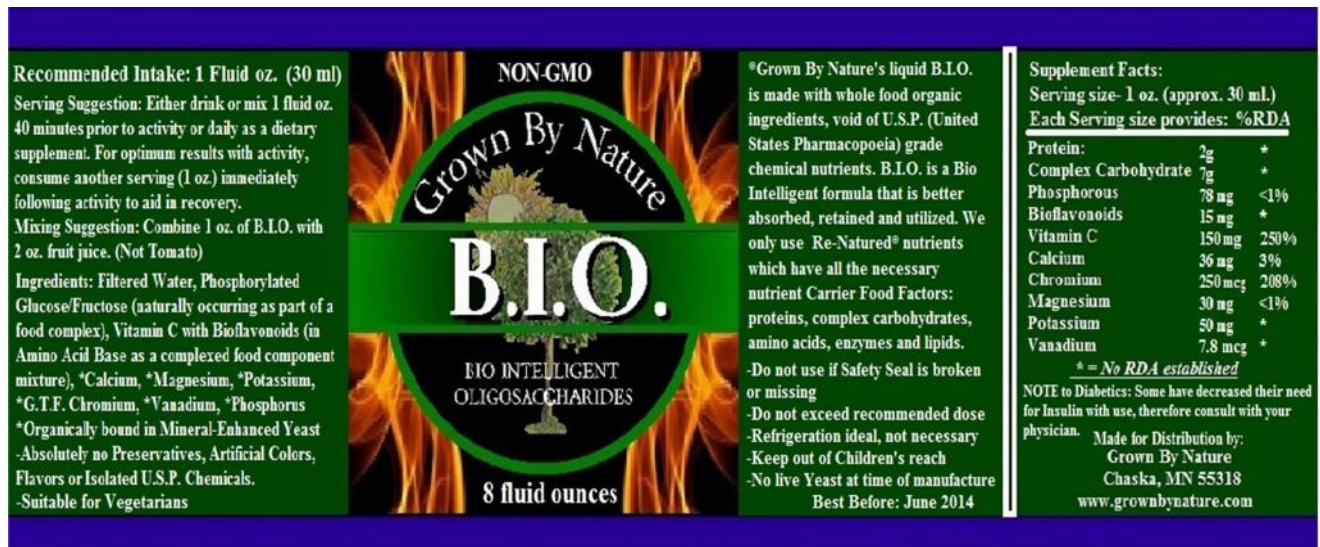


Grown By Nature's B.I.O.



Recommended Intake: 1 Fluid oz. (30 ml)
Serving Suggestion: Either drink or mix 1 fluid oz. 40 minutes prior to activity or daily as a dietary supplement. For optimum results with activity, consume another serving (1 oz.) immediately following activity to aid in recovery.
Mixing Suggestion: Combine 1 oz. of B.I.O. with 2 oz. fruit juice. (Not Tomato)

Ingredients: Filtered Water, Phosphorylated Glucose/Fructose (naturally occurring as part of a food complex), Vitamin C with Bioflavonoids (in Amino Acid Base as a complexed food component mixture), *Calcium, *Magnesium, *Potassium, *G.T.F. Chromium, *Vanadium, *Phosphorus
*Organically bound in Mineral-Enhanced Yeast
-Absolutely no Preservatives, Artificial Colors, Flavors or Isolated U.S.P. Chemicals.
-Suitable for Vegetarians

NON-GMO

Grown By Nature

B.I.O.

BIO INTELLIGENT OLIGOSACCHARIDES

8 fluid ounces

*Grown By Nature's liquid B.I.O. is made with whole food organic ingredients, void of U.S.P. (United States Pharmacopoeia) grade chemical nutrients. B.I.O. is a Bio Intelligent formula that is better absorbed, retained and utilized. We only use Re-Natured® nutrients which have all the necessary nutrient Carrier Food Factors: proteins, complex carbohydrates, amino acids, enzymes and lipids.

-Do not use if Safety Seal is broken or missing
-Do not exceed recommended dose
-Refrigeration ideal, not necessary
-Keep out of Children's reach
-No live Yeast at time of manufacture
Best Before: June 2014

Supplement Facts:
Serving size- 1 oz. (approx. 30 mL)
Each Serving size provides: %RDA

| | | |
|----------------------|---------|------|
| Protein: | 2g | * |
| Complex Carbohydrate | 7g | * |
| Phosphorous | 78 mg | <1% |
| Bioflavonoids | 15 mg | * |
| Vitamin C | 150 mg | 250% |
| Calcium | 36 mg | 3% |
| Chromium | 250 mcg | 208% |
| Magnesium | 30 mg | <1% |
| Potassium | 50 mg | * |
| Vanadium | 7.8 mcg | * |

* = No RDA established

NOTE to Diabetics: Some have decreased their need for insulin with use, therefore consult with your physician.

Made for Distribution by:
Grown By Nature
Chaska, MN 55318
www.grownbynature.com

Grown By Nature's B.I.O. Liquid Supplement Specifications

B.I.O., a bulk ingredient energy concentrate contains all of the natural building blocks of protein (16 essential amino acids), complex carbohydrates, bio-flavonoids, bio-natured vitamin C, phosphorus, vanadium, GTF Chromium and nutritional electrolytes (potassium, sodium, calcium, magnesium).

B.I.O. is a highly concentrated energy drink, which supplies elevated amounts of energy with low calorie intake. Active people and athletes need additional energy resources when competing or exercising. **Ordinary energy supplements only provide isolated food derivatives such as carbohydrates, proteins and sugar products.** In contrast, the building blocks found in B.I.O. are food energy without the bulk, cellulose, fats and starches that you don't want just prior to exercise.

Conversely, for dieters who tend to reduce their natural source of energy by avoiding starches and carbohydrates, B.I.O. is non-fattening, and can be used as a carbohydrate substitute to fill this energy gap.

Independent scientific studies show B.I.O. supplies more than twice the energy of either fructose or glucose, with no significant hypoglycaemic effect.

Recommended Intake:

The recommended serving of B.I.O. is 1 oz (approx. 30 ml) 40 minutes before your event or activity and/or immediately after to accelerate recovery. It can also be taken simply once daily as a dietary supplement.

One serving (approximately 1 oz.) of B.I.O. contains

| Supplement Facts: | | |
|---|----------------|---------------|
| Serving size- 1 oz. (approx. 30 ml.) | | |
| Each Serving size provides: %RDA | | |
| Protein: | 2g | * |
| Complex Carbohydrate | 7g | * |
| Phosphorous | 78 mg | <1% |
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| Vitamin C | 150 mg | 250% |
| Calcium | 36 mg | 3% |
| Chromium | 250 mcg | 208% |
| Magnesium | 30 mg | <1% |
| Potassium | 50 mg | * |
| Vanadium | 7.8 mcg | * |
| <i>* = No RDA established</i> | | |

Storage Details

| | |
|--------------------|--------------------|
| Shelf life | 2 years |
| Storage | Cool and dark. |
| Serving Suggestion | Best refrigerated. |

B.I.O. is un-flavored, but can be mixed into fruit juices or other drink blends.

* (Do not use tomato juice as in our experience on trials, the taste was not favorable)

Grown By Nature's B.I.O.

The Scientific results have shown...

Summary findings:

"...Thus, B.I.O. is a better source of energy in the form of glucose for the long-term and equal to Glucose/Fructose as an energy source for the short term. The B.I.O. produces no hypoglycaemia and is overall the better supplement."

"...As can be seen from the data, the B.I.O. supplementation lowered total cholesterol almost 8% and triglycerides (fats) 19%.."

"B.I.O. also had the effect of lowering low-density lipoprotein cholesterol by 10%.
(This is the lipoprotein fraction that carries cholesterol for deposition in the arteries leading to atherosclerosis)"

"In summary, B.I.O. has shown to be beneficial with respect to serum lipids and risk of heart disease following long-term supplementation."

"Thus, 6g/7g or 86% of the glucose in the product was absorbed and 0.9/1g or 90% of the phosphorus was absorbed."

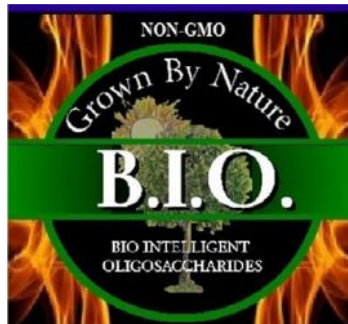
"The B.I.O. product is absorbed more slowly than glucose or fructose in solution. Also the B.I.O. does not produce a hypoglycaemic effect, i.e. a serum glucose concentration below the zero time value, which is the case with the glucose solution used in the oral glucose tolerance test. "

"It can be concluded that B.I.O. provides energy in the form of glucose to the body at a slower rate than pure glucose or fructose and for a longer period of time."

"..Looking at the figure, it is apparent that the Glucose/Fructose group had a hypoglycaemic condition after 4.0 hours. This is a potentially hazardous situation in which the brain is deprived of glucose and mental function can be impaired and if the hypoglycaemia is severe enough, the individual could pass out.

The B.I.O. produces NO hypoglycaemia. "

Grown By Nature's B.I.O.



How Does B.I.O. Work?

The body breaks down a substance called **ATP** (adenosine tri-phosphate), in its cells, to produce energy, which can be used by the cell, and a substance called **ADP** (adenosine di-phosphate). The ADP is then rebuilt back into ATP and is ready to be broken down again to release energy. This process is at the heart of **all** cell energy release mechanisms.

The materials needed to rebuild the ADP into ATP are provided in B.I.O..

Thus the energy release mechanism of the cell is kept primed and ready to do its work. **NO OTHER KNOWN PRODUCT ON THE MARKET IS ABLE TO DO THIS.** This powerful energy release is called Molecular Energy because a molecule is split to provide it, just as Atomic Energy is released by splitting an atom.

B.I.O. also helps to protect the fabric of our body at the same time as improving our energy production. It accomplishes this in the following manner: normally when we have a good mixed food intake, the body converts the complex carbohydrates (linked sugars) into energy. **We do not have to call upon our protein structure to sacrifice itself for energy production.**

Grown By Nature's B.I.O.

B.I.O. is a unique product that has many properties relating to cellular energy supply. Some of the key points are listed below:

1. This is a totally unique product
2. There are no known harmful side effects
3. B.I.O. provides a prolonged supply of energy
4. The energy provision, weight for weight, of B.I.O. compared to food carbohydrates from an average normal diet is several times greater
5. Selectively helps to prevent the de-amination of muscle proteins (thus body proteins are protected; an especially important factor when people are dieting to lose weight)
6. B.I.O. can be taken between meals to provide extra energy release or it can be taken as part of a meal or meal replacement to maintain a proper energy level, protect the body proteins and allow a reduction of carbohydrate intake. Its use in any of these ways is not likely to upset any weight loss program.
7. There are no known contraindications for taking the recommended intake of B.I.O.. **The only one precaution is that diabetics, on insulin should take the initial doses with care and should have their blood sugars monitored over the first month as it may reduce their insulin requirements (It has been successfully used by doctors to control unstable diabetes and help to reduce the insulin dependency level).**
8. Not only does B.I.O. improve the physical energy release but it also considerably **improves the mental energy release allowing you to think more clearly and decisively** and hence put more into your life (doctors have successfully used B.I.O. to help combat depression and early Alzheimer's Syndrome).
9. Under normal dosage regimes, a little B.I.O. goes a long way.
10. B.I.O. is non-addictive and is not dependency forming. It can be stopped whenever and can be resumed at will.
11. **B.I.O. has been investigated by the British Olympic Committee and has been cleared as not contravening the international unnatural; substances and drug regulations for sports bodies.**

Grown By Nature's B.I.O.



Just another energy Drink?

No. The only one!

Isolated sugars such as fructose/ glucose are not phosphorylated, which means they are not attached to phosphorus in a natural food complex. **The living system cannot function without phosphorus.** If the body supplies the phosphorus, it takes it primarily from ATP and therefore drains the body's energy supply. In case sufficient reserve or supply is not available, the biological system will withdraw phosphorus from the bone (where it is also essential) creating a calcium-phosphorus imbalance that weakens the skeleton.

In short, to take isolated sugars, one must already be healthy to be able to supply the energy and phosphorus required to absorb these nutrients. To deal with nutrients like these, the body has to 'rob Peter to pay Paul' by supplying energy and nutrients itself to the isolated structures so that they can be taken up and utilized. This is clearly not a very efficient long term process.

"B.I.O.- You may want to keep this formula your competitive secret"

B.I.O. Testimonial



Bryan Hunt

“I was in the United States Marine Corps from 2001 to 2012. Six of those years I spent with Marine Amphibious Reconnaissance. Less than one percent of the Marine Corps can claim the title of Recon Marine, so I had to make sure I was in top physical and mental shape at all times. At any given time my teammates may have needed me. They needed me at my best. Grown By Nature B.I.O. helped me maintain a readiness that many counted on.

The physical demand of the Marine Corps was serious. My muscles would cramp and tighten. I remember this feeling after we would do a run, swim, run. A run, swim, run consisted of a six to eight mile run, straight into a two thousand meter swim or fin, directly followed by another six to eight mile run back. I started using GBN B.I.O. and it definitely helped with my muscle tightness and cramping. I even saw a distinct improvement to my energy level on my run back. It was great!

Treading water for 45 minutes in full camouflage utilities was a common occurrence for us. During that 45 minutes in the pool, we had to pass around five and ten pound weights. I’m certain GBN B.I.O. gave me an extra physical and mental boost when fatigue started to set in. It was nice to know that I could perform at such a high level.

I could go on and on about how I benefited from GBN B.I.O.. It helped my energy level, my muscle stamina and my mental focus. I have tested out plenty of pre-workout supplements that are on the market today, in search of the perfect combo of energy and focus, and I truly believe that I found GBN B.I.O. to work the best. GBN B.I.O. gives me the results I am looking for without the jitters that I experienced with other supplements that I have tried. If you are looking for a something that works, you may want to try GBN B.I.O.”