

Nutritional Support

Why A Whole Foods

Nature designed essential nutrients to be best absorbed and used by the body as part of the whole food. There are sometimes up to hundreds of nutrients in the food that help the body better utilize the essential nutrients, many of which science has not yet even identified.

For example, vitamin C is best absorbed in the body when taken with other bioflavonoids that exist in fruits naturally such as oranges and grapefruit. If taken only in the ascorbic acid form, most of the vitamin C flushes through the body quickly and is barely absorbed.

Sometimes taking formulations with single nutrients added or synthesized is important in getting the proper dosages that can be hard to get just through one's diet, but in general the synergistic benefits of taking whole food with the targeted nutrients is best.

Nutrient rich whole foods provide potent free radical scavengers and supports function of all systems.

Vitamin A(Vitamin A††, Carrot*) 5000 IU
Vitamin C(Vitamin C, Orange*) 500 mg
Vitamin D(D3, Alfalfa*) 200 IU
Vitamin E(Tocopherol, Flax*) 100 IU
Vitamin K(K1, Kale*) 60 mcg
Thiamine(B1, Rice Bran*) 25 mg
Riboflavin(B2, Pumpkin Seed*) 25 mg
Niacin(B3, Green Papaya*) 25 mg
Vitamin B6(B6, Green Pepper*) 25 mg
Folic Acid(Folate, Onion*) 400 mcg
Vitamin B12(meats) 125 mcg
Biotin(Biotin, Tomato*) 300 mcg
Pantothenic Acid(B5, Cranberry*) 50 mg
Calcium(AAC†, Hydrilla*) 200 mg
Iron(AAC†, Kudzu*) 18 mg

Iodine(Kelp*) 150 mcg
 Magnesium(AAC†, Alfalfa*) 100 mg
 Zinc(AAC†, Black Currant*) 15 mg
 Selenium(AAC†, Shiitake*) 50 mcg
 Copper(AAC†, Lemon Peel*) 200 mcg
 Manganese(AAC†, Wild Blueberry*) 3 mg
 Chromium (GTF***)(AAC†, Apple*) 50 mcg
 Molybdenum(AAC†, Spinach*) 50 mcg
 Carotenoids(Beta Carotene, Carrot*) 5000 IU
 Potassium(AAC†, Cabbage*) 99 mg
 Inositol(Inositol, Orange Peel*) 30 mg
 Choline(Choline, Rice Bran*) 30 mg
 Alpha Lipoic Acid(Broccoli*) 5 mg
 Boron(AAC†, Broccoli*) 1 mg
 Vanadium(AAC†, Flax*) 30 mcg

* Food extract with potency up to 50 times their actual weight.

** Daily Value not established.

***GTF (Glucose Tolerance Factor)

† Amino Acid Chelates are superior to many other mineral forms.

†† Vitamin A Palmitate, Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

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