Product Information

Genesis Complex

About 70% of all food grown on our planet is rice, and it is estimated that worldwide, more that 60 million metric tons of rice bran is discarded each year because it begins to become rancid within about 12 hours after being milled from the rice. Representing only 8% of the total weight and containing more than 70% of the nutrient value of whole rice, the bran appears to be the most diversified and dense nutrient complex known to exist in the food chain.

Lifestar uses only rice bran from non-genetically modified rice grown in Northern California that is stabilized in less than one second within seconds after milling in an exclusive non-additive, non-chemical mechanical process.

Genesis Complex comes with more than 120 naturally occurring antioxidants plus the antioxidants provided by our organic high beta glucan fermented multi-ascorbate vitamin C which is added. Lifestar Vitamin C is more that 11 times more potent than the ascorbic acid sold as vitamin C in stores. In nature, antioxidants almost never work by themselves. In commercial food preparation, heating, blending with chemicals or other mechanical processing together with exposure to light and oxygen, use up most or all naturally existing protective nutrients in the food. Any surviving antioxidants may be damaged or eliminated altogether in an attempt to increase shelf life, standardize the flavor and color or to "increase the perceived value" of the finished product, leaving it denatured of some of its most valuable nutrients.

Found abundantly in Genesis Complex, are non-denatured plant phytosterols (plant fats known as sterols and sterolins). Plant phytosterols have been shown to boost the immune system so effectively they actually stop the decline of T-cells in AIDS patients. Positive effects have also been shown against several cancers, tuberculosis, psoriasis, allergies, lupus and other immune related challenges as well as protection against oxidized cholesterol and the side effects of chemotherapy and radiation. Phytosterols have also been shown to modulate the various functions of lymphocytes called T-1's or T-cells. Found chiefly in the lymph system of the body, T-cells are the body's primary form of cell-mediated immunity. They can destroy tumor cells and respond directly against foreign material such as bacteria and viruses. Among their many other uses, phytosterols reduce cholesterol, help protect bone marrow, and are active against inflammation as found in rheumatoid arthritis.

With additional observations among numerous Lifestar clients, reports back from doctors and personal experience, Genesis Complex has shown to support improved and sometimes significant results in the areas of cancer, leukemia, hepatitis C, HDL/LDL ratio, total cholesterol, blood pressure, Diabetic Neuropathy, Type 1 and 2 diabetes, Congestive Heart Failure, lower PSA levels, herniated disks, swollen prostate, skin conditions, erectile dysfunction and a significantly higher resistance or total elimination of the ability to sun burn. Also more stable blood sugar, reduction of hypoglycemia within a few days, reduced bruising, and healthier looking skin and hair in four to five weeks is quite common.

Taken at our recommended higher levels as well as Lifestar Glutathene and generally following our Don't Do List, we typically see the body overcome any form of Cancer in less than 90 days. While we don't claim that Genesis knows what to do (cure) in the body, we do claim that the body knows what to do with it just as the body knows what to do with anything that is also created by Nature as compared to any invention of man.

Genesis may be taken in water or juice, but DO NOT heat or use in a high speed blender, which would begin to oxidize it. Instead, use a shaker or just hand mix. Genesis contains 18 amino acids including all nine essential ones, as well as hundreds of other naturally occurring nutrients. On the opposite side of this data sheet is a partial list of the nutrients found in Genesis in their typical amounts per our recommended 3 tablespoons per day.

If you want a nutritional product that is affordable and effective within your personal experience of it, we promise Genesis will make a difference.

...continued on the other side

Typical nutrient levels in 3 level tablespoons of Genesis Complex

Carotenoids

a-Carotene	0.10 mcg
b-Carotene	4.29 mcg
Lycopene	0.20 mcg
Leutin	7.19 mcg
Zeaxathin	2.29 mcg
Pre-Cryptoxanthene	0.82 mcg

Vitamins & other nutrients

C (Lifestar C) 2.74%	543.00 mg
C (naturally occurring)	2.06 mg
D	2.81iu's
E (all known forms)	5.18 iu's
Tocopherols	1.55 mg
Tocotrienols	2.86 mg
B-1 Thiamine	0.46 mg
B-2 Riboflavin	0.04 mg
B-3 Niacin	6.73 mg
B-5 Pantothenic Acid	0.97 mg
B-6 Pyridoxine	0.35 mg
B-12 natural Cobalamin	.10 mcg
Folic Acid	9.62 mcg
Biotin	1.30 mcg
Choline	41.52 mg
Inositol/myoinositol	103.96 mg
K	18.27 mcg

Fatty acid profile

Myristic Acid	1.00 %
Palmitric Acid	0.16 %
Stearic Acid	0.20 %
Oleic Acid (Ω 9)	0.42 %
Linoleic Acid (Ω 6)	0.38 %
Linolenic Acid (Ω 3)	0.20 %

Phytosterols

b-Sitosterol	29.37 mg
Brassicasterol	2.21 mg
Campesterol	16.17 mg
Stigmasterol	10.13 mg

Acyl sterol glycoside
Δ5 Avinasterol
Δ7 Stigmasterol
b-Amryn
Branosterol
Cellotetraosylsitosterol
Citrostadicnol
Demethysterols
6-Deoxycastasterone
Gramisterol
28-Homotyphasterol
28-Homostcasteronic Acid
Isofucosterol
Methyl Sterol
Monoglycosyl sterol
Obtusifoliol
Olegoglycosyl sterol
Phytates
Sterol glucoside

Natural sugars

Complex sugars	10.41 %

Plant minerals & trace elements

Calcium	3.20 mg
Chloride	21.13 mg
Chromium	3.78 mcg
Copper	0.19 mg
Iodine	11.73 mg
Iron	2.40 mg
Magnesium	5.29 mg
Manganese	5.29 mg
Phosphorus	448.12 mg
Potassium	504.28 mg
Selenium	1.36 mcg
Sodium	7.18 mg
Zinc	1.47 mg

Polyphenols

a-Lipoic Acid
Ferulic Acid
Methyl Ferulate
p-Coumaric Acid
p-Sinapic Acid

Flavones and Proanthocyanidins

Isovi
texin
Flavone Glycosides
Olegomeric Proanthocyanidins

Polysaccharides

Arabinofuranoside
Arabinogalactan
ArabinoxylanHemicelluloses
Cycloartenol Ferulic acid-glycoside
Diferulic-acid complex
Diferulic-acid+3 Glucose+2-calcium complex
Glycoprotein
Hemicellulose
Proteoglucan
Xyloglucan

Fiber

Cellulose
Lignin
Lignan
Pectin
Mucopolysaccharides

Enzymes

Aspartate Amino Transferase
Coenzyme Q-10
Glutathione Peroxidase
Isozymes AAT-1 & AAT-2
Methionine Reductase
Polyphenol Oxidase
Superoxidase Dismutase (SOD)
Amylase enzymes
Cellulase enzymes
Lipase enzymes

Miscellaneous information

Protein	12-16 %
Calories	62.73
Carbohydrates	44.55 %
Fat (natural bran oil)	26.80 %
Soluble fiber	2.60 %
Insoluble fiber	0.67 %
Total dietary fiber	9.50 %
Ash	6.24 %
Moisture	4-8 %
Bulk density (g/cc)	0.356

Amino acid profile

Alanine	0.86 %
Arginine	1.00 %
Aspartic Acid	1.15 %
Cysteine	0.26 %
Glutamic Acid	1.80 %
Glycine	0.72 %
Histidine	0.35 %
Isoleucine	0.30 %
Leucine	0.75 %
Lysine	0.58 %
Methionine	0.21 %
Phenylalanine	0.45 %
Proline	0.52 %
Serine	6.83 %
Threonine	0.36 %
Tryptophan	0.16 %
Tyrosine	0.37 %
Valine	0.50 %

Other antioxidants

g-Oryzanol	37.50 mg

Cycloartenyl Ferulate
Campesteryl Ferulate
b-Sitosteryl Ferulate
Stigmasteryl Ferulate
210-Methylene Cycloartanyl Ferulate
a-Tocopherol
b-Tocopherol
d-Tocopherol
a-Tocotrienol
b-Tocotrienol
g-Tocotrienol
d-Tocotrienol
Tocotrienols (artifacts)
Phytic Acid
Genestain

Phospholipids

Phosphatidylcholinie
Phosphatidylserine
Phosphatidylthanolamine
Lysophosphatidylcholine
Lysophosphatidylethanolamine

Probiotic Complex 1.83% by weight

Lactobacillus acidophilus
Lactobacillus casei
Streptoccus faecium
Bifidobacterium bifidum
Aspergillus Oryzae (fermentation)

Mineral & trace element Carbonate complex 16.88% by weight

Antimony
Barium
Beryllium
Bismuth
Boron
Bromine
Calcium
Carbon
Chromium
Cobalt
Copper
Fluorine
Gallium
Germanium
Gold
Hydrogen
Iodine
Iridium
Iron
Lanthanum
Lithium
Manganese
Magnesium
Molybdenum
Nickel
Nitrogen
Osmium
Oxygen
Sodium
Tellurium
Palladium
Phosphorus
Platinum
Rhodium
Rubidium
Ruthenium
Selenium
Silicon
Silver
Strontium
Sulfur
Tellurium
Thorium
Titanium
Tin
Titanium
Tungsten
Vanadium
Yttrium
Zinc
Zirconium