

**ASSOCIATION POUR LA PROMOTION
DES EXTRAITS FOLIAIRES EN NUTRITION
(A.P.E.F.)**

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NOTES ON THE USAGE OF LUCERNE LEAF CONCENTRATE (LLC)

STORAGE

Keep in a clean and secure place, protected from

- moisture
- air (oxidation)
- direct sunlight
- excess heat: every effort must be made to keep both opened and unopened sacks as cool as possible
- insects; they love LLC. Some seem able to get into the bags. The 25 kg sacks fit easily into 50 litre dustbin bags which, if tied tightly offer some protection. If storing for more than 3 months, we advise sealing suitable groups of sacks in plastic sheet or, for a very large volume, seal in a sound tarpaulin.

and **always** reseal thoroughly any sacks that are opened for sampling or use.

The granules of LLC should be ground finely, before use, for the very young (i.e. under 2 years old) and for old people. However, the flour thus produced is more vulnerable to oxidative loss of vitamins; therefore **do not grind more than thirty days' supply at a time and keep the flour in a sealed (airtight) bag or tin.**

CONSUMPTION

LLC is usually taken once a day (in certain cases, in two or three doses)

- **during a meal or snack,**
- **mixed** into soups, cereals, porridges, yoghurt, jams or fruit juices.
- **For babies at weaning** mix the flour with sugar syrup.
- **Do not cook it**, but add it to the dish **after** any cooking (preservation of vitamins).
- **For the anaemic**, take the LLC at the same time as some vitamin C, a fruit, for example, or ascorbic acid. *Vitamin C doubles the absorption of the LLC's iron.*

DOSAGE:

CHILDREN :

- **5 grams a day** (i.e. a heaped teaspoonful)
- **10 grams a day for those who are anaemic or enfeebled.**

PREGNANT AND NURSING WOMEN:

- **10 grams a day**
- **15 grams (or up to 20 grams) for mothers who are anaemic or weakened or whose milk flow is insufficient. If possible, this should be taken as 3 x 5g.**

Very Important :

The starting of supplementation should be progressive to familiarise the subject with the distinctive flavour of the LLC and to permit the accommodation of the digestive system to this new food. For example, for children:

- *1st two days: 2.5 g/day*
- *Following two days: 5 g/day*
- *Thereafter, 10 g/day*

In the rare cases of initial intolerance: be sure to use the LLC as fine flour and restart with one gram a day spread, if necessary, over two meals and then extend the period of familiarisation, increasing the doses more gradually.

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