



The process of fermenting foods for preservation and to make them more digestible, nutritious and flavorful is an ancient practice that has been performed by humans for thousands of years.

In addition to the preservation effect and unique flavors that fermentation brings to foods, it has only been recently that scientific investigations have confirmed what many cultures have always known – fermented foods provide numerous nutritional and health benefits including:

- ▶ Pre-digestion of complex foods
- ▶ Increased levels of certain vitamins ^{1,2,3,4,5}
- ▶ Improvement of mineral bioaccessibility ^{4,5,6}
- ▶ Increased bioavailability of antioxidants ^{7,8,9}
- ▶ Elimination of anti-nutrients like phytic acid and lectins ^{5,10,11,12,13}
- ▶ Increased bioavailability of lysine in grains ^{5,14}
- ▶ Creation of unique metabolites not present in the raw material ¹⁵
- ▶ Alkalizing effect on the body's pH

Our FermaPro® line of fermented ingredients are created with traditional whole-food fermentation processes. To ensure the highest quality, we developed a controlled process that interrupts the fermentation at its optimal point to stabilize it prior to drying. Once dried, we can add targeted probiotics to ensure maximum delivery of the serving-specific probiotic benefits.

We offer the following FermaPro® ingredients:

- ▶ Beet
- ▶ Black Garlic*
- ▶ Carrot
- ▶ Chlorella*
- ▶ Cereal Grasses (Alfalfa, Barley, Oat, Wheat, Grass Blend)
- ▶ Fruits
- ▶ Ginger
- ▶ GS15-4™ Enzyme-Fermented Ginseng* (paste and powder)
- ▶ Kale
- ▶ Spices and Botanicals
- ▶ Seeds and Grains
- ▶ Turmeric
- ▶ Vegetables
- ▶ Apple Cider Vinegar*

* Fermented using alternative methods

We can ferment any dry material such as grains, grasses, seeds, botanicals, vegetables and fruits, using a variety of health-promoting bacterial or yeast cultures.



Have an Idea for a Product?

We will help you bring it to market! **Blueprints for Health®** is our quick-to-market solution for custom products and turnkey solutions. Our diverse range of services will streamline the entire development, manufacturing and marketing process, saving you money, time and a whole lot of hassle.

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For more information about FermaPro® go to: RFIingredients.com

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