



OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Sports, Injuries and Surgeries and BAC

From Olympic athletes to ordinary people recovering from injuries and surgeries, the case studies and individual anecdotal evidence is overwhelming in support of the amazing healing properties of the body, when provided super nutrition. The following research shows how algae can activate the body's own natural ability to recover. Many of the same healing properties that were observed in injured people, can also be applied to sports athletes and performance. After all, it doesn't matter what the cause of a torn muscle or ligament is, the body's nutritional requirements are the same.

(from The Magic is BAC, 28.01)

What worked with cows, minks, big cats, chickens and pigs will now help strength trainers and endurance athletes. Bio-algae concentrates (BAC) was proven in very large animal trials to increase strength and disease resistance of horses, sheep, cattle, chickens, hogs and many other species. This natural supplement amongst many benefits has been proven to increase protein synthesis and assimilation of nutrients. BAC and many of its nutrients have been shown to help maintain muscle mass and improve recovery from strenuous exercise in endurance athletes as well.

In the context of sports and athletics let us focus on leucine for a moment, one of BAC's important branched-chain amino acid. In independent research conducted at the Iowa State University, leucine supplementation has been shown to heighten muscle mass and strength in athletes who carry out regular resistance training.



Leucine has been a major player in a scientific quest which has taken place over the past three decades. This scientific journey has actually had two key elements — an attempt to help patients suffering from major trauma (including victims of severe burns, those involved in serious car accidents, and patients recovering from extensive surgery), and an effort to make farm animals leaner and larger. While those two goals may seem somewhat unrelated, they both revolve around an activity which is absolutely essential for life: protein synthesis, and resulting cellular repair, cellular split and regeneration.

Basically, an individual suffering from major burns or physical trauma needs to rapidly manufacture new body tissues while making sure that any cells not affected by the injury remain healthy and viable. To quickly create the new tissues, the body must use basic chemical building blocks—amino acids—to assemble the mint-condition proteins which will be the foundation for the new muscles, tendons, ligaments, skin, and so on. Similarly, farmers raising livestock for market are hoping to accelerate the same processes in their animals. Like doctors working with traumatized patients, the farmers want to create as much new muscle as possible in their animals while preserving the muscle tissue that is already in place.

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Leucine comes into the picture because it is one of the three so-called branched-chain amino acids (the other two are isoleucine and valine). These branched-chain fellows are important because some studies have shown that they have a special capacity to boost protein synthesis and inhibit protein breakdown. For example, when increased doses of the branched chains are given to hospital patients recovering from surgery, decreases in urinary nitrogen are sometimes noted, a sign that protein is being preserved more effectively (when proteins break down, they dump nitrogen into the blood). None of the other amino acids has as strong a protein-preserving effect as the branched chains.

Benefits of BAC for performance in sports and athletics



BAC has been observed to heighten muscle mass and strength in athletes who carry out regular resistance training, according to case studies and testimonials of hundreds of athletes of all kinds from all over the world that have been using it.

Best of all, the BAC is not a hormone, a steroid or a chemical and has been proven to be 100% safe. It has no known side-effects, and has produced a variety of positive effects in large number of scientific studies. Some benefits related to sports and athletic performance are listed next:

- Natural steroids stimulant
- Reduced oxidative damage
- Reduced pain and perception of pain
- Faster recovery from exertion
- Increased endurance, strength and stamina
- Prevention of exertion related injuries
- Increased oxygenation and performance
- Maintained muscle mass gains
- No toxicity
- Prevention of arthritis due to injuries
- Stabilizes blood sugar levels, allowing greater access to stored body fat.
- Significantly raises Lactic Acid Threshold
- High antioxidant levels increase endurance and delay fatigue
- High assimilation rate of absorption means reduced intake of other "Bulk" foods , resultng in weight stabilization.
- Balanced EFA (Essential Fatty Acids) content normalises hormones, resulting in strength gains and shortened recovery periods.
- Protein content is the most assimilable ever measured, which means less total protein intake needed.
- Brain chemistry normalizing Nervousness, irritability or fear before an event or competition are replaced with calm power.
- 100% Natural and Organic
- Sports and Athletics legal

Reduced oxidative damage — Strenuous sports and training sessions for endurance and strength can often cause muscle injuries which are exacerbated by simultaneous production of free radicals. Supplementation with BAC which contains astaxanthin for which there are clinically proven indications that it protects muscle tissue against free radical oxidative damage during exercise and also inhibits the secondary inflammatory response. This leads to increased muscle endurance.

Lean Muscle Mass Building, Increased Stamina & Strength — BAC taken after workouts helps rebuild, repair, and grow lean muscle mass. The more intensive the training, the more effective BAC seems to be, promoting fat burn, toning, lean mass building, increased stamina and strength. BAC contains no steroids, but will help the body produce natural steroids.

Consuming BAC "Fires ordinary foods" — Most of us assimilate only a portion of the nutrients from the food we eat and the supplements we take. Consuming BAC promotes greater absorption of nutrients and vitamins into the blood for maximum availability to the body's cells. Cell membranes when malnourished often become incapable of full assimilation of vital nutrients and enzymes. With BAC cells get all the oxygenation and nutrition they need from enhanced transfer across cell membranes.

EFA's - Essential Fatty Acids - The "fats to muscles" — BAC is rich in Omega 3, Omega 6, Omega 9, Gamma Linolenic Acid (GLA) and many more. BAC's high gamma linoleic acid content like early mother's milk has pro-immune anti-inflammatory properties as well as positive effects on the vasodilatation of blood vessels.

Vitamins and minerals — BAC supplies an array of vitamins such the critical B vitamins, including B12, the vitamins A, E, D, K and C. It contains all known minerals and trace elements such as calcium, magnesium, sodium, potassium. Regular use is known to reduce the level of saturated fatty acids in the liver and increases the level of unsaturated fatty acids, enabling distribution and delivery of nutrients where they are most needed for peak metabolism.

Powerful Antioxidants in BAC — The effect of mixed antioxidants on the capacity for physical performance has been investigated in a number of studies. One such clinical study in humans to demonstrate positive clinical effects of natural astaxanthin was carried out in 1997 in Sweden. In a group comprising of 40 young healthy men, supplementation with astaxanthin per day was given to half of the study group for a period of six months. The results from the study showed a significant increase in muscle endurance amongst the men supplemented with astaxanthin compared with the men not supplemented.

Further studies carried out in Japan have also produced similar results when healthy young men were supplemented with astaxanthin as contained in BAC.

Finally, astaxanthin as contained in BAC has been examined for its sports-nutrition applications, particularly with respect to endurance athletes. In 1998, a six-month randomized, double-blind, placebo-controlled trial among healthy Swedish men found that supplementation with astaxanthin daily increased the number of knee bends these men were able to perform by approximately 45%. A 2002 study among Japanese track athletes found that with astaxanthin daily for 1 month, lactic acid buildup following a 1,200-metre run was reduced by nearly 29%.

TESTIMONIALS

I finally ran a marathon! I have used BSF since 2001 and to this date BSF has continued to provide me extraordinary health benefits. I have to make an effort to remember my health issues of prior to taking BSF. I will revisit some here: At 50 yrs of age, I weighted 187lbs, compared to 147lbs at 20. I was continuously trying to loose weight; I had much lower energy compare to just a few years prior, some times leading to falling asleep at the movie or at home after a meal and a glass of wine; I was no longer able to practice active sports like running, tennis, squash, etc, due to chronic back problems resulting from a 17 yrs old injury, and for which I was having to visit chiropractors or massage therapists once or twice monthly, I was plagued with at least one annual cold or flu; I was taking 23 different supplements and wondering if it was enough, continuously researching for new ones.

Since I started taking BSF, I have dropped all 23 supplements and use only BSF; I have not been sick at all, not one bit! No cold, no flu and best, neither has my wife Linda; I have loss 35lbs without effort; On Sunday Dec. 5th, in lovely Tucson AZ, I completed my first Marathon run (26.2 miles), a goal envisioned when I was 17 yrs old; I have no more chronic back pain; A good tangible result is my skin carotenoid count of 62,000 taken with the Pharmanex bioscan laser - this high count helps explains why I have had no cold or flu. I often tell people “BSF is a supplement that energizes the body, the brain, the mood and the spirit”. That line sums up well my personal experience with BSF. In ending, I will borrow a line from a friend; “BSF ... LIFE for LIFE”

—R.T.

Strength-wise and endurance-wise I am making crazy improvements

“I have been taking this supplement now for a while, I started training three weeks ago and the improvements that I make are just insane. I take three in the morning and three in the afternoon and my friends, who are professional fighters, all ask me what I am using.

Strength-wise and endurance-wise I am making crazy improvements. It is the ONLY thing that I am taking next to Milk Thistle, no other things what so ever.

My neighbor is 56 years old, he used to be Stallone’s bodyguard for 17 years, he is taking it too and can’t believe what he is doing right now, training hard and recovering like crazy.

I truly believe that it can be only because of the bio-algae concentrates, since that is the only thing I use.

Everywhere I come people ask me what my training routine is, when I tell them that I started training three weeks ago after a 14 month layoff, they don’t believe me.

Many will think for sure that I am doing something illegal, like steroids, but trust me, that stuff I don’t use, they can actually test me with ANY test they want, and if they want to put their money where their mouth is, I will be happy that bet right away, I can always use some extra cash!

Try it out and see how it works for you, what do you have to lose right?

Godspeed!"

—Bas Rutten, October 2007

Three time undefeated King Of Pancrase, and the undefeated UFC Heavyweight champion Visit Bas's web site at www.basrutten.tv

Sports Performance

"As a Medical Fitness Professional I always keep on the lookout for a better procedure or product for my clients and myself. The science and the "first in the food chain" concepts behind the bio-algae concentrates are beyond question (more on that later), so allow me to share some real world anecdotes about the effectiveness for athletes of all types. In my observations, I have found that BAC will:

- *Stabilizes blood sugar levels, allowing greater access to stored body fat.*
- *Significantly raises Lactic Acid Threshold*
- *High Anti-oxidant levels of product increase endurance and delay fatigue*
- *High assimilation rate of absorption means reduced intake of other "Bulk" foods , resulting in weight stabilization.*
- *Balanced EFA (Essential Fatty Acids) content normalizes hormones, resulting in strength gains and vastly shortened recovery periods.*
- *Protein content is the most assimilable ever measured, which means less total protein intake needed. Your liver and kidneys will thank you.*
- *Brain chemistry normalizing aspects are astounding. Nervousness, irritability or fear before an event or competition are replaced with calm power.*

Here are a few testimonials:

"A professional motocross racer came to me 20 minutes before his event with completely depleted adrenal glands and no energy. After taking 5 Bio-algae concentrates(F3) he went out and won his race handily. He came back to me grinning asking "what was that stuff you gave me".

"A hard core amateur ski racer was experiencing severe calf cramping, and after 4 F3 capsules and 20 minutes they were gone."

"Weight trainers are reporting more repetitions per set, more weight lifted, less fatigue and faster recovery."

"I participate myself in long distance off-road motorcycle racing, some races being 100 miles long and 6 hours in duration. The fatigue can sometimes be at the level of marathon running, (I enjoyed? 3 hours of the Boston Marathon as a comparison) and recovery can take days. I take the F2 and F3 along with water (20 caps spread out during the day), whey protein powder, and Extran, an advanced sports drink. As I have been using the whey protein and Extran for years I can make a distinction as to the effectiveness of each product. The carbs and protein are obviously necessary from a calorie standpoint, but the addition of the bio-algae concentrates is profound. I can ride longer, more focused, zero cramping, and recovery is usually 1 day. There is no being like Well-being."

Thank you Dr. Kiriak.

Glenn Streeter ATC CES AFP - President, Medical Fitness Services Inc.
Golden, Colorado - June 2003

Bodybuilding

"Hi, my name is Todd Page and I am a top rated bodybuilder and trainer for 20 years.

I am also a Naturopath and Blood Microscopist. My early interest in nutrition and beliefs in natural ways, have led me early on in my career to organic food and natural health supplements choices for body development, stamina and recovery.

For 20 years now, I have used products like spirulina, bee propolis, wheatgrass, green juices, etc. 20 years ago, this was plain "weird" in my profession, but today, I see that this has paid off, as this summer, I will be competing again for the Mr. USA title. At age 38, my body is fitter than ever and I feel and look 15 years younger.

The first time I took bio-algae concentrates (BAC), I felt the difference right away. You see I am very sensitive to my metabolism. Any deviations from my form, I notice. Well I have tried many products over the years, but BAC tops them all. BAC has more naturally occurring nutrients, natural hormones and antioxidant protection than any known natural products, all the while fitting my criteria of being 100% organic and natural.

With BAC, I experience energy support throughout the day. As I am preparing for this summer's contest, I feel a big difference in my workouts, with stamina, endurance, with post workout recovery and reduced muscle and body pains.

In my gym, I now recommend BAC to clients for nutrition and support, for stamina, strength, natural steroids and post workout recuperation.

They notice the difference within days. As a Blood Microscopist, I am able to look at the result in their blood after the intake of BAC and over time. Its clear that BAC triggers blood cleansing and oxygenation."

— Todd Page - NATURAL BODYBUILDER for 20 years - (male 38), Highlands Ranch, Colorado - November 2002.

Reduced Pains

During the 2000 Winter Games held in St. Petersburg Russia, BAC was compared with two other supplements – Ginseng and a Chinese herb. It was reported by the team players as being the best for alleviating pain, particularly knee pains, for recovery on the bench between plays, for post game energy recuperation and blood oxidation reduction. Igor Kravcuk and Pavel Bure, then NHL team players, sponsored this experiment.

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From: <http://www.themagicisbac.com/page28-01.html>

These results are individual testimonies. We cannot guarantee your results will be the same. Since each individual body responds differently to the super nutrition in Bio-algae concentrates? Bio-algae concentrates your results will be different. These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat, prevent or cure any disease.