

Welcome to BioPure Bulletin-keeping us in touch with you; our friends, colleagues, and customers. Our monthly newsletter allows us to share topical feature articles, valuable resources, product updates and announcements.

*During the months of May through December, fresh figs can be found in some markets. In this Bulletin, we feature BioPure's new **Paraficus™**, made from this unique and remarkably healthful fruit.*

The Fascinating Fig

Paraficus™



Figs are one of the most revered and notable fruits in early history. They hold the honor of surpassing grapes as the most frequently mentioned fruit in the Bible [Flaishman 2008]. In ancient Greece, there were laws forbidding picking figs from someone else's tree, or for exporting this highly regarded fruit. Someone who revealed a violator of one of these laws was referred to as a 'sycophant', translating as 'revealer of figs', from the Latin root of 'sukon', meaning 'fig'. The large showy leaf of the fig tree has become an international symbol of modesty. Peruvian shamans believed the fig was an important 'plant teacher'

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Tinctures

Concentrated Healing Power

Tinctures have a long history of use in traditional medicine, possibly dating back as far as 1550 B.C. in Egypt. By soaking herbs in alcohol, the essential health-promoting bioactive compounds are drawn out, becoming concentrated and preserved in a solution with a long shelf-life.

that could help one learn, or better understand, the art of medicine, and that the milky fluid of figs (known as latex), could promote the ability to travel underwater in the spiritual realm [Luna 1984]. Another interesting fig fact is that they can only be successfully pollinated by a specific associated species of wasp, and conversely, that specific species of wasp can only reproduce successfully by laying its eggs in their particular type of fig. This constitutes one of the most extreme examples of obligatory biological mutualism [Lansky 2011].

Figs are filled with crunchy seeds, jelly-like flesh, and covered in a thin, delicate skin. Once harvested, figs only last about a week. Due to their fragile nature, they don't make the trip from tree to grocery stores easily. Therefore, 90% of commercially grown figs are dried before use.

Fortunately, rather than compromising the health benefits of figs, the drying process has the effect of concentrating them, and ounce for ounce, dried figs contain more vitamins, minerals, and fiber than the fresh form [Slatner et al 2011]. A handful of about 4-5 dried figs (40 grams) provides approximately the following percentages of vitamins and minerals: 7% potassium, 8% copper, 6% magnesium, 6% iron, 6% vitamin B6, and 6% calcium.

An important health aspect of figs is their fiber content. Due to their generous content of tiny seeds, an average serving of figs provides approximately 20% of the recommended daily amount of fiber, more than any other dried or fresh fruit [Academy of Nutrition and Dietetics]. Modern research is attributing mounting importance to dietary fiber for a variety of roles. Generally, high fiber diets from a variety of fruits and vegetables are reported to be beneficial for reducing the risks of diabetes, cardiovascular disease, intestinal disorders, and colon cancer [Murphy et al. 2012, Terry et al. 2001, Anderson et al. 2009]. In addition, increasing dietary fiber may support prebiotic fermentation and the immune response [Anderson et al. 2009, Slavin 2013], and may also assist people on weight loss programs [Howarth 2001]. The ratio of insoluble to soluble fiber in figs is approximately 70/30. Insoluble fiber adds bulk to the stool and facilitates passage of food through the stomach and intestines. Soluble fiber binds with water, forms a gel in the gut, and slows down the absorption of glucose and plasma LDL cholesterol. Figs provide a balance of soluble and insoluble fiber that supports a healthy digestive tract [Pitchumoni et al. 2012].

Historical records show that nearly every part of the fig



BioPure Healing Products carries an excellent selection of high quality herbal tinctures, including 12 different single herb extractions, and 4 unique proprietary blends. BioPure's tinctures are made using herbs with proven historical track records. Our herbs are sourced from environments free of fertilizers and insecticides, and processed with maximum purity and potency in mind. We use organic, gluten-free, non-GMO corn alcohol, and state-of-the-art purified water systems for all dilutions involving water. The list below summarizes the ingredients of our extracts. Please refer to our website to learn about the numerous health benefits of each tincture.

Single herb extractions:

- **Andrographis paniculata*
- *Cilantro
- *Cilantro in Electrolyte
- **Cistus incanus*
- *Green Brazilian Propolis
- *Japanese Knotweed

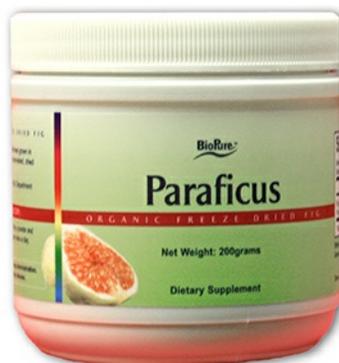
Specialty formulas:

- ***Vital Four** - (*Echinacea*, Goldenseal, Myrrh, Oregon Grape Root)
- ***Key Five** - (Biscuitroot, Cilantro, *Ginkgo*, Lemon Balm, St. John's Wort)
- ***Quintessence** - (*Andrographis*,

tree has been utilized in traditional medicine, addressing a wide variety of health issues [Joseph et al. 2011], including general gastrointestinal disorders, constipation, liver problems, venereal diseases, leprosy, smallpox, urinary tract infections, as a diuretic, and even for mental illness [Dangarembizi et al. 2012]. The milky white fluid that exudes from fresh figs, called 'latex', has been found to have antibacterial [Aref et al. 2010, Al-Yousuf 2012], antiviral [Lazreg et al. 2011], and antihelminthic [Hansson et al. 1986, Stepek et al. 2006] properties. These aspects may have been responsible for the traditional use of fig latex to speed the healing of skin wounds [Flaishman et al. 2008], rashes, and infections [Bohlooli et al. 2007]

Alkaloids, flavonoids, polyphenols, terpenoids, tannins, amino acids, and enzymes are among the classes of bioactive compounds discovered in figs that contribute to their curative properties [Dangarembizi et al. 2012, Vallejo et al. 2011]. Polyphenols, flavonoids, and anthocyanins present in figs make them a potent source of antioxidants. These important phytochemicals are most abundant in the skin of figs [Solomon et al. 2006]. Studies have shown higher total phenolic content and antioxidant activity in dried figs than in fresh [Slatner et al. 2011]. A significant rise in plasma antioxidant capacity was measured in humans for 4 hours after eating 40 grams of dried figs [Vinson et al. 2005]. Other in vitro laboratory studies have revealed neuroprotective capabilities [Loizzo et al. 2013], as well as spasmolytic and anti-inflammatory properties [Gilani et al. 2008] demonstrated by fig extracts.

BioPure's **Paraficus™** contains pure granulated freeze-dried whole figs. It is a convenient and easy way of adding the nutrition, fiber, and the other health benefits of this fascinating fruit to your diet. Sprinkle it on cereal or desserts. Add it to baked goods, sauces, or dressings. Grind it into a powder and add it to a smoothie or other drink. Let us know of other creative ways you discover to use **Paraficus™**.



Knotweed, Red Root, Smilax, *Stephania*).

***Viressence** - (Biscuitroot, Cilantro, *Ginkgo*, Goldenseal, Lemon Balm, Myrrh, Oregon Grape Root, Purple Coneflower, St. John's Wort)

For more information on BioPure Healing Products, and to view all of our products, please visit one of our websites:

www.retailbiopure.com

accessible to anyone, including patients and the general public

-or-

www.practitionerbiopure.com

accessible to Practitioners and Wholesale only. Drop-shipments can be delivered directly to your patients.

Should you wish to register as a practitioner or wholesaler, please contact BioPure by:

**toll free: 800-801-6187
or 425-462-8414**

or [click here](#) to email our office

References

* If you would like to see references supporting information presented in The BioPure Bulletin, please refer to the '**Research & More Information**' sections on the description page for each individual product on our

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website:

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Food & Drug Administration Disclaimer

Our products are not intended to diagnose, treat, cure or prevent any disease. They are designed to be used as part of an overall health plan with your authorized healthcare provider. Individuals taking food supplements or who have an underlying health condition should consult with their authorized healthcare provider before using these products. We suggest that you consult your authorized healthcare provider if you have any health problems and require a medical diagnosis, medical advice or treatment. The FDA has not evaluated statements in this newsletter. We do not recommend any of our natural products to be used for small children without the guidance of a licensed healthcare provider. We do not recommend that any of our products be used while breastfeeding, while pregnant, or while trying to become pregnant.

BioPure Healing Product's Promise*

BioPure Healing Products is committed to providing our customers with the highest quality natural food supplements available. We pride ourselves in sourcing high

potency products that are pure,
rich in biological vitality, and
effective.

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