

ORGANIC OCEAN® TRUE WASABI

If you wait in terrified anticipation for your nostril hairs to start burning and your eyes to water or just love the sensation after tasting real wasabi, you're in luck. Considered "green gold" in its native Japan where it is a prized condiment consumed with sushi and sashimi, real fresh wasabi is now available from Organic Ocean. Leading chefs have enthusiastically embraced real wasabi as an increasingly popular condiment in an array of both eastern and western dishes. Unlike imitation wasabi, real wasabi has no artificial colors or preservatives.



PACIFIC WASABI

The highly prized *Wasabia japonica* consists of a rhizome (a root-like stem) with clusters of large, long-stemmed heart-shaped leaves and delicate white flowers. An extremely difficult plant to grow, sawa (Japanese for "high quality") wasabi is now produced in coastal British Columbia in an environment created to mimic the cool mountain streams of its native Japan. Unlike the green paste of horseradish-based imitation wasabi, freshly grated real wasabi is a unique taste experience that is fresh, clean and pure with a quick heat that doesn't linger. Wasabi-lovers also enjoy a host of health



and beauty benefits from this miraculous wonder root. Sulfinyl, which is released when real wasabi is grated, combines with other molecules to make δ -methylthiohexyl isothiocyanate (δ -MSITC) which has anti-inflammatory properties that provide host defense against cancer cells and contribute to a lessening of the general wear-and-tear of the body as a result of the natural aging process. The δ -MSITC compound also works to inhibit platelet aggregation (the clumping together of platelets into blood clots) to effectively reduce the risk of heart attack and strokes.

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