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NEW STUDY SUBSTANTIATES ROLE OF KAMUT® KHORASAN WHEAT AS AN IMPORTANT SOURCE OF ANTIOXIDANTS AND SUGGESTS ROLE IN PREVENTING INFLAMMATION

Big Sandy, MT, March 2012 – Phase II of a study on the oxidative properties of KAMUT® Brand khorasan wheat supported by Kamut International, has just been published. The study can be found in the journal *Nutrition*. It was conducted in Italy by researchers at University of Urbino and the University of Bologna, to compare the oxidative properties between modern wheat (a typical durum) and ancient grain KAMUT® khorasan wheat). Using the same experimental rats and diet, the research is a continuation of Phase I of the study, only this time instead of focusing on markers indicating oxidative stress in the blood they looked at enzyme markers of the oxidative stress in the liver.

“We’re excited to have Phase II of the study published and demonstrate the effects that KAMUT® wheat has on the body further. We continue to look for further explanation of why people with sensitivities to modern wheat claim they feel better when they eat KAMUT® Brand wheat.” stated Bob Quinn, PhD, President of Kamut International”.

Phase II of the study was led by Franco Canestrari, M.D. and Serena Benedetti, PhD of University of Urbino with the support of Alessandra Bordoni, M.D. Ph.D. and Andrea Gianotti, PhD, of the University of Bologna. As in Phase I, using the same diet and scientific approach, they evaluated and compared the antioxidant effect of whole grain modern durum wheat bread (WB) and whole grain ancient KAMUT® khorasan bread in rats. Two different bread-making processes were also compared for the whole grain KAMUT® khorasan bread: baker’s yeast (KB) and sourdough (SKB). As in Phase I of the study, the concentration of all potential antioxidant compounds appeared different in the three experimental breads. SKB was the higher than KB which in turn was higher than WB.

After the rats were fed this diet for six weeks, they were given a compound, which created oxidative stress. The result was that the rats fed the KAMUT® wheat breads showed a lower oxidative status compared to the rats that were fed whole grain bread—meaning that KAMUT® breads had more antioxidants than modern wheat bread. Additionally, researchers observed in the rats eating KAMUT® wheat breads a higher activity of liver antioxidant enzymes. This could be a result of the higher amounts of Selenium found in KAMUT® grain.

This liver study mirrored results of blood analysis from the same research project, which was published in the January 2011 issue of the *Frontiers of BioScience*. It demonstrated that the animals fed the ancient KAMUT® wheat breads had a better response to oxidative stress, once again indicating higher potential benefits than modern whole grain durum wheat.

It should be noted that these benefits were observed to increase when KAMUT® bread is made with sourdough fermentation.

“As in Phase I of the study, the type of wheat used for making the bread appeared to be the main determinant of the observed protective effect, but also the sourdough fermentation process played a key role”, commented the authors of the study.

A very exciting and totally unexpected observation was made in conjunction with this liver study. Livers from rats fed the modern wheat were found to contain a significant amount of inflammation. This is normal for rats subjected to the strong compounds, which stimulate oxidative stress. However, the rats on

the KAMUT[®] wheat bread diet, showed no inflammation. This may indicate that KAMUT[®] Brand grain has significant anti-inflammatory properties. This could be a very significant find and will be the subject of further investigation.

In addition to the release of this research, Kamut International currently has sponsored four other studies that have been completed and are in the process of being prepared for publication. Additionally, another nine studies are in progress with hopes to be completed over the next two years.

“It is our ongoing commitment not only to provide the highest quality grain possible for the health and betterment of our society, but to also understand what it is that the ancient KAMUT[®] Brand khorasan wheat has retained which makes it nutritionally superior to high yielding modern wheat, which is the result of nearly 100 years of intense plant breeding.” concluded Bob Quinn, PhD and President of Kamut International. “We are thankful for the diligence and expertise of researchers who are starting to answer this important question.”

About KAMUT[®] Brand Khorasan Wheat

The mission of Kamut International is to promote organic agriculture and support organic farmers, to increase diversity of crops and diets, and to protect the heritage of a high quality, delicious ancient grain for the benefit of this and future generations. KAMUT[®] is a trademark of Kamut International and it stands for guaranteed standards that are verified by tests from every field.