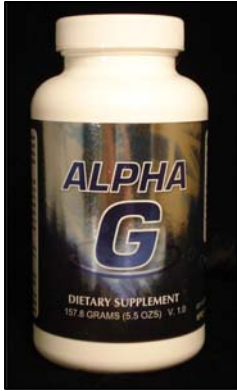




OPTIMUM CHOICES, LLC  
*Healthy choices for people and pets*

## **ALPHA-G Frequently Asked Questions**

### ***What is ALPHA-G?***



ALPHA-G is an **alpha-glycan** polysaccharide peptide (PSP) whole food supplement that contains naturally occurring nutrients to boost the body's process of cellular regeneration and communication. It is produced from rice that has been mechanically hydrolyzed to break it down into tiny molecules called **Alpha-Glycan Polysaccharide Peptides** which can be absorbed directly into the cell, providing energy to the mitochondria, the powerhouse of the cell.

ALPHA-G is processed from 5 select strains of rice harvested from the Siam Valley in Thailand. ALPHA-G utilizes a proprietary processing technique to produce potent hydrolyzed polysaccharide peptides that possess unique functional characteristics easily recognized by DNA, RNA and genes. The very small size of the alpha-glycans allows them to be 100% assimilated into the cell for maximum benefit. This is in contrast to the other glycan products known as beta-glycans which are normally harvested from specific species of mushrooms. Beta-glycans consist of very large glycan molecules which greatly limits their ability to be assimilated into our cells. Consequently, alpha-glycan ALPHA-G is exponentially more effective than beta-glycan products.

### ***Why do we need to supplement our diets with ALPHA-G?***

The Nobel Prize in Medicine was won in October 1999 by Gunter Blobel, a German doctor, who discovered that cells communicate with each other through glycoforms, branch-like structures attached to cell-surface protein molecules. These branch-like structures contain multiple combinations of coded monosaccharide (sugar) molecules that form the basis of cellular communication. The health of these glycoforms is critical because cellular communication is literally the single most important concept in maintaining healthy cells, tissues and organs.

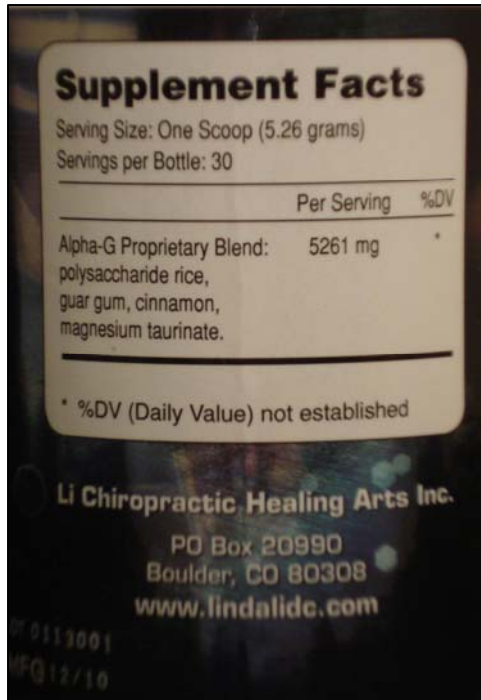
Building and maintaining healthy glycoforms requires a diet containing the saccharides (sugars) and proteins contained in ALPHA-G. Normally "fresh fruits and vegetables" would satisfy our requirement for these nutrients, but the typical diet is severely deficient in the unique carbohydrates (sugars) and proteins necessary to form and maintain healthy glycoforms.

There are 8 essential sugars for cell health: xylose, fucose, galactose, glucose, mannose, n-acetylgalactosamine, n-acetylglucosamine and n-acetylneuraminic acid. These 8 essential sugars are the basis of multi-cellular intelligence—the ability of cells to communicate, cohere, and work together to keep us healthy and balanced. Even tiny amounts of these sugars—or lack of them—have profound effects. In test after test conducted at leading institutes around the world, these sugars (polysaccharide peptides) have been shown to lower cholesterol, increase lean muscle mass, accelerate wound healing,

ease allergy symptoms, and allay auto-immune diseases such as arthritis, psoriasis, multiple sclerosis, chronic fatigue syndrome, fibromyalgia, and diabetes.

Diets in “developed countries” are deficient in polysaccharide peptide nutritionals because they normally contain only two of the eight essential sugars: glucose and galactose. This deficiency severely taxes the body’s ability to produce the other six sugars. Recall that if any of the eight essential sugars are missing the cell’s communication system is crippled which directly affects its ability to maintain a healthy and correctly functioning immune system. The American Journal of Medical Science (January 2006) reported that we can satisfy our body’s nutritional requirements for the eight essential polysaccharide peptides by eating fresh fruits and vegetables. However, these essential nutrients are abundant only in naturally ripened fruits and vegetables and remain in the fruits or vegetables for a limited time (days) after harvesting. However, the “fresh” fruits and vegetables available today contain few, if any, essential sugars and nutrients. This is because nearly all fruits and vegetables harvested today are either grown in nutrient-deficient soil, picked before they ripen naturally, irradiated, artificially ripened (gassed with ethylene), stored for days, weeks, or months, frozen, canned, refined, pasteurized, or genetically altered. Cooking and processing further deplete nutritional content. Most of these processes are done for financial reasons to increase “shelf-life”, allow long-distance transport and enable lengthy storage periods. Consequently, the “fresh fruits and vegetables” we consume today cannot satisfy our requirement for the eight essential sugars.

### ***What are the ingredients in ALPHA-G?***



## ***How was ALPHA-G developed?***

A businessman in the early 1990's was searching for food to make cereal to feed starving children in Thailand. He used select strains of rice from the Siam Valley of Thailand and discovered by accident that the children not only recovered from malnutrition but their health issues began reversing. This occurred because the soil in that area was naturally high in Spirulina, which makes the soil very alkaline. This was developed into polysaccharide peptide products.

## ***Is the rice in ALPHA-G genetically modified?***

Absolutely not. ALPHA-G is made from specially selected grains of organic rice grown in the Siam Valley and far from any sources pesticides or farms with genetically modified crops.

## ***How long will a bottle of ALPHA-G keep?***

Two years in an unopened container. Refrigeration is unnecessary but do not leave ALPHA-G in a hot car as the extreme heat will destroy the enzymes in it. Carry it with you rather than leaving it in the car.

## ***What results should I expect with ALPHA-G?***

As the body begins to heal from the super nutrition in ALPHA-G, people often report increased energy, better exercise tolerance, improved digestion and a decrease in symptoms that have plagued them in the past. Our chiropractor reports that ALPHA-G polysaccharide peptides help the body to heal at a very deep level, bringing up symptoms of old and chronic illnesses as the body releases and clears problems. For example, 2 of our cats who had upper respiratory infections in the past experienced those symptoms again after starting on polysaccharide peptides but then the symptoms cleared without any medical intervention and the cats now act like they feel better than before starting the polysaccharide peptides. We also saw improvement in behavioral issues with one of our cats, after all other holistic options had failed, including sessions with animal communicators.

## ***Will ALPHA-G help me/my pets with XYZ condition?***

### ***When will ALPHA-G help me/my pets with XYZ condition?***

Like other whole food products, ALPHA-G does not work by targeting a specific symptom or organ, but by providing food for the whole body at the cellular level which helps cells to regenerate and purge toxins. The wisdom of the body knows what the priorities are for healing the body and that will dictate where the ALPHA-G is used by the body. The great thing about that is that it can help with any problem the body has. The only drawback is that you can't know exactly when it will help with a particular condition.

As an example, Margaret took PSP supplements for a year without seeing any improvement in her cataracts (a different brand than Alpha-G). Other people have reported vision improvements within weeks of starting PSP supplements. Does this mean that PSP supplements cannot help Margaret's cataracts? No, it means that the body has other priorities that are higher, that must be addressed first. The body will direct the nutrients of the ALPHA-G to help heal the conditions that are most critical to its survival. Cataracts do not threaten the survival of the body. If Margaret stays on the ALPHA-G long enough, then her body may get to the point where the cataracts come up in the list of priorities and her body starts working on clearing them. She has a history of intestinal problems, chronic low-grade infections and liver

toxicity, which would probably be deemed a higher priority than cataracts. Also, she has entered menopause and her body is coping with the sudden hormonal changes caused by the transition. Chances are that cataracts are pretty low on her body's list of priorities right now.

Does this mean that Margaret should start taking a product that is targeted specifically for cataracts? This is something best answered by a health care practitioner that can test Margaret's body and tap into its wisdom. When Margaret had cataract products tested recently, they [tested as not good](#) for Margaret's body at this time. That means that the products would interfere with what Margaret's body is working on healing right now, probably overloading her body. "More isn't always better", when it comes to taking products. Even the best products can overload the body, which creates more problems than it solves. The best course for Margaret right now would be patience. A practitioner who has been working with PSP supplements for 2 years reported that it corrected a friend's macular degeneration after 1 year. So, clearly PSP supplements can help with serious eye problems, but it may take quite a bit of time.

### ***How is the price of ALPHA-G set?***

The price of ALPHA-G covers the cost of its very high quality ingredients plus the cost to sell it. ALPHA-G is sold thru holistic practitioners and by word of mouth, rather than paying for advertising to drive sales at stores. When it comes to the quality of products, often you get what you pay for. The products of the highest quality, that are totally free of toxins, cost more. When a health care practitioner with over 30 years of experience, who is expert at testing products for quality and toxicity tested all the polysaccharide peptide products on the market, only a few tested free of toxicity. That is why we use and recommend ALPHA-G at [Optimum Choices](#). There are no toxins in the ALPHA-G product, just nutrition for your cells.

### ***How can I purchase ALPHA-G?***

[Go to www.OptimumChoices.com/PSP.htm](http://www.OptimumChoices.com/PSP.htm) for more information or call us at 303-271-1649 or 866-305-2306 (toll-free).