

All New All New All New

Baked Fresh
**Fresh
in WA**

CONTAINS
ANTIOXIDANTS
& OMEGA 3

BEST QUALITY · ALL NATURAL · NO PRESERVATIVES



Vollkornbrot

WITH ORGANIC
GREEN TEA

A delicious wholegrain spelt and rye loaf infused with antioxidant goodness of Organic Green Tea leaves, but with a delectable and smooth taste.

This loaf has been clinically tested to verify an Antioxidant ORAC level over 33,000µmol/kg of bread.

Beta-Spelt

WITH CHIA

This wholegrain spelt bread is packed full of oats and chia to create a delicious loaf bursting with goodness, but with a low sodium hit.

Improve your antioxidant and omega 3 daily intake with this great tasting bread.

Green tea and oats have been extensively studied. Results suggest they may be useful for the following health conditions:

Green Tea:

- helps against formation of cancer
- helps prevent heart disease
- helps to make your complexion acne-free, and healthier
- aids in weight loss regimens
- retards the aging process
- calms digestion
- helps with bowel problems
- helps to control diabetes
- strengthens the immune system and helps to detoxify the body

Oats:

- help with diabetes, as oat fibres help control blood sugar levels
- help prevent heart disease
- reduce plaque build up in the artery walls
- assist in weight loss regimens
- help to lower cholesterol

Oats are also good sources of:

- magnesium, selenium, manganese and phosphorous

BREAD FOR A BETTER LIFE

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How good is Vollkornbrot as a source of antioxidants? Analysis revealed an ORAC reading of over 19,000µmol per loaf. So just 2 slices gives around 50% of the USDA's recommended antioxidant daily intake of 5,000µmol.

Remember too, **Beta-Spelt contains oats and their unique antioxidant, avenanthramide**, which help prevent free radicals from damaging LDL cholesterol, thus reducing the risk of cardiovascular disease, suggests a Tufts University study published in *The Journal of Nutrition (2004)*.

And both loaves are packed full of wholegrains, with Vollkornbrot made from a mixture of wholegrain Spelt and Rye flours, and Beta-Spelt from wholegrain spelt flours and rolled oats.

These loaves are both simple ways of improving your diet by replacing the nutritionally empty breads that fill so many supermarket shelves. Wheat loses up to 70% of the vitamins and minerals found in whole wheat alone when highly processed; leaving it high GI and low in nutritional benefit.

Benefits of wholegrains most documented by repeated studies include:

- stroke risk reduced 30-36%
- type 2 diabetes risk reduced 21-30%
- heart disease risk reduced 25-28%
- better weight maintenance

Other benefits indicated by recent studies include:

- reduced risk of asthma
- healthier carotid arteries
- reduction of inflammatory disease risk
- lower risk of colorectal cancer
- healthier blood pressure levels
- less gum disease and tooth loss

Bodhi's Bakehouse

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