



100%
FOOD
Nutrients

COLOR EDITION

FOOD RESEARCH

PRODUCT CATALOG

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Nutrition from

FOOD

What a

Concept!

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BIOSCIENCE
FORMULAS

CALCI-CHEWTM
CALCIUM LACTATE +TM
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OUR MISSION

Doctors' Research is dedicated to improving the quality of everyone's life by providing the safest, the best, and the most effective 100% **FOOD** supplements available through health care professionals.

OUR CORPORATE VALUES

Doctors' Research demonstrates its commitment to the world by:

Providing only 100% **FOOD** products from **Food Research International, LLC** to health care professionals.

Never providing any vitamins or mineral from USP or inorganic source in our products.

Utilizing environmentally friendly practices in the growing and processing of the foods that go into the dietary supplements.

Never using porcine, shellfish, or USA-derived bovine in any products.

Never utilizing gelatin for capsules (or anything else).

Publishing in scientific journals the benefits of 100% whole food nutrients and other ingredients in dietary supplements.

Utilizing techniques which have been proven over decades to provide the best quality 100% food dietary supplements.

Having the very best vegan vitamin and mineral-containing 100% food products on the market. While rocks and petroleum derivatives may legally be labeled "vegan", they are not 100% food and are not in any **FOOD** brand products.

Having products tested for quality to insure that they exceed the highest standards in the dietary supplement industry.

Never compromising on providing only those forms of vitamins and minerals as found in real foods along with the naturally-occurring health promoting food substances (such as protein-chaperones and enzymes) as dedicated health care professionals expect.



DOCTORS' RESEARCH DISTRIBUTES
100% FOOD PRODUCTS

Don't break the chain!™

FOOD... Doctors' Research is about **Food** - Other nutrient companies are not. All professional supplements distributed by Doctors' Research are 100% **Food!** Our slogans, our processes, and our products are all about **Food**. When we at Doctors' Research say, **Don't break the chain!**, we mean don't break the **Food** chain. We are surprised that other supplement companies seem to feel that it is 'natural' for humans to eat synthetic vitamins, most of which are not even the same chemical form (and less of which are in the same structural form) as vitamins found in **Food**. We are surprised that most other supplement companies seem to feel that it is 'natural' to supplement human nutrition with chemically-treated crushed rocks and petroleum derivatives. While nature teaches us that plants have the ability to ingest these types of substances and render them as **Food**, it also teaches us that humans are not plants and should not directly consume crushed rocks.

Humans naturally do not consume soil or other crushed rocks. If they do, medically the condition is termed 'pica' or 'geophagia'. Yet everyday, millions of Westerners (generally unknowingly) consume dozens of industrial processed rocks to 'supplement' their diets--these products normally contain dozens of substances that are not natural for humans to consume. Should people swallow rocks, industrial chemical compounds, petroleum derivatives, ammonia, and cyanide daily? Well, they do. Should your body, or the bodies of your clients, be a dumping ground for these industrial substances? We think not!

We at Doctors' Research understand the need for supplementation, given modern lifestyles and the availability of highly processed foods. However, we feel that supplementation should be from **Foods** and that these **Foods** should contain their nutrients in the same chemical and structural forms as those found in real human **Foods**. We also feel that the supplements should contain the **Food** factors needed for proper absorption and utilization. Even modern science recognizes that minerals need protein chaperones for optimal absorption, yet isolated mineral salts (as are commonly found in so-called 'natural' supplements) do not contain them. **Foods** (including the Foods used at Food Research International Ltd) do naturally contain these substances.

Foods distributed by Doctors' Research are normally specially-grown, with most being hydroponically farmed (since the US has not established organic standards for hydroponically farmed **Foods**, we cannot currently label our

US products as organic). Our growing processes build on the laws of nature, as it is well known that plants will increase their absorption of nutrients if more nutrients are present in their environment. The plants are then harvested, dried under controlled conditions, and put into forms which allow tableting. The **Foods** we commonly use include acerola (cherry), citrus, carrots, herbs (various), kelp, nutritional yeast, mushrooms, rice and rice bran, and spinach. Our **Foods** contain no Genetically Modified Organisms (GMOs), based on average laboratory analysis. In some of our specialty formulas we also include pasture-raised bovine glandulars. Our products do not cause nor contribute to 'yeast-infections' (actually, research suggests that the nutritional yeast we use helps the body combat those types of infections), and the cell wall of our nutritional yeast has also been enzymatically-processed to improve nutrient absorption and decrease the possibility of any food sensitivity.

Because our products are **Food**, it is not necessary to consume them with Food (though they certainly can be). Food ingredients sometimes will vary from those listed in our literature. Many people who previously have complained of problems associated with the commonly sold synthetic, crushed-rock, 'natural' vitamin and mineral formulas, have reported that they have been able to tolerate and benefit from our **Food** products.

Our clinical research group is headed up by Robert Thiel who holds a Ph.D. in Nutrition Science as well as a doctorate in Natural Health. Dr. Thiel authored the world's leading MEDLINE medical journal article on natural vitamins. Dr. Thiel has been named **Research Scientist of the Year** and **Physician of the Year** plus has received the **Orthomolecular Leadership Award** for his leading edge natural health research. He was also a licensed naturopathic physician in Idaho.

Unlike some companies, we do not engage in slick marketing. Our literature contains solid scientific information--we encourage you to read all of it. We believe that since you are interested in truly natural health, you will recognize the benefits associated with using real Food supplementation, as well as the benefits of avoiding industrial chemicals that are in other companies' products. We truly appreciate your interest in our products and trust you will share our story with your clients.

- 100% **FOOD** Products
- Grown Nutrients With Assays
- HPLC Validated
- Cold Fused and Low Temperature Processed

- 100% Food Nutrients
- Professional Quality Products
- Digestive Disintegration Tested Nutrients
- Nutrients Grown in an FDA Registered Facility

As a health professional, you need to decide whether **FOODS** or industrial chemicals are right for you and your clients.

The FOUR VITAMIN Categories

	SO-CALLED "NATURAL"	SO-CALLED "FOOD BASED"	CULTURED	FOOD VITAMINS
Constituents	So-Called "natural" vitamins are also called USP or pharmaceutical grade.	USP vitamins mixed with some food.	Regular vitamins mixed with food and then cultured.	Vitamins in food. A complete food matrix with protein chaperones.
Structure	Mostly crystalline.	Mostly crystalline.	Uncertain.	Rounded, never crystalline.
Source	Often petroleum derivatives, animal products, and/or hydrogenated sugar.	Often petroleum derivatives, animal products, and/or hydrogenated sugar.	Foods, see below.	Foods, see below.
Type and Quantity of food	No food.	Vitamin value not provided by the added food, but by the synthetic vitamin.	Cultured foods: conceptually like Yogurt, Miso, Sauerkraut. Percentage of food unknown.	Whole "Live" Foods: Carrots, Oranges, Cabbage, etc. 100% Food.
Chemical Form	Usually unnatural.	Usually unnatural.	Unclear.	Natural (as found in Foods).
Nutrient toxicity	Possible, if high amount consumed.	Possible, if high amount consumed.	Not known.	No toxicity associated with vitamins found in plant foods.
Fillers; Binders; Artificial Colors	*Often, Yes.	*Often, Yes.	Uncertain	Rice bran used as a filler/binder. No artificial colors.
Type of Nutrient Delivery	No protein chaperones- Must be found in the body (cannibalization) or a meal.	Potential chaperones found in the added food.	Potential chaperones found in foods.	The protein chaperones are part of the food matrix.
Suggested Use For Maximum Utilization	Must be taken with the right foods. High quality meal helpful for providing nutrient delivery factors for utilization.	Taken any time.	Taken any time.	Taken any time. 100% food with naturally occurring nutrient delivery factors. Ultimate utilization.
This Product is Right For:	Only those who eat high quality meals when taking their tablets and do not prefer real vitamins.	People who don't have the time or knowledge to take their supplements with a quality meal.	Those people who prefer the alterations created in cultured foods.	Everyone who wants the ultimate in nutrient utilization and is interested in real food.
Advantages	Seemingly low price, smaller tablets.	Sometimes increased nutrient utilization than USP vitamins.	Cultured USP vitamins in tablet form.	100% real food. Food is natural for humans.
Disadvantages	No Food. Not in the same chemical/structural form as found in food.	Needs chaperone transformation to be utilized.	Needs chaperone transformation to be utilized.	None known.

The FOUR MINERAL Categories

	SO-CALLED "NATURAL"	LIQUID	CHELATED	FOOD
Constituents	So-Called "natural" minerals are essentially crushed rocks processed with one or more industrial chemicals.	Normally, dissolved rocks.	Element attached to ? (Varies by supplier)	Minerals in food. A complete food matrix with protein chaperones.
Structure	Mostly crystalline.	Varies.	Varies.	Rounded (as that is how minerals naturally exist in Foods).
Chemical Form	Mineral Salts (rocks processed with industrial acids).	Varies.	Varies.	Minerals attached to food factors.
Utilization	Fair.	Fair. Often better than rocks	Fair. Often better than rocks	BEST-optimized by the presence of protein chaperones needed for nutrient delivery.
Nutrient Toxicity	Possible. Body must dispose of "other half" of chemical compound.	Possible.	Possible	Food contains protective factors which help prevent mineral toxicities.
Fillers, Binders, Artificial Colors	Often, yes.	Often, Yes.	Uncertain.	Rice bran used as a filler. No artificial colors/binders
Type of Nutrient Delivery	No protein chaperones- Chaperones must be found in the body (cannibalization) or in a meal.	Generally void of chaperones found in foods.	Potential chaperones may exist in chelate.	The protein chaperones are part of the food matrix.
Suggested Use For Maximum Utilization	Must be taken with the right foods. High quality meal needed to provide nutrient delivery factors for utilization.	Taken any time. High quality meal needed to provide nutrient delivery factors for utilization.	Taken any time. High quality meal needed to provide nutrient delivery factors for utilization.	Taken any time. 100% of tablet is food with naturally occurring nutrient delivery factors. Ultimate utilization.
This Product is Right For:	Those that believe eating rocks is fine.	People who don't have the time or knowledge to take their supplements with a quality meal.	Those people who prefer the alterations created in chelated minerals.	Everyone who wants the ultimate in nutrient utilization available only in real food.
Advantages	Seemingly low price-smaller tablets.	Greater nutrient utilization than most rocks.	Chelated meal in tablet form.	100% real food.
Disadvantages	Not food. Not natural for humans. Eating rocks can be a sign of geophagia or pica.	Low potency of many minerals.	Chelated is not a defined term and some chelates are really the same as rock minerals.	None known. Humans have been consuming food since pre-history.



Why 100% Real Food?

Health care professionals with an interest in natural health are aware that many of their patients have nutritional problems with their diets. This is most often due to less whole foods in the food supply, food processing, and sometimes poor dietary choices.

Modern technology has devitalized many foods. According to a US Surgeon General's report, 9 of 10 Americans will die of a disease due to nutrition or lifestyle choices.

This simply should not be.

So, is the solution to this problem consuming vitamins and minerals in isolated USP (United States Pharmacopeia) forms?

We at Doctors' Research think not!

We are sure, as a health professional, you agree that the solution to technologically overly-refined and overly isolated foods is not to base supplementation on USP isolated "nutrients" (which are not real food).

Only real foods contain enzymes, protein chaperones, and other substances and co-factors needed for nutrient utilization and transport. There is no reason to give patients inferior formulas that contain isolates that do not include the supporting substances naturally found in foods.

Diet is Important

Dietary choices for your patients are important. Most of them should eat less sweets, hydrogenated fats, refined carbohydrates, and other modern chemically-laden “foods.”

While many patients will make some efforts along those lines, as a health professional you know that most may not be willing to make enough changes, either quickly enough or long enough, to promote optimal health.

It is possible that many of your clients are not even aware of what real food supplements are. Hence, there is a real need for 100% food containing dietary supplements.

How Can My Patients Know that a Supplement is 100% Food?

Because many companies call their products “natural” or somehow imply that they are “organic” or “whole food,” many of your patients probably believe that is what they are getting.

But unless they are taking **FOOD** brand supplements they probably are consuming isolates (USP vitamins and inorganic mineral salts) which are not food.

In order to tell for sure, it is best to carefully look at the label.

If a supplement product does not state “100% Food” on the label, then it is normally safe to conclude that it is not actually 100% food.

There are some words commonly found on many supplement labels that show that the supplement contains USP vitamins and/or inorganic mineral salts.



The most common words to watch out for are:

Ascorbic acid	Thiamin HCL (or thiamin hydrochloride)
Calcium carbonate	
Calcium lactate *	Thiamin mononitrate
Chromium picolinate	Pyridoxine hydrochloride
Cyanocobalamin	Vitamin A acetate
Folic acid	Vitamin A palmitate *
Magnesium oxide	Vitamin E acetate
Niacin	Zinc oxide
Pantothenic acid	

** Note while this can come from food, it is still an isolate. Mixing foods with these items, as some companies do, does not change their chemical properties. Most companies calling their ‘vitamins’ as “food-based” or “made with real food,” simply put a small amount of food as a ‘base’ and spray chemical synthetic ‘vitamins’ on the food. That is similar to what companies do who spray synthetic ‘vitamins’ on their refined grain cereal products.*

For more details (and a more exhaustive list), please see the sections titled “**The Truth About Minerals in Nutritional Supplements and The Truth About Vitamins in Nutritional Supplements.**”

Where Do You Get 100% Food Nutrient Supplements?

At Doctors' Research!

While many companies seem to imply that they provide 100% food vitamin and mineral supplements, Doctors' Research is the only company, that we are aware of, that does not use USP vitamins and /or inorganic mineral salts (chelates).

We cater to health care professionals and you have the catalog that FOOD brand products distributes to assist you in deciding which products are best for your patients.

What Makes 100% FOOD Supplements the Best?

Dr. Bernard Jensen, an early 20th century advocate of food-based nutrition, once wrote, "When we take out from foods some certain salt, we are likely to alter the chemicals in those foods. When extracted from food, that certain chemical salt, may even become a poison. Potash by itself is a poison, whether it comes from a food or from the drugstore.

This is also the case with phosphorus. You thereby overtax your system, and your functions must work harder, in order to throw off those inorganic salts or poisons introduced...

The chemical elements that build our body must be in biochemical, life-producing form. They must come to us as food, magnetically, electrically alive, grown from the dust of the earth... When we are lacking any element at all, we are lacking more than one element. There is no one who ever lacked just one element.

We don't have a food that contains only one element, such as a carrot entirely of calcium or sprouts totally made of silicon."

Dr. Royal Lee stated, "The best sources of vitamins and minerals are found in whole foods." Dr. Lee felt it was not honest to use the name 'vitamin C' for ascorbic acid. That term 'should be reserved for the vitamin C COMPLEX'.

Unlike companies who imply that their products are only whole foods, our **FOOD** brand products never contain ascorbic acid or extracted mineral salt nutrients. That is the key to truly natural quality ingredients.

FOOD brand supplements are 100% food as natural doctors of old long advocated.





Why are FOOD brand products the best?

At least 98.97% of vitamins consumed are synthetic isolates, though they are often labeled as natural. Yet, there are no isolated USP nutrients that exist naturally. So, nearly all companies combine synthetic isolates with industrially-

processed minerals in order to produce their vitamin-mineral formulas. FOOD RESEARCH wanted to supply the best possible form of nutrients so it looked into modern technologies that would be compatible with the natural life processes that nature uses to improve the nutrients in natural plants.

“ At least 98.97% of vitamins consumed are synthetic isolates, though they are often labeled as natural. Yet, there are no isolated USP nutrients that exist naturally. ”

In order to obtain the potencies of nutrients that members of modern societies need, many of the nutrients in our products are hydroponically-grown to improve the concentration of nutrients in the specific raw foods that we use.

The processes essentially take advantage of the law of nature that a plant will absorb more of a nutrient when that nutrient is more available. Essentially, the plant is fed an enzyme-containing liquid that will be higher in one particular mineral. The plant will absorb more of that mineral, since more of it is present. The nutrient foods are

grown in an FDA registered facility.

processed minerals in order to produce their vitamin-mineral formulas.

FOOD brand products are different.

They never contain any synthetic/isolated USP nutrients.

In reality this is duplicating the process of nature when we create food nutrients. Nature's process takes inorganic, non-food substances from the soil and delivers them to the cells of the plant. This natural process is the merging

of different elements into a union creating one. Creating a whole from different elements is nature in action. The best method of creating a union, like those created by nature, between inorganic fractions and the whole food matrix is achievable through hydroponic technologies.

This led to the acquisition of foods combined with a natural cold fusion process. The definition of fusion is the merging of different elements into a union, creating an enhanced whole from different elements. A natural cold fusion process is used to produce superior nutrients that are always 100% food. Enhanced nutrients occur from the merging of specific elements through a living plant into a whole food matrix through low temperature hydroponic farming.

The reason that the process is “cold” is in order to preserve the naturally-occurring enzymes and other beneficial substances in the foods. Many of the processes and equipment had to be custom-made or altered to accommodate our need to maintain the fresh frozen raw foods used to create the usable raw materials.

Cold fusion processing was not an after thought. No expense was spared to create these cold fusion processes and the state of the art manufacturing plant needed to keep **FOOD RESEARCH INTERNATIONAL, LLC** products the best available on the planet.

Furthermore, this form of “cold fusion-hydroponic” farming is pesticide free, and hence the quality of the food nutrients produced this way can be considered superior to conventionally grown foods. After they are grown to proper maturity, the plants are then harvested and dried.

No Genetically-Modified Organisms (GMO) have ever been found in our nutrient foods upon average analysis (which means none have ever been detected any time that our nutrients have been tested for them).

These superior foods are also free of artificial colors, preservatives, and similar chemicals. The grown nutrients are also HPLC (high performance liquid chromatography) validated. The nutrient content of each batch is tested for potency.

FOOD brand supplements represent the best of

all worlds: Real food nutrients, in real foods, with naturally occurring substances (such as enzymes, amino acids, lipids, and/or bioflavonoids) bottled and tested for potency.

100% food nutrients, 100% of the time.

What Are Glandulars and Why Are FOOD brand Glandulars Better?

Glandulars are animal tissue extracts that have been consumed by humans for thousands of years. In **FOOD** brand products, most of these glandulars have been freeze-dried to insure that they contain their natural enzymes, peptides, and hormone precursors. **FOOD** brand products only use bovine, ovine, goat, or wild fish for their glandular products. The source of the bovine glandulars are essentially pasture raised cows from **New Zealand, Argentina and Australia**—USA bovine is never used. Bovine glandulars are often referred to as cytotoxins, meaning cell foods.

To prevent the possibility of toxic metal accumulation, the oil from the wild herring fish that is in Omega 3/EPA/DHA has been molecularly-distilled for purity.

Does Food Research Have Vegetarian Products?

Yes, we do. At least 34 different ones. Vegetarian products are identified by a ‘V’.

Doctors’ Research vitamins and minerals are from vegetarian sources, they are either wild-crafted or otherwise grown without preservatives, pesticides, fungicides, artificial colors, etc.

Most of the fruits and vegetables listed in the products are organically grown at certified organic farms or wild-crafted. Tests done have found no GMOs (genetically-modified organisms) in any **FOOD** brand products.

Manufacturing Practices

FOOD brand products are produced and/or distributed in three FDA registered facilities. The two manufacturing facilities have both passed independent audits to insure compliance with the highest GMP standards.

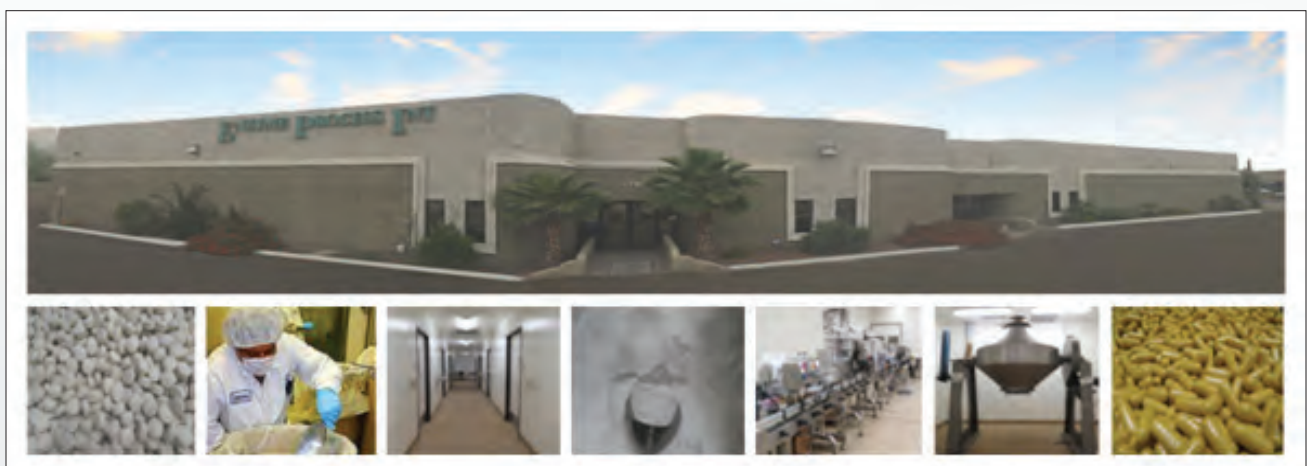
FOODS are grown, low temperature dried, and slowly ground so they can become part of a capsule or tablet.

The only “binder” used for the tablets is purified WATER. The only “filler” ever used for capsules is organic brown rice. All capsules are strictly vegan—

gelatin is never used.

To insure the highest possible food integrity, all **FOOD** brand products are made from raw foods. They are processed at low temperatures to retain enzymes and other food components.

This is a difficult standard to meet, so especially SLOW processing equipment is often utilized to insure that the products are not processed so quickly as to raise the temperatures enough to destroy naturally occurring enzymes and other food constituents.



Enzyme Process International

Wildcrafted and Grown Nutrients

Doctors’ Research, Inc. and the two manufacturing facilities used by **FOOD RESEARCH, LLC** are individually US FDA registered facilities.

Many ingredients used in the supplements are organic or wildcrafted and used exactly as they are harvested from nature. However, they are all tested to meet FDA cGMP standards.

Many products have density food nutrient ingredients that have been specially grown. All specially grown nutrients are grown in the United States of America on the East Coast by a company that has been in business since 1977. Prior to the start of the nutrient growing process, the nutrition media must be diluted, clarified, and pH adjusted. This process provides a consistent feed material important for high nutrient growth, that is also free from unwanted microbial contamination or foreign

nutrients. Related raw materials are purchased from vendors who meet the strict specifications established for these various materials.

To ensure that the process begins with the best ingredients, each batch of raw material undergoes rigorous scientific testing by the appropriate quality control experts. To guarantee that purity, safety and potency standards for the raw materials, intermediates and finished products are met, each of these materials are subject to sampling, and then quarantined



until approval. Once the testing is completed and approved, a Certificate of Analysis is issued for each individual batch. All manufacturing is based on a lot numbering system, and every batch has a designated lot number for traceability.

The growing process itself begins by adding water to the appropriate food at 95-105°F. The grown nutrients are natural products derived from a pure culture of *Saccharomyces cerevisiae* or other food grown in the proper medium under carefully controlled conditions. Certain nutrients are grown by feeding a controlled amount of the pre-bionutrient embedded into an appropriate glycoprotein to the food during the budding and/or growth process. This controlled metabolization process results in a high bionutrient food product in its most natural environment. During the budding and/or growth process, the pre-bionutrient is added to the budding yeast or re-grown food at an exact

concentration, then after a predetermined time the food is harvested. The higher density mineral/vitamin food is then thoroughly washed a number of times with purified water. Then the product, upon enzyme treatment, is cold pasteurized, spray-dried and packed. These products provide minerals and vitamins in a form that is readily absorbed and bio-available.

Because the cell wall of the *Saccharomyces cerevisiae* is enzymatically-processed, these nutrients are better tolerated by sensitive people. Also, it does not cause 'yeast infections.' To the contrary the PDR for Herbal Supplements states that *Saccharomyces cerevisiae* is "antibacterial and stimulates phagocytosis." In other words, it helps support the immune system. Additionally, Europe's Commission E approved the use of *Saccharomyces cerevisiae* for "Dyspeptic complaints," otherwise known as digestive concerns.



Quality of Food Nutrients

The high nutrient foods are produced using modified OTC drug manufacturing standards. The nutrient growing company has cGMP and GLP protocols in place for the manufacturing of its nutrients. Even though regulations do not require many of these steps, it is believed that by following these strict guidelines, this ensures that the finished product is of superior quality. At the growing

plants, two independent outside contractors are responsible for monitoring water quality and pest control on a monthly and biweekly basis, respectively.

The final high quality products are tested for potency and have been shown to be free of pesticides, herbicides, and heavy metals such as lead.

Quality of the Bottled Food Supplements

All supplements provided are products of the United States of America. The Arizona facility is equipped to provide the highest quality nutritional and dietary supplements available. It combines the Food ingredients, bottles, and labels the 100% food nutrient products. All of the manufacturing rooms are temperature controlled, enclosed with full vacuum and particulate collection equipment in place. These techniques ensure quality and avoid cross contamination. This firm has been in business since the late 1950's.

The manufacturing facilities' dedication to superior quality guarantees an extra level of quality assurance. Rigorous quality assurance measures include quarantining all raw materials until composition, identity, and integrity are confirmed and full documentation provided according to the FDA cGMP standards that are observed. The Arizona facility is inspected monthly to ensure cleanliness and safety guidelines are followed. Thorough materials analysis, visual inspection, and laboratory validation ensure only those products that meet the highest standards for purity, potency and efficacy are released for manufacturing and distribution. Only raw materials that meet or exceed specified quality requirements are then purchased. Once the procured material arrives at that facility they are held until the appropriate quality assurance and quality control teams re-validate the product for identity, purity, and strength.

- **Tablets** are monitored for their size, weight, digestibility, water levels, and integrity. Tableting is done at low enough speeds and temperatures to ensure the integrity of the food components,

Packaging

The majority of **FOOD** brand products are sealed in amber glass bottles. Amber helps protect the food nutrient's from potentially damaging light. Sealing the bottle helps prevent oxidation and helps provide protection from potential product tampering. The glass is recyclable.

All products are bottled/packaged at low enough

such as enzymes, that the food naturally contains.

- **Capsules** (always vegan) are monitored for their size, weight, digestibility, and water levels. Capsuling is done at low enough speeds and temperatures to ensure the integrity of the food components, such as enzymes, that the foods naturally contain.
- **Powders** are monitored for their weight and water levels. They are processed at low enough temperatures to ensure the integrity of the food components, such as enzymes, that the foods naturally contain.

On average, the Food vitamin and mineral products are tested 7-9 times to ensure quality.




temperatures to to ensure the integrity of the food components, such as enzymes, that the foods naturally contain. We consider that 100% food products are RAW.

How to Read a Food Research Label

Most companies use synthetic vitamins and/or acid-processed rocks in their vitamin and mineral formulas. Because ground up rocks exist in nature and the US government has not defined the term 'natural,' many companies attempt to imply that their products are natural by using the term

natural when they actually put rocks and petroleum derivatives in their products.

Food Research products are different and include information on labels that help consumers realize that they are different.



**100% Food Nutrients
Vegetarian Formula
Gluten-Free**

Supplement Facts

Serving Size 3 Tablets Servings per Container 60

Amount per Serving		% Daily Value
Vitamin C (in 60 mg food)	15mg	25%
Vitamin D (in .44 mg food)	400 i.u.	100%
Vitamin K (in 2 mg food)	20 mcg	25%
Calcium (in 3000 mg food)	150 mg	15%
Magnesium (in 800 mg food)	40 mg	10%
Manganese (in 20 mg food)	1 mg	50%
Boron (in 24 mg food)	240 mcg	*
Silicon (in 300 mg food)	3 mg	*
Proprietary blend (containing): Wildcrafted Horsetail, Wildcrafted Spinach	50 mg	*

* Recommended Daily Intake has not been established

Unlike many so-called "natural" vitamin formulas, **Cal-Mag Complex** is only comprised of foods contains no synthetic USP nutrients, but only contains foods, food complexes, and food concentrates. **Cal-Mag Complex** contains naturally occurring phosphorus, potassium, polysaccharides, CoQ10, glutathione, lipoic acid, trace minerals, enzymes, peptides, RNA/DNA, carbohydrates, lipids, proteins (including all ten essential amino acids), protein chaperones, and the antioxidant superoxide dismutase as found in enzymatically processed *Saccharomyces cerevisiae*, mixed citrus fruits and the other listed foods—all the nutrients shown above are contained in these foods. This product has been tested free of pesticides, herbicides, gluten, dairy, and soy.

Food nutrients ARE better than isolated USP nutrients and **MAY BE** better absorbed, retained, and utilized than USP nutrients. Food nutrients are better because they contain important enzymes, peptides, and phytonutrients **CRITICAL** to the **UTILIZATION** of vitamins and minerals which are not in isolated USP nutrients (and the Nobel prize for medicine was once awarded for part of this discovery. MEDLINE published research has concluded that food vitamins and food minerals are **SUPERIOR** to synthetic ones.

✓None of the statements on this label have been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or cure any disease.


NOTICE: Store in a dry place with lid tightly closed. Keep this natural food product out of the reach of children. Not recommended if contraindicated.

Produced exclusively for Food Research International LLC (Nevis) (805) 489-7185 by:
Enzyme Process International, 470 N. 56th Street, Chandler, Arizona.
Facility certified cGMP by the Natural Products Association.


FOOD RESEARCH



Cal-Mag Complex #215

- ✓ Contains food calcium
- ✓ Contains food magnesium
- ✓ Food nutrients are better absorbed
- ✓ Calcium and vitamin D help prevent osteoporosis

180 Tablets • Dietary Supplement • Product of USA 

Other ingredients: Fatty Acid from Palm Kernel, Vegetarian Coating.
Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.
No SYNTHETIC NUTRIENTS • No DAIRY • No PRESERVATIVES • VEGETARIAN



0 65187 10215 2  Halal  Pareve

100% Food Nutrients: This means that the vitamins and/or minerals listed on the label are NOT chemical isolates but are part of one or more foods. The individual foods vary, but basically are low-temperature dried foods and contain the natural constituents of foods.

Vegetarian Formula: This means that the product contains no meat. Other than Probio-Zyme-YST, the other vegetarian products are vegan, meaning that they also do not contain any dairy-derived components.

Product Name and Statements: This identifies the product. Below the product name are some statements which give some information about the product.

Product of the USA: All Food Research products are mixed, formed, and bottled in the USA. With the possible exception of acerola cherry (which can come from various locations in or out of the USA), the vitamins and minerals shown on the label are always grown in the USA.

Supplement Facts

(amount of a food and/or a food nutrient are in the product)

- Information from a typical label on **one vitamin:**

Vitamin C (in 60 mg food) 15 mg Daily Value – 25%

With this fact, each serving contains 60 mg of a food that is high in Vitamin C which supplies 15mg of Vitamin C, which is 25% of the Daily Recommended Intake by the US government. Understand that the Daily Recommended Intake by the US government is normally based upon synthetic vitamins or acid-processed rock minerals and may not be the same for those found in food.

- Information from a typical label on **one mineral:**

Calcium (in 3000 mg food) 150 mg Daily Value – 15%

With this fact, each serving contains 3000 mg of a food that is high in Calcium which supplies 150 mg of Calcium, which is 15% of the Daily Recommended Intake by the US government.

- Information from a typical label on one mineral that does not have a **Daily Value %**:

Boron (in 24 mg food) 240 mcg Daily Value – *

With this fact, each serving contains 24 mg of a food that is high in Boron which supplies 240 mcg (mcg are less than mg) of Boron. The asterisk (“*”) shows that there is no specified level Recommended Daily Intake by the US government.

- Information from a typical label on an **herbal food**:

Wildcrafted Spinach Spinacia oleracea 30 mg food Daily Value – *

With this fact, each serving contains 30 mg of a wildcrafted herbal food commonly known as Spinach. The scientific name, Spinacia oleracea, is also given. The asterisk (“*”) shows that there is no specified level Recommended Daily Intake by the US government.

Other Ingredients

(items involved in the process or coating of the supplement are shown)

- A typical **tableted** product:

Vegetable coating: with this fact, a vegan-source enzymatic coating was sprayed on the finished tablet to aid in swallowing. The coating also makes the tablet stay together better in the bottle to a slight degree. The coating is completely digestible and does not interfere with disintegration and bioavailability during the digestive process.

- A typical **encapsulated** product:

Vegan capsule: with this fact, a vegan-source capsule surrounds the ingredients shown under the Supplement Facts box. The vegan capsules that are used have been shown to properly disintegrate during the digestive process.

- Information on the ‘other ingredients’ listed in the **Simply Glandular** products.

Fatty Acid from Palm Kernel helps with the consistency of the product.

Plant Polysaccharide is a non-GMO corn/rice extract that assists in tableting.

Silica is a natural substance which helps prevent clumping and aids with uniform distribution of nutrients.

Digestive Aid is a non-GMO plant cellulose extract that helps the product digest.

Other Information

Suggested use: This is a range of the number of servings typically used. Because Food Research products are normally recommended by health care professionals, they may use this as a guideline if they wish.

The Panel on the Far Right: This panel gives general information and also lists any foods that may not have been specifically listed in the Supplement Facts box. It also states that the products are tested to be free of pesticides,

herbicides, and various other items as listed.

No Synthetic Nutrients * No Preservatives *

No Dairy * Vegetarian: This repeats some of the information elsewhere, but in bold lettering so that it is easier for consumers to notice.

None of these statements on this label have been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or cure any disease: When nutritional labels contain statements about the

products themselves, these type of 'disclaimers' are required by US law/regulations. Doctors' Research, Inc. is a US FDA registered facility and has sent many Food Research labels to the US FDA, but the statements that they have not been evaluated are still required on labels.

Manufacturer and contact information is also on the label as required by US law/regulations.

Facility certified cGMP by the Natural Products

Association: The manufacturer that receives the ingredients, mixes them, encapsulates/tablets them, labels and bottles them is certified cGMP by the Natural Products Association.

Note: Store in a dry place with the lid tightly closed. Keep this natural food product out of the reach of children. Not recommended if contraindicated. Dried food products have a natural attraction towards water, so keeping them in

a dry place with the lid tightly closed helps prevent them from absorbing unnecessary liquids. They are recommended to be kept out of the reach of unsupervised children to prevent them from consuming more than they are given. Products are not recommended if contraindicated. Individual circumstances (pregnancy or health conditions), allergies, potential medications, etc. are possible contraindications, and the product should not be taken if it is contraindicated.

Lot number: Products contain a lot number which makes it possible to track. This is required by US law/regulations.

Most products have an 'BB (Best Before)' date, which is the date by which we expect them to be consumed. The products do not 'expire' then, but some of the nutrients may be less potent after that date. Products distributed are considered to be fresh when sold and then typically consumed.

Superior Bioavailability

While FOOD brand labels may be a little more complicated than the typical USP labels, FOOD brand nutrients have vastly superior bioavailability.

Ingesting such products as natural food allows the essential nutrients to get to the damaged cells without the body's immune system rejecting them. Food is the best means to deliver appropriate amount of nutrients to the body. However, it has been stated that 75 percent of the American population is deficient in trace minerals. European investigators have also released a report in 2002 revealing that 40 percent of elderly study subjects did not meet daily requirements for iron and calcium.

There are many other valid evaluations that clearly indicate a huge drop in the nutritional values of today's food. Attending to these fundamentals, and the often poorly understood requirements, are a

priority consumers need to put at or near the top of their list.

Even as consumers become more interested in the beneficial aspects of nutraceuticals, they are searching for lower doses and easier ways to consume them. Offering products with the natural targeted delivery systems such as Carrier Food Factors (CFF) increases the usefulness of the products. Natural foods and related targeted delivery technologies are generally designed to deliver measurable amounts* of an ingredient to a specific site as well as to improve the efficacy of a product by routing it to where it is needed the most....same principle as in natural food. Foods and 100% food nutrients result in superior bioavailability.

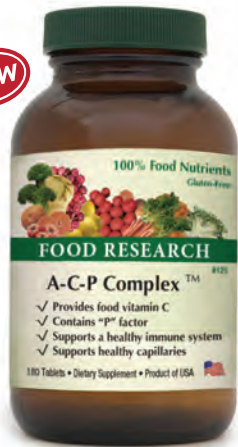
Products are tested to insure that what is on the label is what is in the bottle.

FOOD RESEARCH

ALL PRODUCTS LABEL INFORMATION

100% FOOD • NO SYNTHETIC NUTRIENTS • NO DAIRY • NO PRESERVATIVES

New



A-C-P Complex™

#125
180 Tablets

- ✓ Provides food vitamin C
- ✓ Contains "P" factor
- ✓ Supports a healthy immune system
- ✓ Supports healthy capillaries

A-C-P Complex™ combines vitamin complex of A and C with the bioflavonoid complex sometimes called Vitamin P. Bioflavonoids support the healthy function of capillaries, connective tissues and the immune system.

Supplement Facts

Serving Size 1 Tablet Servings per Container 180

Amount per Serving		% Daily Value▼	
Vitamin A as Betacarotene	(in 25 mg of food)	1250 I.U.	25%
Vitamin C	(in 120 mg of food)	40 mg	44%
Vitamin E	(in 6 mg of food)	1.50 mg	10%
Bovine Adrenal		30 mg	*
Bovine Bone Marrow		5 mg	*
Bovine Bone Meat		15 mg	*
Bovine Kidney		25 mg	*
Nutritional Yeast		30 mg	*
Organic Carrot		40 mg	*
Organic Rice Bran		20 mg	*
Soy Lecithin (Organic)		10 mg	*
Wheat Germ – defatted		120 mg	*
Wildcrafted Acerola		30 mg	*
Wildcrafted Alfalfa Leaf		30 mg	*
Wildcrafted Buckwheat Leaf		50 mg	*
Wildcrafted Echinacea Root		20 mg	*
Wildcrafted Maitake Mushroom		50 mg	*
Wildcrafted Wheat Grass		10 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Advance Joint Complex™

#120
60 Tablets

- ✓ Supports joint health
- ✓ Relieves discomfort
- ✓ Improves flexibility
- ✓ Promotes joint relief and comfort

Advanced Joint Complex™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain optimal joint health. Bovine tracheal tissue naturally supplies chondrocytes including glucosamine and chondroitin. Herbs, like devil's claw, have long been used to support joint health.

Supplement Facts

Serving Size 2 Tablets Servings per Container 30

Amount per Serving		% Daily Value▼	
Vitamin C	(in 200 mg food)	50 mg	83%
Vitamin D	(in 8.9 mcg food)	8 I.U.	2%
Calcium	(in 80 mg food)	5 mg	*
Magnesium	(in 400 mg food)	20 mg	5%
Zinc	(in 20 mg food)	1 mg	7%
Boron	(in 50 mg food)	500 mcg	**
Silicon	(in 20 mg food)	200 mcg	**
Bovine Tracheal Cartilage		200 mg	**
Chondroitin-Sulfate-A	(in 200 mg food)	32 mg	**
Glucosamine/Collagen/Proteoglycan Complex		168 mg	**
Grape Seed Extract (92+% proanthocyanidins)		2 mg	**
Wildcrafted Acerola Cherry Bioflavonoid Complex		200 mg	**
Wildcrafted Alfalfa Plant <i>Medicago sativa</i>		42 mg	**
Wildcrafted Aloe Leaves <i>Aloe vera</i>		20 mg	**
Wildcrafted Borage Seeds <i>Borago officinalis</i>		100 mg	**
Wildcrafted Burdock Root <i>Arctium lappa</i>		200 mg	**
Wildcrafted Cayenne Fruit <i>Capsicum</i>		60 mg	**
Wildcrafted Devil's Claw <i>Harpagophytum procumbens</i>		100 mg	**
Wildcrafted Horsetail Herb <i>Equisetum arvense</i>		20 mg	**
Wildcrafted Yucca Root <i>Yucca schidigera</i>		350 mg	**

* Contains less than 2% of the RDI ** Recommended Daily Intake has not been established

Other ingredients: *Saccharomyces cerevisiae*, Fatty Acid from Palm Kernel, Vegetarian Coating.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Aller-Lung Support™

#135
90 Capsules

- ✓ Supports respiratory health
- ✓ Contains real antioxidants
- ✓ Supports lung health
- ✓ Supports healthy sinuses

Aller-Lung Support™ is a 100% vegan Food supplement that is intended to supply nutrients needed to maintain and support optimal sinus, lung, and immune system health.

Unlike many so-called “natural” formulas, **Aller-Lung Support™** is only comprised of foods, contains no synthetic USP nutrients or isolated mineral salts, but only contains foods, food complexes, and food concentrates. Studies indicate that food nutrients ARE better than isolated USP nutrients and MAY BE better absorbed retained, and utilized than USP nutrients.

Supplement Facts

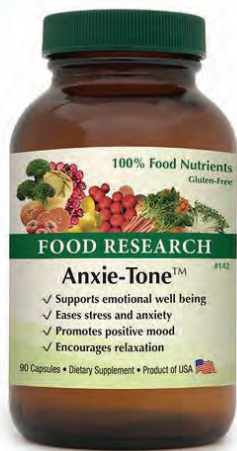
Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Vitamin C (in 48 mg food)	12 mg 20%
Organic Rice Bran <i>Oryza sativa</i>	10 mg *
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	48 mg *
Wildcrafted Bitter Citrus <i>Quercetin dihydrate</i>	80 mg *
Wildcrafted Bromelain Fruit <i>Ananas comosus</i>	40 mg *
Wildcrafted Fenugreek <i>Trigonella foenum-graecum</i>	35 mg *
Wildcrafted Fructus aurantia immaturi <i>Citrus aurantium</i>	77 mg *
Wildcrafted Stinging Nettle Leaves <i>Urtica dioica</i>	85 mg *
Wildcrafted Thyme <i>Thymus vulgaris</i>	35 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Anxie-Tone™

#142
90 Capsules

- ✓ Supports emotional well being
- ✓ Eases stress and anxiety
- ✓ Promotes positive mood
- ✓ Encourages relaxation

Anxie-Tone™ is a 100% Food supplement that is intended to supply nutrients glandulars, and herbs needed for optimal feelings of well-being.

Anxie-Tone™ also naturally contains carbohydrates, lipids, proteins (including all ten essential amino acids), and truly organic bioflavonoids as found in specially grown, enzymatically processed *Saccharomyces cerevisiae* and citrus fruits.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

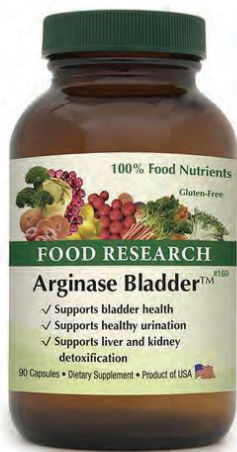
Amount per Serving	% Daily Value
Vitamin C (in 30 mg food)	7.5 mg 12%
Thiamin (B-1) (in 0.7 mg food)	.18 mg 12%
Riboflavin (B-2) (in 2 mg food)	.18 mg 10%
Niacinamide (in 4 mg food)	.9 mg 4%
Vitamin B-6 (in 1 mg food)	.2 mg 10%
Folate (in 0.8 mg food)	.8 mcg 2%
Vitamin B-12 (Methylated) (in 0.5 mg food)	2.5 mcg 41%
Biotin (in 1 mg food)	.6 mcg 2%
Pantothenate (in 4 mg food)	.9 mg 9%
Choline (in 12 mg food)	3 mg *
Inositol (in 12 mg food)	3 mg *
Bovine Hypothalamus Cytotrophin	15 mg *
Bovine Parotid Cytotrophin	1 mg *
Bovine Thymus Cytotrophin	25 mg *
Food Extracted L-Tyrosine (Vegan GMO-Free)	15 mg *
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	30 mg *
Wildcrafted Alfalfa Sprouts & Plant <i>Medicago sativa</i>	2 mg *
Wildcrafted Collinsonia Root <i>Collinsonia canadensis</i>	100 mg *
Wildcrafted Ginkgo Bark <i>Ginkgo biloba</i>	15 mg *
Wildcrafted Kelp <i>Laminaria hyperborea</i>	15 mg *
Wildcrafted Passion Flower <i>Passiflora incarnata</i>	100 mg *
Wildcrafted Rice Bran <i>Oryza sativa</i>	44 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Arginase Bladder™

#160
90 Capsules

- ✓ Supports bladder health
- ✓ Supports healthy urination
- ✓ Supports liver and kidney detoxification

Arginase Bladder™ is a 100% Food supplement that is intended to supply nutrients to support healthy kidney and bladder function. The kidneys process proteins and liquids and are the primary organs involved in eliminating metabolic waste products from the blood.

Arginase Bladder™ is intended to support the cleansing ability of the kidneys.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value ▼	
Vitamin C (in 60 mg food)	15 mg	17%
Bovine Extracted L-Arginase 50,000 u/g	5 mg	*
Bovine Kidney Cytotrophin	20 mg	*
Bovine Liver Cytotrophin	50 mg	*
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	60 mg	*
Wildcrafted Beet Root & Leaf <i>Beta vulgaris</i>	30 mg	*
Wildcrafted Bladderwrack <i>Fucus vesiculosus</i>	5 mg	*
Wildcrafted Buckwheat Leaf and Juice		
<i>Fagopyrum esculentum</i>	50 mg	*
Wildcrafted Carrots (Organic) <i>Daucus carota</i>	30 mg	*
Wildcrafted Irish Moss <i>Chondrus cristus</i>	25 mg	*
Wildcrafted Pea <i>Pisum sativum</i>	20 mg	*
Wildcrafted Rice Bran (Organic) <i>Oryza sativa</i>	8 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



All FOOD RESEARCH Products are 100% Food Nutrients!



B Stress Complex™

#174
90 Capsules

- ✓ Supports energy metabolism
- ✓ Eases stress
- ✓ Superior source of B vitamins
- ✓ Contains no dangerous synthetics

B Stress Complex™ naturally contains carbohydrates, lipids, proteins (including all ten essential amino acids), and superoxide dismutase as found in specially grown, enzymatically processed *Saccharomyces cerevisiae*, Rice bran *Oryza sativa*, and Alfalfa sprouts & plant *Medicago sativa*.

Unlike many so-called "natural" formulas, **B Stress Complex™** formula is only comprised of foods, contains no synthetic USP nutrients or isolated mineral salts, but only contains foods, food complexes, and food concentrates.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value ▼	
Thiamin (B-1) (in 24 mg food)	6 mg	500%
Riboflavin (B-2) (in 60 mg food)	6 mg	462%
Niacinamide (in 120 mg food)	30 mg	188%
Vitamin B-6 (in 33 mg food)	6.5 mg	382%
Folate (in 27 mg food)	265 mcg	66%
Vitamin B-12 (Methylated) (in 17 mg food)	85 mcg	3542%
Biotin (in 40 mg food)	200 mcg	667%
Pantothenate (in 120 mg food)	30 mg	600%
Choline (in 40 mg food)	10 mg	*
Inositol (in 40 mg food)	10 mg	*
Organic Rice Bran <i>Oryza sativa</i>	20 mg	*

* Contains less than 2% of RDI

** Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian
Formula



Halal



Pareve



Beetafood™

#176
180 Tablets

- ✓ Contains effective lipotropic agent
- ✓ Supports a healthy liver
- ✓ Helps eliminate toxins

Beetafood™ contains beets and beet juice. Beets are a good source of betaine, which has been shown to be an effective lipotropic agent.

Lipotropic agents promote the transportation and use of fats. It can sometimes assist with sugar cravings and related issues.

All FOOD RESEARCH Products are 100% Food Nutrients!



Biofilm Detox™

#180
90 Capsules

- ✓ Supports cellular health
- ✓ Promotes proper digestion
- ✓ Detoxifier
- ✓ Enhanced immune health

Biofilm Detox™ contains no synthetic USP nutrients, but only contains wildcrafted foods, food complexes, food extracts, and food concentrates. Wildcrafted foods are found wild in nature or otherwise grown without the use of pesticides, preservatives, or herbicides.

Biofilm Detox™ naturally contains potassium, carbohydrates, lipids, proteins (including all ten essential amino acids), and protein chaperones as found in the listed foods.

Supplement Facts

Serving Size 1 Tablet Servings per Container 180

Amount per Serving		% Daily Value
Vitamin A as Betacarotene	(in 60 mg of food)	3000 I.U. 60%
Vitamin E	(in 9 mg of food)	2.25 mg 11%
Vitamin B-6	(in 7.5 mg of food)	1.50 mg 19%
Calcium	(in 10 mg of food)	.5 mg **
Iodine	(in 6 mg of food)	90 mcg 60%
Magnesium	(in 10 mg of food)	.5 mg **
Alfalfa Flour		10 mg *
Beet Root and Juice		85 mg *
Bovine Kidney		10 mg *
Bovine Liver		30 mg *
Bovine Orchic		10 mg *
Bovine Prostate		20 mg *
Carrot Root		65 mg *
Flaxseeds		25 mg *
Milk Thistle		10 mg *
Nutritional Yeast		10 mg *
Soy Lecithin (Organic)		10 mg *
Wheat Germ – defatted		10 mg *

* Recommended Daily Intake has not been established
** Contains less than 2% of the RDI

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Beta-glucanase (enzyme)	50 BGU *
Cellulase (enzyme)	300 CU *
Endopeptidase (enzyme)	20000 PPI *
Exopeptidase (enzyme)	20000 PPI *
Food extracted Bilberry (4:1) <i>Vaccinium myrtillus</i>	40 mg *
Glucosylase (enzyme)	20 AGU *
Grapefruit Seed Extract (4:1)	40 mg *
Hemicellulase (enzyme)	1000 HCU *
Lysozyme (enzyme)	50000 units *
Pectinase (enzyme)	2500 AJCU *
Peptidase (enzyme)	800 HUT *
Protease with DPPIV	60000 HUT *
Serrapeptase <i>Serratia peptidase</i> (Enterically coated)	10 mg *
Wild Crafted Black Walnut (Inner hull)	25 mg *
Wildcrafted Garlic <i>Allium sativa</i>	25 mg *
Wild Crafted Goldenseal <i>Hydrastis Canadensis</i>	25 mg *
Wildcrafted Echinacea <i>Echinacea purpurea</i>	25 mg *
Wild Crafted Milk Thistle <i>Silybin marianum</i>	10 mg *
Wildcrafted Shiitake Mushroom <i>Cang Er Zi</i>	25 mg *
Wildcrafted Oregano <i>Organum vulgare</i>	25 mg *

* Contains less than 2% of the RDI ** Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





C Complex™

#204 – Small/90T
#205 – Large/270T

- ✓ Detoxifies free radicals
- ✓ Superior source of vitamin C
- ✓ 10 times less acidic than ascorbic acid
- ✓ Contains real antioxidants

C Complex™ is a 100% vegan Food supplement that is intended to supply 100% Food vitamin C. Unlike some other so-called “whole food” vitamins, it does not contain any isolated ascorbic acid. Royal Lee claimed that ascorbic acid was not vitamin C.

C Complex™ is an antioxidant and has long been recognized as an important nutrient for supporting cardiovascular, immune, musculoskeletal, endocrine, and other system.

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% Daily Value ▼	
Vitamin C (in 870 mg food)	200 mg	222%
Wildcrafted Mixed Citrus (Pesticide/Herbicide free)	820 mg	*
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	50 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian Formula



GLUTEN FREE



Halal



Pareve



Cal-Mag Complex™

#214 – Small/90T
#215 – Large/270T

- ✓ Contains food calcium
- ✓ Contains food magnesium
- ✓ Food nutrients are better absorbed
- ✓ Calcium and vitamin D help prevent osteoporosis

Cal-Mag Complex™ is a 100% vegan Food supplement that is intended to supply 100% Food minerals and vitamins to support optimal bone health. It does not contain mineral salts like most “natural” calcium-magnesium products do as the consumption of crushed rocks is not considered to be optimal for long-term health.

Contains naturally occurring carbohydrates, lipids, proteins (including all ten essential amino acids), superoxide dismutase, and truly organic bioflavonoids as found in enzymatically processed *Saccharomyces cerevisiae*.

Supplement Facts

Serving Size 3 Tablets Servings per Container 20

Amount per Serving	% Daily Value ▼	
Vitamin C (in 36 mg food)	9 mg	10%
Vitamin D (in .45 mg food)	400 i.u.	50%
Vitamin K (in 2 mg food)	20 mcg	17%
Calcium (in 2000 mg food)	100 mg	8%
Magnesium (in 400 mg food)	20 mg	5%
Manganese (in 46 mg food)	2.3 mg	100%

Boron (in 8.3 mg food)	83 mcg	*
Silicon (in 100 mg food)	1000 mcg	*

Wildcrafted Horsetail <i>Equisetum arvense</i>	20 mg	*
Wildcrafted Spinach <i>Spinacia oleracea</i>	30 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Vegetarian Coating.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian Formula



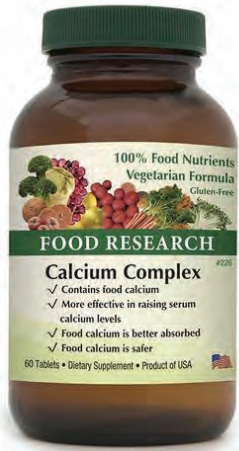
GLUTEN FREE



Halal



Pareve



Calcium Complex™

#226 – Small/90T

#227 – Large/270T

- ✓ Contains food calcium
- ✓ More effective in raising serum calcium levels
- ✓ Food calcium is better absorbed
- ✓ Food calcium is safer

Calcium Complex™ is a 100% vegan Food supplement that is intended to supply 100% Food calcium. Research has shown in groups of people who consume 300 mgs of Food calcium per day or less from plant sources that they have low incidences of osteoporosis.

100% Food **Calcium Complex™** is a plant source of calcium. It does not contain calcium mineral salts such as calcium carbonate, calcium citrate, or calcium lactate.

Supplement Facts

Serving Size 2 Tablets Servings per Container 30

Amount per Serving	% Daily Value ▼	
Calcium (in 2000 mg food)	100 mg	8%
Wildcrafted Spinach <i>Spinacia oleracea</i>	100 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Cardio-Power™

#230

90 Capsules

- ✓ Supports a healthy cardiovascular system
- ✓ Enhances athletic performance
- ✓ Reduces muscular weakness
- ✓ Improves energy
- ✓ Improves circulation

Cardio Power™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal cardio-muscle health. The heart pumps blood containing oxygen and other nutrients throughout the body. Bovine heart tissue naturally contains vital heart nutrients like co-enzyme Q10.

Cardio Power™ also naturally contains carbohydrates, lipids, proteins (including all ten essential amino acids), and truly organic bioflavonoids as found in specially grown, enzymatically processed *Saccharomyces cerevisiae*.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value ▼	
Vitamin C (in 30 mg food)	9 mg	10%
Vitamin E (in 21 mg food)	5 i.u.	25%
Vitamin B-6 (in 1 mg food)	125 mcg	7%
Folate (in 400 mcg food)	4 mcg	1%
Vitamin B-12 (Methylated) (in 60 mcg food)	.3 mcg	12%
Selenium (in 45 mcg food)	5 mcg	9%

Bovine Aorta Cytotrophin	43 mg	*
Bovine Heart Cytotrophin	150 mg	*
Bovine Liver Cytotrophin	15 mg	*
Garlic <i>Allium sativa</i>	15 mg	*
Hawthorn Berry <i>Crataegus monogyna</i>	50 mg	*
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	30 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Rice Bran, Vegetarian Capsule.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Catalyst Complex™

#232

180 Tablets

- ✓ Provides food nutrients
- ✓ Supplies metabolic catalysts
- ✓ Supports a healthy immune system

Catalyst Complex™ is a multi-vitamin, multi-mineral, trace mineral, and enzyme containing formula. It is a low-dose approach to nutritional supplementation.

Catalyst Complex™ is intended to provide a nutritional catalyst to promote healthy metabolism.

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

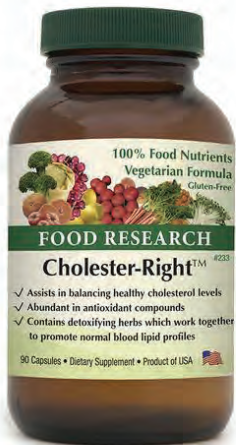
Amount per Serving	% Daily Value ▼
Vitamin A as Betacarotene (in 25 mg of food)	1250 I.U. 25%
Vitamin C (in 8 mg of food)	2 mg 2%
Vitamin D (in 6 mg of food)	.30 mcg 30%
Thiamin (in 1 mg of food)	.25 mg 21%
Riboflavin (in 1 mg of food)	.10 mg 8%
Vitamin B-6 (in 4 mg of food)	.80 mg 47%
Calcium (in 50 mg of food)	6 mg *
Magnesium (in 40 mg of food)	5 mg *
Alfalfa Juice – dried	8 mg *
Biogurt (<i>Lactobacillus Bulgaricus</i>)	11 mg *
Bovine Adrenal	30 mg *
Bovine Bone Meal	20 mg *
Bovine Kidney	20 mg *
Bovine Liver	30 mg *
Bovine Spleen	30 mg *
Carrot Root	20 mg *
Nutritional Yeast	20 mg *
Organic Mushroom Blend (<i>Cordyceps, Shiitake, Maitaki</i>)	30 mg *
Parsley – full spectrum extract	30 mg *
Rice Bran	25 mg *
Soy Lecithin (<i>Organic</i>)	10 mg *
Wheat Grass	20 mg *
Wheat Germ – defatted	50 mg *
Wildcrafted Acerola Cherry	8 mg *

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

All FOOD RESEARCH Products are 100% Food Nutrients!



Cholester-Right™

#233

90 Capsules

- ✓ Assists in balancing healthy cholesterol levels
- ✓ Abundant in antioxidant compounds
- ✓ Contains detoxifying herbs which work together to promote normal blood lipid profiles

Cholester-Right™ is a 100% vegan Food supplement intended to nutritionally support the body in balancing healthy cholesterol levels.

Unlike many so-called “natural” formulas, **Cholester-Right™** is only comprised of foods or food extracts, contains no synthetic USP nutrients or isolated mineral salts, but only contains foods, food complexes, and food concentrates. Food nutrients are better because they contain important enzymes, peptides, and phytonutrients CRITICAL to the UTILIZATION of vitamins and minerals which are not present in isolated USP nutrients.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value ▼
Vitamin C (In 60mg food)	15 mg 17%
Apple, Fiber <i>Malus domestica</i>	15 mg *
Food Extracted Guggul Gum <i>Commiphora mukul</i>	110 mg *
Food Extracted Beta Glucan <i>Avena sativa</i>	50 mg *
Food Extracted Policosanol <i>Saccharum officinalis</i>	10 mg *
Kelp, Atlantic <i>Laminaria digitata</i>	10 mg *
Pomegranate Fruit <i>Punica gratam</i>	50 mg *
Wildcrafted Acerola Fruit <i>Malpighia glabra</i>	60 mg *
Wildcrafted Garlic Clove <i>Allium sativa</i>	50 mg *
Wildcrafted Ginger Root <i>Zingiber officinalis</i>	6 mg *
Wildcrafted Hawthorn Berry <i>Crataegus monogyna</i>	6 mg *
Wildcrafted Rice Bran <i>Oryza sativa</i>	23 mg *
Wildcrafted Turmeric Root <i>Curcuma domestica</i>	5 mg *

* Recommended Daily Intake has not been established

Other ingredients: Guar gum, Fatty Acid from Palm Kernel Oil, Plant Cellulose, Vegetarian Capsule.

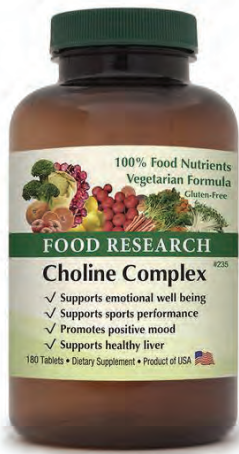
Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Halal



Pareve



Choline Complex™

#235
180 Tablets

- ✓ Supports emotional well-being
- ✓ Supports sports performance
- ✓ Promotes positive mood
- ✓ Supports healthy liver

Choline Complex™ is a 100% vegetarian Food supplement that is intended to supply real food choline.

Choline has been considered as a type of B vitamin. It is required to make phospholipids and other substances necessary for all cell membranes, including myelin sheath which covers nerve cells. It is necessary for gall bladder regulation, liver detoxification, carnitine metabolism, and nerve support. Choline is needed to form the neurotransmitter acetylcholine and is also a lipotropic factor.

Supplement Facts

Serving Size 1 Tablet Servings per Container 180

Amount per Serving	% Daily Value
Choline (in 400 mg food)	100 mg 18%

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Silica

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Complete Ear Health™

#249
90 Capsules

- ✓ Supports ear health
- ✓ Provides real antioxidants
- ✓ Enhanced immune health
- ✓ Detoxifier

Your hearing is important. Hearing problems are exceptionally common. From tinnitus to actually hearing loss, there are numerous hearing problems.

Complete Ear Health™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal ear health. Goat ear tissue naturally contains nutrients needed for the ears. Tillandsia is a type of moss that provides nutrients and has strong absorptive properties.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Vitamin C (in 48 mg food)	12 mg 13%
Zinc (in 15 mg food)	750 mcg 7%
Bovine Thymus Cytotrophin	10 mg *
Food Extracted Co-Enzyme Q10 (plant source)	250 mcg *
Food Extracted N-Acetyl-L-Cysteine (plant source)	10 mg *
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	48 mg *
Wildcrafted Chinese Thoroughwax <i>Bupleurum chinese</i>	20 mg *
Wildcrafted Ginkgo Bark <i>Ginkgo biloba</i>	30 mg *
Wildcrafted Haddock (including ears)	30 mg *
Wildcrafted Tillandsia <i>Tillandsia usenoides</i>	131 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: 1 serving per meal or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Complete Eye Health™

#255
90 Capsules

- ✓ Supports eye health
- ✓ Provides real antioxidants
- ✓ Anti-aging detoxifier
- ✓ Supports proper eye moisture

Complete Eye Health™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support the healthy functioning of the eyes.

Complete Eye Health™ also naturally contains carbohydrates, lipids, proteins (including all ten essential amino acids), and truly organic bioflavonoids as found in specially grown, enzymatically processed *Saccharomyces cerevisiae* and vegetable oils.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving		% Daily Value
Vitamin A (Betacarotene)	(in 15 mg of food)	750 IU 15%
Vitamin C	(in 60 mg food)	15 mg 16%
Vitamin E	(in 12 mg food)	3 iu 20%
Zinc	(in 9 mg food)	450 mcg 4%
Selenium	(in 18 mg food)	2 mcg 3%
Bovine Trachea Cytotrophin		10 mg *
Food Concentrated Lutein	(in 20 mg marigolds)	1 mg *
Food Concentrated Zeaxanthin	(in 10 mg marigolds)	500 mcg *
Goat Eye Cytotrophin		1.1 mg *
Organic Broccoli	<i>Brassica oleracea</i>	20 mg *
Organic Carrots	<i>Daucus carota</i>	40 mg *
Organic Tomato Powder	<i>Lycopersicon esculentum</i>	26 mg *
Wildcrafted Acerola Cherry	<i>Malpighia glabra</i>	60 mg *
Wildcrafted Bilberry berries	<i>Vaccinium myrtillus</i>	25 mg *
Wildcrafted Cod Liver Oil (Powdered)		20 mg *
Wildcrafted Eyebright	<i>Euphrasia officinalis</i>	25 mg *
Wildcrafted Ginkgo Bark	<i>Ginkgo biloba</i>	10 mg *
Wildcrafted Rice Bran	<i>Oryza sativa</i>	10 mg *
Wildcrafted Rosemary	<i>Rosemarinus officinalis</i>	40 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: 1 serving per meal or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Complete Smell & Taste™

#260
90 Capsules

- ✓ Supports proper sense of smell
- ✓ Supports proper sense of taste
- ✓ Free-radical detoxifier
- ✓ Supports proper oral moisture

Complete Smell & Taste™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal olfactory and tongue health.

Complete Smell & Taste™ contains goat tongue and olfactory tissues which contain proteins and other nutrients found in properly functioning taste and smell receptors. Parotid glands support the salivary process and the health of the glands.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving		% Daily Value
Magnesium	(in 212 mg food)	8 mg 2%
Zinc	(in 90 mg food)	4.5 mg 30%
Bovine Liver Cytotrophin		20 mg *
Bovine Parotid Cytotrophin		10 mg *
Goat Olfactory Cytotrophin		2 mcg *
Goat Tongue Cytotrophin		4 mcg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: 1 serving per meal or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Complex B™

#265
180 Tablets

- ✓ Provides food B vitamins
- ✓ Supplies glandular support
- ✓ Contains methylated food Vitamin B-12

Complex B™ is a special type of vitamin B complex. It contains various components of the B complex that can be stimulatory to the metabolic, cardiovascular, central and peripheral nervous systems.

Supplement Facts

Serving Size 1 Tablet Servings per Container 180

Amount per Serving		% Daily Value ▼	
Vitamin C	(in 10 mg of food)	2.5 mg	3%
Vitamin E	(in 5 mg of food)	1.25 mg	6%
Thiamin	(in 4 mg of food)	1 mg	83%
Niacinamide	(in 60 mg of food)	15 mg	94%
Vitamin B-6	(in 5 mg of food)	1 mg	59%
Vitamin B-12 (Methylated)	(in .3 mg of food)	.06 mcg	10%
Manganese	(in 2 mg of food)	.1 mg	4%
Choline	(in 20 mg of food)	5 mg	1%
Inositol	(in 10 mg of food)	2.5 mg	125%
PABA	(in 17 mg of food)	4.08 mg	**
Beet Juice – dried		25 mg	*
Beet Root		25 mg	*
Bovine Adrenal		10 mg	*
Bovine Liver		60 mg	*
Bovine Pancreas		10 mg	*
Carrot Root		35 mg	*
Nutritional Yeast		20 mg	*
Rice Bran		25 mg	*
Soy Lecithin (Organic)		10 mg	*
Wheat Germ – defatted		30 mg	*
Wildcrafted Acerola Cherry		10 mg	*

* Recommended Daily Intake has not been established
** Contains less than 2% of the RDI

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

All FOOD RESEARCH Products are 100% Food Nutrients!



Conga-Immune™

#270
90 Capsules

- ✓ Enhanced immune health
- ✓ Supports throat health
- ✓ Supports a healthy thymus gland

Conga-Immune™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal thymus, throat, and immune system health. It contains Acerola cherry which is one of the most vitamin C dense foods.

Bovine bone marrow produces B-lymphocytes which are the basis of much of what most consider to be part of the immune system. Bovine thymus tissue helps maintain the thymus gland in a good state of repair to support healthy thymus function.

Supplement Facts

Serving Size 2 Capsules Servings per Container 45

Amount per Serving		% Daily Value ▼	
Vitamin C	(in 30 mg food)	15 mg	17%
Zinc	(in 100 mg food)	5 mg	45%
Bone Marrow Cytotrophin		30 mg	*
Bovine Liver Cytotrophin		50 mg	*
Bovine Lymph Cytotrophin		30 mg	*
Bovine Spleen Cytotrophin		20 mg	*
Bovine Thymus Cytotrophin		100 mg	*
Buckwheat <i>Fagopyrum esculentum</i>		100 mg	*
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>		60 mg	*
Wildcrafted Alfalfa Leaf <i>Medicago sativa</i>		20 mg	*
Wildcrafted Carrot Root <i>Daucus carota</i>		100 mg	*
Wildcrafted Echinacea Herb <i>Echinacea purpura</i>		10 mg	*
Wildcrafted Garlic <i>Allium sativa</i>		20 mg	*
Wildcrafted Rice Bran <i>Oryza sativa</i>		30 mg	*
Wildcrafted Shiitake Mushroom Root <i>Lentinula edodes</i>		30 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





CoQ10-Cardio™

#250
90 Capsules

- ✓ Supports a healthy heart
- ✓ Superior antioxidant protection for the whole cardiovascular system
- ✓ Supports gum health

CoQ10-Cardio™ is a 100% vegan Food supplement that is intended to supply nutrients needed to maintain support and optimal cardio-muscle health. Co-Q10 Cardio supplies plant-source co-enzyme Q10, a nutrient that is important for healthy cardiovascular system function, along with other herbs.

CoQ10-Cardio™ provides nutritional support for the heart, gums, and for overall circulation. It can nutritionally help support the heart, increase endurance, aid with energy, aid with gum health, and promote better overall health.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Vitamin C (in 72 mg food)	18 mg 20%
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	72 mg *
Wildcrafted CoEnzyme Q10 (plant source)	20 mg *
Wildcrafted Garlic <i>Allium sativa</i>	100 mg *
Wildcrafted Hawthorn Berry <i>Crataegus monogyna</i>	100 mg *
Wildcrafted Rice Bran <i>Oryza sativa</i>	8 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Halal



Pareve



D Complex™

#281
90 Capsules

- ✓ Supports bone ossification
- ✓ Helps maintain healthy serum calcium levels
- ✓ Helps maintain healthy serum phosphorus levels
- ✓ Provides vegetarian vitamin D₃
- ✓ Helps maintain healthy vitamin D levels

D Complex™ is a 100% vegan Food supplement that is intended to supply 100% Food vitamin D. Vitamin D helps with the absorption of food calcium and even has hormone-like functions within the human body.

Vitamin D helps maintain serum calcium and phosphorus concentrations in a range that supports cellular processes, neurological function, and bone ossification.

Supplement Facts

Serving Size 1 capsule Servings per container 90

Amount per Serving	% Daily Value
Vitamin D (in 20 mg food)	1000 IU 250%
Wildcrafted Shiitake Mushrooms	380 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Halal



Pareve



Detox-N-Cleanse™

#285
90 Capsules

- ✓ Assists with detoxification of toxic metals and pesticides
- ✓ Supports cellular health
- ✓ Supports colon health

The outside air is polluted, the indoor air is polluted, water is polluted, and the industrialized food supply is polluted with toxins. Pollution can be a serious issue, so many naturally-minded individuals are justifiably concerned about detoxification.

Detox-N-Cleanse™ is a synergistic blend of foods and food extracts intended to help support healthy colon, urinary, metal, and other detoxification.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value	
Vitamin C (in 100 mg food)	25 mg	28%
Apple Pectin <i>Malus domestica</i>	25 mg	*
Sesame Seed <i>Sesamum indicum</i>	35 mg	*
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	100 mg	*
Wildcrafted Chlorella <i>Chlorella</i>	50 mg	*
Wildcrafted Cilantro <i>Coriandrum sativum</i>	15 mg	*
Wildcrafted Collinsonia Root <i>Collinsonia canadensis</i>	15 mg	*
Wildcrafted Garlic <i>Allium sativa</i>	20 mg	*
Wildcrafted Modified Citrus Pectin	100 mg	*
Wildcrafted Slippery Elm <i>Ulmus rubra</i>	15 mg	*
Wildcrafted Wheat Grass <i>Triticum aestivum</i>	25 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Digesti-Pan™

#295
90 Capsules

- ✓ Actively digest dietary fats, protein and carbohydrates
- ✓ Soothes intestinal tract and helps relieve an upset stomach
- ✓ Supports healthy gastrointestinal system
- ✓ Supports healthy digestion

Digesti-Pan™ is a 100% Food supplement that is intended to supply enzymes, glandulars, and herbs needed to maintain and support optimal digestive health.

Digesti-Pan™ contains digestive enzymes, pancreatic tissue, betaine hydrochloride, okra fruit, and other herbs. Balance and harmony are important to the entire digestive process because, remarkably, insufficient enzymes can also contribute to constipation and insufficient enzymes can contribute to diarrhea.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value	
Amylase	2000 DU	*
Betaine HCL	50 mg	*
Bovine Pancreas Cytotrophin	100 mg	*
Bovine Spleen Cytotrophin	20 mg	*
Glucoamylase	2 AG	*
Invertase	.05 IAU	*
Lactase	200 LACU	*
Lipase	40 HUT	*
Pepsin	20 mg	*
Protease	5000 HUT	*
Wildcrafted Beet Root & Leaf <i>Beta vulgaris</i>	50 mg	*
Wildcrafted Ginger Root <i>Zingiber officinale</i>	30 mg	*
Wildcrafted Okra (fruit) <i>Abelmoschus esculentus</i>	30 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





G Complex™

#350
180 Tablets

- ✓ Supports food factor “G”
- ✓ Supports healthy liver
- ✓ Supports calmativ nutrients

G Complex™ contains B vitamins and other nutrients. Food vitamin B-2 was once called vitamin G. It contains various components of the B complex that can be calming to the metabolic, cardiovascular, and central and peripheral nervous systems.

Supplement Facts			
Serving Size 1 Tablet		Servings per Container 180	
Amount per Serving		% Daily Value ▼	
Vitamin C	(in 25 mg of food)	6.25 mg	7%
Riboflavin (B-2)	(in 17 mg of food)	1.70 mg	131%
Niacinamide	(in 48 mg of food)	12 mg	75%
Vitamin B-6	(in 2 mg of food)	.40 mg	24%
Vitamin B-12 (Methylated)	(in .3 mg of food)	.06 mcg	10%
Calcium	(in 5 mg of food)	.25 mg	**
Choline	(in 5 mg of food)	1.25 mg	**
PABA	(in 12 mg of food)	2.88 mg	**
Allantoin		10 mg	*
Betaine HCL		10 mg	*
Bovine Brain		10 mg	*
Bovine Live		10 mg	*
Bovine Spleen		10 mg	*
Nutritional yeast		10 mg	*
Wheat Germ – defatted		10 mg	*
Wildcrafted Acerola Cherry		10 mg	*

* Recommended Daily Intake has not been established
** Contains less than 2% of the RDI

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

All FOOD RESEARCH Products are 100% Food Nutrients!



GB Support™

#356
90 Capsules

- ✓ Supports gall bladder health
- ✓ Actively digests dietary fats
- ✓ Tonifies gastrointestinal system
- ✓ Supports normal bowel function

GB Support™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal gall bladder and digestive health.

GB Support™ provides bile that will support the healthy metabolism and absorption of dietary fat when the gall bladder has been surgically removed. Collinsonia root has long been used as a tonic herb to support the digestive system.

Supplement Facts			
Serving Size 1 Capsule		Servings per Container 90	
Amount per Serving		% Daily Value ▼	
Bovine Liver Cytotrophin		50 mg	*
Carrot Root <i>Daucus carota</i> (Organic)		50 mg	*
Wildcrafted Beet Root & Leaf <i>Beta vulgaris</i>		30 mg	*
Wildcrafted Collinsonia Root			
<i>Collinsonia canadensis</i>		200 mg	*
Wildcrafted Ox Bile		100 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Gluco-Sugar-Balance™

#358

90 Capsules

- ✓ Balances blood sugar levels
- ✓ Reduces sweet cravings
- ✓ Supports healthy blood

Gluco-Sugar-Balance™ is a 100% vegan Food intended to help support a healthy balance of glucose in the body.

Gluco-Sugar-Balance™ contains minerals, such as chromium GTF and vanadium, as well as herbs to nutritionally support the body's blood sugar systems and naturally occurring potassium, polysaccharides, CoQ10, glutathione, lipoic acid, trace minerals, enzymes, peptides, RNA/DNA, carbohydrates, lipids, proteins (including all ten essential amino acids), protein chaperones, and the antioxidant superoxide dismutase as found in enzymatically processed *Saccharomyces cerevisiae* and the other listed foods.

Supplement Facts

Serving Size 1 Capsule		Servings per Container 90
Amount per Serving	% Daily Value ▼	
Chromium GTF (in 50 mg food)	100 mcg	83%
Vanadium (in 50 mg food)	50 mcg	*
Food Extracted Berberine HCL (plant source)	50 mg	*
Food Extracted Bitter Melon	25 mg	*
Food Extracted N-Acetyl-L-Cysteine (plant source)	10 mg	*
Wildcrafted Cinnamon Bark <i>Cinnamom cassia</i>	50 mg	*
Wildcrafted Fenugreek Seed <i>Trigonella foenum-graecum</i>	35 mg	*
Wildcrafted Goat's Rue/French Lilac <i>Galega officinalis</i>	20 mg	*
Wildcrafted Gymnema Leaf & Callus <i>Gymnema sylvestre</i>	75 mg	*

* Recommended Daily Intake has not been established

Other ingredients: *Saccharomyces cerevisiae*, Vegetarian Capsule.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Green Vegetable Alkalizer™

#360

90 Capsules

- ✓ Supports alkalization
- ✓ Detoxifying weight management
- ✓ Source of vegetables and fiber
- ✓ A natural cleanser

Green Vegetable Alkalizer™ is a 100% vegan Food supplement that is intended to supply 100% Food green alkalizing plants. Green vegetables are considered to be a natural cleanser for the digestive system and naturally contain nutrients that protect against free radicals.

Green Vegetable Alkalizer™ is a high quality, enzyme-containing mixture of green vegetables and concentrates.

Supplement Facts

Serving Size 1 Capsule		Servings per Container 90
Amount per Serving	% Daily Value ▼	
Acid-Stabilized Enzymes (Amylase, Cellulase, Invertase, Lactase, Lipase, Maltase, Protease I & II)	100 mg	*
Wildcrafted Alfalfa Leaf <i>Medicago sativa</i>	13 mg	*
Wildcrafted Barley Grass <i>Hordeum vulgare L.</i>	100 mg	*
Wildcrafted Celery Seed <i>Apium graveolens</i>	50 mg	*
Wildcrafted Parsley Leaf <i>Petroselinum crispum</i>	50 mg	*
Wildcrafted Spinach Leaf <i>Spinacia oleracea</i>	100 mg	*
Wildcrafted Spirulina <i>Spirulina spp.</i>	100 mg	*
Wildcrafted Watercress <i>Nasturtium officinale</i>	25 mg	*
Wildcrafted Wheat Grass <i>Triticum aestivum</i>	100 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Hematic Formula™

#403
90 Capsules

- ✓ Provides food iron
- ✓ Naturally combats fatigue and improves energy levels
- ✓ Promotes healthy blood cell production and circulation
- ✓ Better absorption
- ✓ Not constipating like mineral salt forms
- ✓ Supports healthy blood

Hematic Formula™ is a 100% vegan Food supplement that is intended to supply nutrients needed to maintain and support optimal blood health. Iron is an important nutrient essential for the synthesis of hemoglobin and contains part of the enzymes needed for cell respiration.

B vitamins also support hemoglobin production. Vitamin C has been shown to enhance the absorption of iron. Hematic Formula is not constipating like iron-salt supplements can be.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving		% Daily Value
Vitamin C	(in 60 mg food)	15 mg 17%
Vitamin B-6	(in 8 mg food)	2 mg 118%
Folate	(in 40 mg food)	400 mcg 100%
Vitamin B12 (Methylated)	(in 3.6 mg food)	18 mcg 750%
Iron	(in 360 mg food)	18 mg 100%

Organic Beet Root (<i>Beta vulgaris</i>)	28 mg	*
Mixed Citrus (Pesticide/Herbicide free)	60 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Halal



Pareve



Herbal Antioxidant™

#410
90 Capsules

- ✓ Provides 12 real antioxidant foods
- ✓ Supplies 12 free-radical fighting foods
- ✓ Superior source of antioxidants

Herbal Antioxidants™ is a 100% vegan Food supplement that is intended to supply real antioxidant nutrients needed to maintain and support optimal health and protection from free radicals.

Each of the antioxidant nutrients are 100% whole food and synergistically protect against a wide range of free radicals. Antioxidants are believed to help address the effects of aging, support healthy brain tissue, maintain capillary integrity, restore collagen strength, support health skin, and maintain a healthy cardiovascular system.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving		% Daily Value
Vitamin A as Betacarotene	(in 40 mg food)	2000 I.U. 40%
Vitamin C	(in 160 mg food)	36 mg 40%
Vitamin E	(in 50 mg food)	12 I.U. 60%
Zinc	(in 60 mg food)	3 mg 27%
Selenium	(in 17 mg food)	17 mcg 24%

Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	20 mg	*
Wildcrafted Eleuthero Root <i>Eluetherococcussenticosus</i>	10 mg	*
Wildcrafted Ginger Root <i>Zingiber officinale</i>	10 mg	*
Wildcrafted Turmeric Root <i>Curcuma longa</i>	10 mg	*
Wildcrafted Ginkgo Leaf <i>Ginkgo biloba</i>	10 mg	*
Wildcrafted Milk Thistle Seed <i>Silybum marianum</i>	13 mg	*
Wildcrafted Rosemary Leaf <i>Rosemarinus officinales</i>	10 mg	*
Wildcrafted Schisandra Fruit <i>Schisandra chinensis</i>	10 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

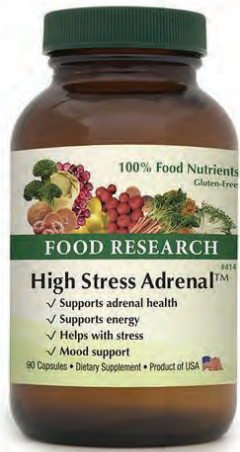
Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Halal



Pareve



High Stress Adrenal™

#414
90 Capsules

- ✓ Supports adrenal health
- ✓ Supports energy
- ✓ Helps with stress
- ✓ Mood support

High Stress Adrenal™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal adrenal health.

The adrenal glands play a role in energy, stress, mood, immune support, and pain management. **High Stress Adrenal™** contains many of the substances produced by, or naturally in, those glands including peptides, hormone precursors, and enzymes. Additionally, it includes L-tyrosine, food B vitamins, food vitamin C, and herbs to support healthy adrenal function.

Supplement Facts

Serving Size 3 Capsules Servings per Container 30

Amount per Serving		% Daily Value	
Vitamin C	(in 272 mg food)	60 mg	67%
Thiamin (B-1)	(in 17 mg food)	4 mg	333%
Riboflavin (B-2)	(in 40 mg food)	4 mg	308%
Niacinamide	(in 80 mg food)	20 mg	125%
Vitamin B-6	(in 30 mg food)	7.5 mcg	441%
Folate	(in 20 mg food)	200 mcg	50%
Vitamin B-12 (Methylated)	(in 2.4 mg food)	12 mcg	500%
Pantothenate	(in 120 mg food)	30 mg	600%
Zinc	(in 60 mg food)	3 mg	27%
Choline	(in 12 mg food)	3 mg	*
Inositol	(in 12 mg food)	3 mg	*
Bovine Adrenal Cytotrophin		150 mg	*
Bovine Hypothalamus Cytotrophin		15 mg	*
Food Extracted L-Tyrosine		354 mg	*
Wildcrafted Acerola Cherry (5% Vitamin C)		40 mg	*
Wildcrafted Eleuthero Root <i>Eleutherococcus Senticosus</i>		24 mg	*
Wildcrafted Kelp <i>Thallus Ascophyllum nodosum</i>		9 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Hypothalamus EMG™

#440
90 Tablets

- ✓ Supports healthy hypothalamus function
- ✓ Calming
- ✓ Supports the master endocrine gland
- ✓ Promotes positive mood

Hypothalamus EMG™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal hypothalamus health. The hypothalamus is the body's master endocrine gland. The hypothalamus directly or indirectly controls nearly all the hormonal processes in the body.

Hypothalamus EMG™ contains an Enzomorphogen extract which are uniquely derived in order to support cellular health.

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

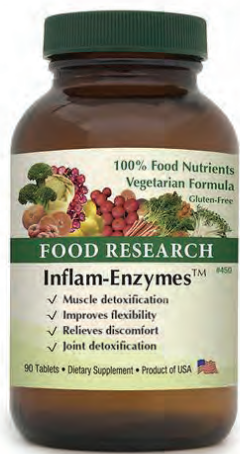
Amount per Serving		% Daily Value	
Bovine Hypothalamus Enzomorphogen Blend		40 mg	*
Organic Collinsonia Root		360 mg	*

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Inflamm-Enzymes™

#450
90 Capsules

- ✓ Muscle detoxification
- ✓ Improves flexibility
- ✓ Relieves discomfort
- ✓ Joint detoxification

Many people have inflammation in the discs of their back, their muscles, and various joints in the body. In addition to pain, inflammation can result in damage to soft tissues.

Inflamm-Enzymes™ is a 100% Food supplement that is intended to supply nutrients, enzymes, glandulars, and herbs needed to maintain and support optimal ligament and tendon health. This product was designed for chiropractors and other doctors interested in relieving back and soft tissue discomfort.

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% Daily Value
Vitamin C (in 15 mg food)	750 mcg *
Calcium (in 40 mg food)	2 mg *
Magnesium (in 40 mg food)	2 mg *
Manganese (in 200 mg food)	10 mg 500%
Enzymatically processed <i>Saccharomyces cerevisiae</i>	280 mg **
Food Extracted Bromelain (from pineapple)	100 mg **
Food Extracted Papain (from papaya)	100 mg **
Food Extracted Serrapeptase <i>Serratia peptidase</i>	10 mg **
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	15 mg **

* Contains less than 2% of the RDI
** Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Vegetarian Coating

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian
Formula



GLUTEN
FREE



Halal



Pareve



Inositol Complex™

#455
180 Tablets

- ✓ Supports emotional well-being
- ✓ Eases stress and anxiety
- ✓ Promotes positive mood
- ✓ Lipotropic factor

Inositol Complex™ is a 100% vegetarian Food supplement that is intended to supply real food Inositol. Inositol supports emotional well-being, eases stress, and promotes a positive mood. Inositol has been used as nutritional support for people with brain, kidney, bone marrow, skin, hair, mood, muscular control, and blood cholesterol concerns.

Inositol was once called vitamin B-8. It is a lipotropic factor, a chelator, and seems to have positive effects on the immune system. It also shares many of Choline's functions.

Supplement Facts

Serving Size 1 Tablet Servings per Container 180

Amount per Serving	% Daily Value
Inositol (in 400 mg food)	100 mg *

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Silica

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian
Formula



GLUTEN
FREE



Halal



Pareve



Intracellular Cough™

#458
90 Capsules

- ✓ Enhanced immune health
- ✓ Supports a healthy trachea (windpipe)
- ✓ Supports healthy lymphatic system
- ✓ Multi-glandular health support

Intracellular Cough™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal immune system health.

Intracellular Cough™ a pluriglandular formula that also includes immune system supporting herbs.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value ▼	
Vitamin C (in 50 mg food)	2.5 mg	3%
Bovine Aorta Cytotrophin	3 mg	*
Bovine Heart Cytotrophin	62 mg	*
Bovine Hypothalamus Cytotrophin	2 mg	*
Bovine Liver Cytotrophin	20 mg	*
Bovine Lymph Cytotrophin	20 mg	*
Bovine Parathyroid Cytotrophin	1 mg	*
Bovine Pineal Cytotrophin	1 mg	*
Bovine Pituitary Cytotrophin	0.3 mg	*
Bovine Spleen Cytotrophin	12 mg	*
Bovine Thymus Cytotrophin	35 mg	*
Bovine Thyroid Cytotrophin	7 mg	*
Bovine Trachea Cytotrophin	4 mg	*
Bromelain (pineapple source)	100 mg	*
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	50 mg	*
Wildcrafted Carrot Root <i>Daucus carota</i>	30 mg	*
Wildcrafted Elderberry <i>Sambucus nigra</i>	28 mg	*
Wildcrafted Juniper Berries <i>Juniperus communis</i>	9 mg	*
Wildcrafted Lecithin (bean source)	30 mg	*
Wildcrafted Passion Flower <i>Passiflora incarnata</i>	70 mg	*
Wildcrafted Rice Bran <i>Oryza sativa</i>	70 mg	*
Wildcrafted Tillandsia Moss <i>Tillandsia</i>	10 mg	*
Wildcrafted Uva Ursi <i>Arctostaphylos uva-ursi</i>	8 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



New



Land and Sea Minerals™

#460
160 Tablets

- ✓ Provides food chromium
- ✓ Contains sea minerals
- ✓ Contains land minerals

Land and Sea Minerals™ is a multi-mineral product containing potassium and a variety of alkaline ash minerals. Potassium is important for healthy function of bodily systems such as cardiovascular and parasympathetic nervous systems.

Many systems of the body not only require potassium but also trace minerals, which are naturally found in foods such as kelp and alfalfa.

Supplement Facts

Serving Size 1 Tablet Servings per Container 160

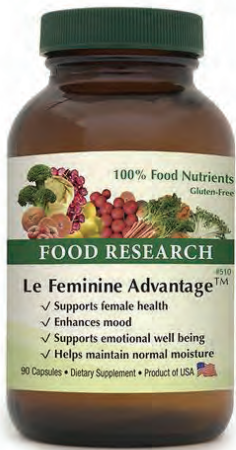
Amount per Serving	% Daily Value ▼	
Chromium (in 5 mg of food)	10 mcg	29%
Organic Dried Alfalfa Juice	335 mg	*
Organic Kelp	200 mcg	*

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Le Feminine Advantage™

#510
90 Capsules

- ✓ Supports female health
- ✓ Enhances mood
- ✓ Supports emotional well-being
- ✓ Helps maintain normal moisture

Once beginning menstruation, a woman's hormone levels change several times per month. As a woman continues to mature, she tends to have different hormonal levels at different times, and even various stages, of life. But the constant is that a woman is always female. Properly nourishing her feminine organs can often help her better maintain (and improve) her health.

Le Feminine Advantage™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal female health.

Supplement Facts

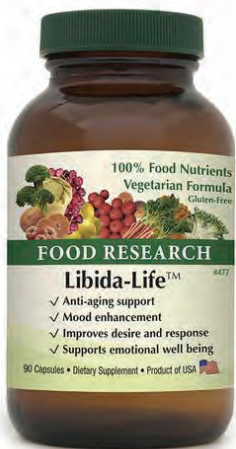
Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Bovine Ovary Cytotrophin	20 mg *
Bovine Uterus Cytotrophin	50 mg *
Wildcrafted Black Cohosh <i>Cimicifuga racemosa</i>	50 mg *
Wildcrafted Chaste Tree Berries <i>Vitex agnus-castus</i>	100 mg *
Wildcrafted Flaxseeds <i>Linum usitatissimum</i>	30 mg *
Wildcrafted Red Clover <i>Trifolium pratense</i>	50 mg *
Wildcrafted Wild Yam Root <i>Dioscorea villosa</i>	200 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Libida-Life™

#477
90 Capsules

- ✓ Anti-aging support
- ✓ Mood enhancement
- ✓ Improves desire and response
- ✓ Supports emotional well-being

Libida-Life™ is a 100% Food supplement that is intended to have anti-aging properties and support a healthy sexual response system. It contains minerals, herbs, and the amino acid L-arginine.

Libida-Life™ contains naturally occurring potassium, polysaccharides, CoQ10, glutathione, lipoic acid, trace minerals, enzymes, peptides, RNA/DNA, carbohydrates, lipids, proteins (including all ten essential amino acids), protein chaperones, and the antioxidant superoxide dismutase.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Zinc (in 9 mg food)	3 mg 27%
Selenium (in 14mg food)	14 mcg 25%
Food Extracted L-Arginine (Plant source)	50 mg *
Food Extracted L-Ornithine (Plant source)	10 mg *
Milk Thistle <i>Silybin marianum</i> (80% silymarin)	20 mg *
Resveratrol (from grape skin)	50 mg *
Wildcrafted Astragalus <i>Astragalus membranaceus</i>	68 mg *
Wildcrafted Maca <i>Lepidium meyenii</i>	140 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Liga-Complex™

#485
180 Capsules

- ✓ Supports healthy joints
- ✓ Supports healthy skeletal tissue
- ✓ Contains collagen & cartilage

Liga-Complex™ helps support healthy ligaments and encourages healthy long term tissue support for athletes. Ligaments are strong fibrous cords which are mainly made up of collagen fibers. Calcium supports healthy bones.

Many of the nutrients in **Liga-Complex™** support healthy joints.

Supplement Facts

Serving Size 1 Capsule Servings per Container 180

Amount per Serving		% Daily Value ▼	
Vitamin A as Betacarotene	(in 5 mg of food)	250 I.U.	5%
Vitamin C	(in 5 mg of food)	1.5 mg	2%
Vitamin D	(in 2 mg of food)	.1 mg	10%
Vitamin E	(in 5 mg of food)	1.25 mcg	6%
Vitamin B-12	(in 3.2 mg of food)	1.50 mcg	63%**
Calcium	(in 25 mg of food)	1.25 mg	**
Manganese	(in 25 mg of food)	1.25 mg	54%
Inositol	(in 1 mg of food)	250 mcg	3%**
PABA	(in 5 mg of food)	2.88 mg	**
Beet		10 mg	*
Bovine Adrenal		30 mg	*
Bovine Bone Marrow		5 mg	*
Bovine Bone Meal		20 mg	*
Bovine Cartilage		10 mg	*
Bovine Heart		20 mg	*
Bovine Kidney		20 mg	*
Bovine Liver		60 mg	*
Bovine Spleen		39 mg	*
Carbamide		10 mg	*
Carrot Root		30 mg	*
Collagen (Bovine)		35 mg	*
Flaxseeds		20 mg	*
Icelandic Moss		25 mg	*
Nutritional Yeast		30 mg	*
Ribonucleic Acid		5 mg	*
Rice Bran		10 mg	*
Shiitake Mushroom		10 mg	*
Soy Lecithin (Organic)		10 mg	*
Wheat Germ - defatted		10 mg	*
Wheat Grass		10 mg	*
Wildcrafted Acerola Cherry		6 mg	*

* Recommended Daily Intake has not been established

** Contains less than 2% of the RDI

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Liva DeTox & Support™

#496
90 Capsules

- ✓ Supports a healthy liver
- ✓ Helps deal with pollutants
- ✓ Detoxifier
- ✓ Supports healthy lymphatic system

Liva DeTox & Support™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal liver health.

Liva DeTox & Support™ naturally contains carbohydrates, lipids, and proteins (including all ten essential amino acids), and protein chaperones as found in the listed foods—all the nutrients shown above are contained in these foods.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

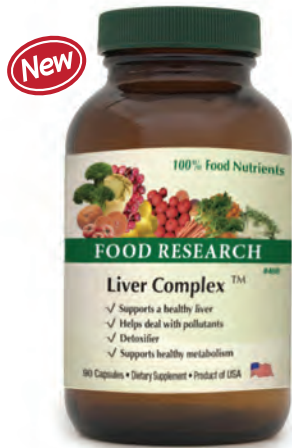
Amount per Serving		% Daily Value ▼	
Bovine Liver Cytotrophin		180 mg	*
Bovine Spleen Cytotrophin		20 mg	*
Wildcrafted Beet Root & Leaf <i>Beta vulgaris</i>		50 mg	*
Wildcrafted Garlic <i>Allium sativa</i>		50 mg	*
Wildcrafted Milk Thistle <i>Silybin marianum</i>		100 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Liver Complex™

#498
90 Capsules

- ✓ Supports a healthy liver
- ✓ Helps deal with pollutants
- ✓ Detoxifier
- ✓ Supports healthy metabolism

Liver Complex™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal liver health. The liver is the chemical factory of the body and is also involved in blood sugar regulation. As the chemical factory of the body, feeding the liver can help when other approaches have not been effective. **Liver Complex™** can also support detoxification.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving		% Daily Value
Vitamin A	(in 82 mg of food)	44 rae 5%
Vitamin E	(in 2.5 mg of food)	.63 mg 4%
Riboflavin (B-2)	(in 2.5 mg of food)	.25 mg 19%
Niacinamide	(in 2.5 mg of food)	.63 mg 4%
Vitamin B-6	(in 1.6 mg of food)	.32 mg 19%
Calcium	(in 5 mg of food)	.25 mg **
Iron	(in 10 mg of food)	.50 mg 3%
Iodine	(in 2.5mg of food)	38 mcg 25%
Magnesium	(in 5 mg of food)	.25 mg **
Zinc	(in 25 mg of food)	1.20 mg 11%
Copper	(in 5 mg of food)	.05 mg 5%
Choline	(in 1 mg of food)	.25 mg **
Beet & Beet Leaf		10 mg *
Betaine HCL		10 mg *
Bovine Adrenal		15 mg *
Bovine Bone Meal		10 mg *
Bovine Bone Marrow		10 mg *
Bovine Heart		15 mg *
Bovine Kidney		5 mg *
Bovine Liver		100 mg *
Bovine Orchic		5 mg *
Bovine Prostate		5 mg *
Bovine Spleen		20 mg *
Carrot Root		10 mg *
Cod Liver Oil – powdered		82 mg *
Flaxseeds		20 mg *
Icelandic Moss		10 mg *
Spanish Black Radish		10 mg *
Wheat Germ – defatted		5 mg *

* Recommended Daily Intake has not been established
** Contains less than 2% of the RDI

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Magnesium Complex™

#567 – Small/90T
#568 – Large/270T

- ✓ Provides food magnesium
- ✓ One of the most nutrient-dense magnesium foods available anywhere
- ✓ Easier on digestive system than mineral salts can be

Magnesium Complex™ is a 100% vegan Food supplement that is intended to supply 100% Food magnesium.

Clinical deficiency of magnesium can results in “depressed tendon reflexes, muscle fasciculations, tremor, muscle spasm, personality changes, anorexia, nausea, and vomiting”. Magnesium deficiency reportedly produces hypercholesterolemia, hypertriglyceridemia, and dyslipoproteinemia by increasing VLDL and low density lipoprotein, and decreasing high density lipoprotein cholesterol.

Supplement Facts

Serving Size 3 Tablets Servings per Container 30

Amount per Serving		% Daily Value
Magnesium	(in 2610 mg food)	125 mg 30%
Proprietary blend (containing):		2610 mg *
Enzymatically processed Saccharomyces cerevisiae, Wildcrafted Spinach		

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



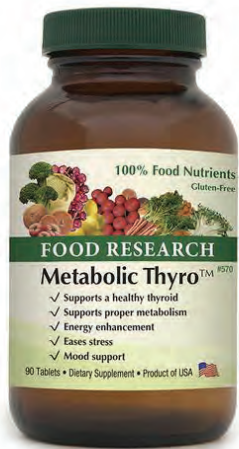
Vegetarian
Formula



Halal



Pareve



Metabolic Thyro™

#570
90 Tablets

- ✓ Supports a healthy thyroid
- ✓ Supports proper metabolism
- ✓ Energy enhancement
- ✓ Eases stress
- ✓ Mood support

Metabolic Thyro™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal thyroid health. It comprises both natural-iodine containing kelp, plant source L-tyrosine, bovine glandulars, and herbs to support an optimally functioning thyroid.

Metabolic Thyro™ naturally contains carbohydrates (including all known essential monosaccharides), essential lipids, and proteins (including all ten essential amino acids) as found in specially grown, enzymatically processed *Saccharomyces cerevisiae* and the individually listed foods. All glandulars are New Zealand source.

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% Daily Value
Chromium GTF (in 12.5 mg food)	25 mcg 71%
Bovine Adrenal (Suprarenal) Cytotrophin	10 mg *
Bovine Liver Cytotrophin	30 mg *
Bovine Pituitary Cytotrophin ¹	1 mg *
Bovine Thyroid Cytotrophin	50 mg *
Food Extracted L-Tyrosine (Vegan GMO-Free)	50 mg *
Food Extracted Plant Polysaccharides	500 mcg *
Wildcrafted Alfalfa Leaf <i>Medicago sativa</i>	13 mg *
Wildcrafted Broccoli <i>Brassica oleracea</i>	13 mg *
Wildcrafted Burdock Root <i>Arctium lappa</i>	50 mg *
Wildcrafted Guar Gum Seed <i>Cyamopsis tetragonolobus</i>	6mg* *
Wildcrafted Kelp Thallus <i>Ascophyllum nodosum</i>	25 mg *
Wildcrafted Scullcap Herb <i>Scutellaria lateriflora</i>	10 mg *

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Vegetarian Coating

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Migratrol™

#585
90 Tablets

- ✓ Supports a healthy thyroid
- ✓ Energy enhancement
- ✓ Supports proper metabolism
- ✓ Relieves tension
- ✓ Mood support

Migratrol™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal thyroid health. A mild product that often is used by older people and some with headaches.

Migratrol™ contains carbohydrates (including all known essential monosaccharides), essential lipids, and proteins (including all ten essential amino acids) as found in specially grown, enzymatically processed *Saccharomyces cerevisiae* and the individually listed foods. All glandulars are New Zealand source.

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% Daily Value
Riboflavin (B-2)	(in 17 mg food) 1.7 mg 100%
Niacinamide	(in 40 mg food) 10 mg 50%
Magnesium	(in 280 mg food) 14 mg 4%
Chromium GTF	(in 5 mg food) 10 mcg 8%
Bovine Adrenal (Suprarenal) Cytotrophin	15 mg *
Bovine Liver Cytotrophin	10 mg *
Bovine Pituitary Cytotrophin	200 mcg *
Bovine Thyroid Cytotrophin	25 mg *
Wildcrafted Borage Leaf <i>Borago officinalis</i>	50 mg *
Wildcrafted Dong Quai Root <i>Angelica sinensis</i>	50 mg *
Wildcrafted Feverfew Leaves <i>Tanacetum parthenium</i>	25 mg *
Wildcrafted Flaxseeds <i>Linum usitatissimum</i>	25 mg *

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Vegetarian Coating

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Mineral Tran™

#587
90 Tablets

- ✓ Contains food calcium
- ✓ Contains food magnesium
- ✓ Promotes positive mood

Mineral Tran™ is a formula that contains nutrients that can work together as a mild calmativ. Calcium and magnesium can help establish more balanced central nervous system. Calcium and magnesium also are involved in supporting healthy muscle function.

Supplement Facts

Serving Size 1 Tablet		Servings per Container 90	
Amount per Serving		% Daily Value ▼	
Calcium	(in 250 mg of food)	30 mg	2%
Magnesium	(in 100 mg of food)	5 mg	**
Alfalfa		25 mg	*
Biogurt (Lactobacillus bulgaricus)		250 mg	*
Organic Kelp		50 mcg	*
Parsley – full spectrum extract		20 mg	*

** Recommended Daily Intake has not been established
** Contains less than 2% of the RDI

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian
Formula



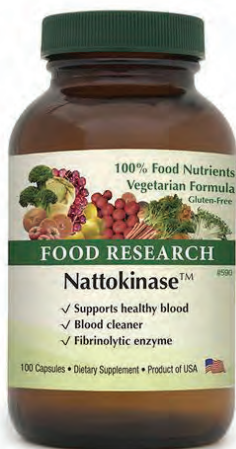
GLUTEN
FREE



Halal



Pareve



Nattokinase™

#590
100 Capsules

- ✓ Supports healthy blood
- ✓ Blood cleaner
- ✓ Fibrinolytic enzyme

Nattokinase™ is a 100% vegan Food supplement that is intended to supply nutrients needed to provide high quality vegan nattokinase. Nattokinase is considered to be a fibrinolytic enzyme. It is capable of directly activating pro-urokinase (endogenous) and decomposing fibrin. Nattokinase assists in the body's fibrinolytic activity, supports cardiovascular health, and supports heart circulation.

Natto is a vegetable cheese-like food which is extremely popular in Japan. It has been around at least 1000 years.

Supplement Facts

Serving Size 2 Capsules		Servings per Container 50	
Amount per Serving		% Daily Value ▼	
Nattokinase (Fermented Soy Extract 1,440 Fibrin Units)		72mg	*

* Recommended Daily Intake has not been established

Other ingredients: Wildcrafted Beet Root *Beta Vulgaris Rubra*, Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian
Formula



GLUTEN
FREE



Halal



Pareve



Nerve Chex™

#597
90 Capsules

- ✓ Provides food minerals
- ✓ Provides food vitamins
- ✓ Supports a healthy mood

Nerve Chex™ is a complex intended to function together as a moderate calmative. Some of its ingredients like vitamin C from acerola cherries, support healthy adrenal gland function.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving		% Daily Value	
Vitamin C	(in 12 mg of food)	3 mg	3%
Niacinamide	(in 100 mg of food)	25 mg	156%
Vitamin B-6	(in 25 mg of food)	5 mg	294%
Vitamin B-12 (Methylated)	(in .3 mg of food)	.06 mcg	10%
Calcium	(in 20 mg of food)	1 mg	**
Magnesium	(in 50 mg of food)	2.50 mg	1%
Manganese	(in 10 mg of food)	.50 mg	25%
PABA	(in 21 mg of food)	5.04 mg	**
Betaine HCL		15 mg	*
Bovine Brain		5 mg	*
Bovine Hypothalamus		20 mg	*
Bovine Liver		30 mg	*
Bovine Orchic		100 mg	*
Bovine Spleen		30 mg	*
Kelp		200 mcg	*
Wheat Germ – defatted		10 mg	*
Wildcrafted Acerola Cherry		12 mg	*

* Recommended Daily Intake has not been established
** Contains less than 2% of the RDI

Other ingredients: Vegetarian Capsule.

Suggested use: 1 serving per meal or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

All FOOD RESEARCH Products are 100% Food Nutrients!



Omega 3 / EPA / DHA™

#604
90 Gelcaps

- ✓ Modulates cell to cell interactions
- ✓ Reduces inflammation
- ✓ Reduces joint discomfort
- ✓ Improves mood

Omega 3/EPA/DHA™ is a 100% Whole Food supplement that is intended to supply nutrients needed to provide high quality herring source essential fatty acids like omega 3 as well as EPA, DHA, and support factors. In addition to their structural roles, essential fatty acids modulate cell to cell interactions.

Supplement Facts

Serving Size 1 Gelcap Servings per Container 90

Amount per Serving		% Daily Value	
Vitamin E	(in 1000 mg food)	5 i.u.	16%
Docosahexaenoic Acid - DHA	(in 1000 mg food)	120 mg	*
Eicosapentaenoic Acid – EPA	(in 1000 mg food)	180 mg	*
Wildcrafted Herring Fish Oil		1000 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Bovine Gelatin Capsule, Glycerin, Purified Water

Suggested use: 1 serving per meal or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



There are many types of fish oil products on the market. The good ones have high contents of EPA and DHA but the best ones also contain oil from wild herring (or similar fish) that has been molecularly distilled to eliminate heavy metal concerns.



Parathyroid Plus™

#618
90 Tablets

- ✓ Supports healthy parathyroid glands
- ✓ Supplies food calcium, magnesium and Vitamin D
- ✓ Supports healthy calcium metabolism

Parathyroid Plus™ is a parathyroid support product. The human body has four small parathyroid glands which are involved in the regulation of calcium metabolism.

Humans do not have proper calcium metabolism without properly functioning parathyroid glands. Calcium and magnesium help support healthy bones, nails, and joints.

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving		% Daily Value ▼	
Vitamin D	(in 5 mg of food)	200 I.U.	25%
Calcium	(in 433 mg of food)	52 mg	4%
Magnesium	(in 60 mg of food)	8 mg	2%
Biogurt (Lactobacillus bulgaricus)		60 mg	*
Bovine Parathyroid		2 mg	*

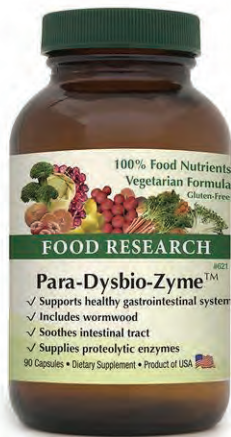
* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



All FOOD RESEARCH Products are 100% Food Nutrients!



Para-Dysbio-Zyme™

#621
90 Capsules

- ✓ Supports healthy gastrointestinal system
- ✓ Includes wormwood
- ✓ Soothes intestinal tract
- ✓ Supplies proteolytic enzymes

Para-Dysbio-Zyme™ is a 100% Food vegan supplement that is intended to supply enzymes and herbs needed to maintain and support optimal digestive health. It provides herbs and various proteolytic enzymes to support the healthy functioning of the gastrointestinal system.

Para-Dysbio-Zyme™ also naturally contains carbohydrates, lipids, proteins (including all ten essential amino acids), and truly organic bioflavonoids as found in specially grown, enzymatically processed *Saccharomyces cerevisiae*.

Supplement Facts

Serving Size 2 Capsules Servings per Container 45

Amount per Serving		% Daily Value ▼	
Goldenseal <i>Hydrastis canadensis</i>		25 mg	*
Wildcrafted Almond Meal (Raw, Organic)		150 mg	*
Wildcrafted Black Walnut (inner hull)		50 mg	*
Wildcrafted Carrots (Organic) <i>Daucus carota</i>		20 mg	*
Wildcrafted Bromelain		5 mg	*
Wildcrafted Burdock Root <i>Articium lappa</i>		30 mg	*
Wildcrafted Cellulase		5 mg	*
Wildcrafted Cloves <i>Syzygium aromaticum</i>		10 mg	*
Wildcrafted Fig Juice Powder (Organic) <i>Ficum carica</i>		50 mg	*
Wildcrafted Garlic Powder <i>Allium sativa</i>		30 mg	*
Wildcrafted Grapefruit Seed Extract		20 mg	*
Wildcrafted Lipase		5 mg	*
Wildcrafted Sweet Wormwood Seed <i>Artemisia Annua</i>		100 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Pituitary EMG™

#632
90 Tablets

- ✓ Supports a healthy pituitary
- ✓ Contains pituitary EMG extract
- ✓ Supports proper metabolism
- ✓ Mood support

Pituitary EMG™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal pituitary health. The pituitary is a major endocrine gland and is responsible for numerous hormones, including thyroid and gender related ones.

Pituitary EMG™ contains an Enzomorphogen extract which are uniquely derived in order to support cellular health.

Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% Daily Value
Bovine Pituitary Enzomorphogen Blend	40 mg *
Organic Collinsonia Root	360 mg *

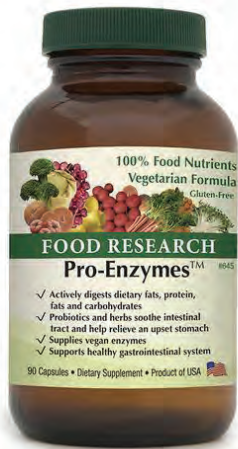
* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



All FOOD RESEARCH Products are 100% Food Nutrients!



Pro-Enzymes™

#645
90 Capsules

- ✓ Actively digest dietary fats, protein and carbohydrates
- ✓ Probiotics and herbs soothe intestinal tract and help relieve an upset stomach
- ✓ Supplies vegan enzymes
- ✓ Supports healthy gastrointestinal system

Pro-Enzymes™ is a 100% Food vegan supplement that is intended to supply plant source enzymes, probiotics, and herbs needed to maintain optimal and support digestive health. This is a true vegan digestive and probiotic support product.

Pro-Enzymes™ provides amylase for digesting starches, beet root and other herbs for fiber and digestive support.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

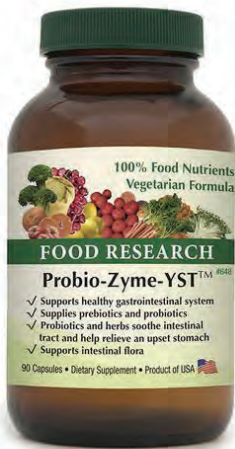
Amount per Serving	% Daily Value
Magnesium (in 390 mg food)	1 mg *
Manganese (in 315 mg food)	1 mg 43% *
Potassium (in 390 mg food)	8 mg *
Amylase (enzyme)	4,000 DU **
Cellulase (enzyme)	100 CU **
Glucoamylase (enzyme)	4.5 AG **
Invertase (enzyme)	0.1 IAU **
Lactase (enzyme)	400 LacU **
Lipase (enzyme)	80 LU **
Non-Dairy <i>Acidophilus</i> (probiotic)	2,000,000 Units **
Protease (enzyme)	15,000 HUT **
Wildcrafted Beet Root <i>Beta vulgaris</i>	240 mg **
Wildcrafted Caraway <i>Carum carvi</i>	45 mg **
Wildcrafted Crude and Dietary Fiber	254 mg **
Wildcrafted Gentian Root <i>Gentiana lutea</i>	75 mg **
Wildcrafted Ginger Root <i>Zingiber officinale</i>	30 mg **

* Contains less than 2% of RDI
** Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Probio-Zyme-YST™

#648
90 Capsules

- ✓ Supports healthy gastrointestinal system
- ✓ Supplies prebiotics and probiotics
- ✓ Probiotics and herbs soothe intestinal tract and help relieve an upset stomach
- ✓ Supports intestinal flora

Probio-Zyme-YST™ is a 100% Food vegan supplement that is intended to supply enzymes, prebiotics, probiotics, and herbs needed to maintain and support optimal digestive health. It contains nutrients that aid in the maintenance, as well as establishment, of normal intestinal flora and proper pH.

Probio-Zyme-YST™ contains a variety of prebiotic, probiotic, and anti-fungal herbal ingredients. Products like it have long been used as intestinal detoxificants. Combining pre- and pro-biotics seems to enhance effectiveness.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value	
Zinc (in 30 mg food)	1.5 mg	14%
Lactobacillus acidophilus	2,000,000 u	*
Lactobacillus bifidus	2,000,000 u	*
Lactobacillus bulgaris	2,000,000 u	*
Lactobacillus casei	2,000,000 u	*
Wildcrafted Beet Root <i>Beta vulgaris</i>	20 mg	*
Wildcrafted Cabbage <i>Brassica oleracea</i>	25 mg	*
Wildcrafted Caprylic Acid (from coconut oil)	70 mg	*
Wildcrafted Cellulose	200 cu	*
Wildcrafted Cinnamon <i>Cinnamomum verum</i>	15 mg	*
Wildcrafted Cloves <i>Syzygium aromaticum</i>	8 mg	*
Wildcrafted Citrus Seed Extract	15 mg	*
Wildcrafted Garlic <i>Allium sativum</i>	15 mg	*
Wildcrafted Heartsease <i>Viola tricolor</i>	25 mg	*
Wildcrafted Icelandic Moss <i>Cetraria islandica</i>	20 mg	*
Wildcrafted Jerusalem Artichoke bark	10 mg	*
Wildcrafted Lactose (specially processed dairy)	10 mg	*
Wildcrafted Olive Leaf Concentrate	10 mg	*
Wildcrafted Psyllium <i>Plantago ovata</i>	10 mg	*
Wildcrafted Saccharomyces Boulardii	2,000,000 u	*
Wildcrafted Wheat Germ (Defatted)	70 mg	*
Wildcrafted Wild Oregano Oil	1 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Silica, Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Halal



Pareve



Prosta-Power™

#655
90 Capsules

- ✓ Supports prostate health
- ✓ Mood enhancer
- ✓ Supports sperm health
- ✓ Supports male reproductive health

Prosta-Power™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal prostate and male health. The prostate secretes seminal fluid that helps enhance the fertility and motility of sperm.

Prosta-Power™ was not designed to be a prostate-cancer fighter. It is intended to provide nutritional support for men interested in natural ways that may improve the health of their prostate and sexual apparatus.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value	
Vitamin E (in 8 mg food)	2 i.u.	6%
Zinc (in 8 mg food)	300 mcg	3%
Selenium (in 18 mg food)	2 mcg	3%
Bovine Orchic Cytotrophin	80 mg	*
Bovine Prostate Cytotrophin	80 mg	*
Wildcrafted African Pygeum <i>Pygeum africanum</i>	20 mg	*
Wildcrafted Damiana <i>Turnera diffusa</i>	50 mg	*
Wildcrafted Flaxseed <i>Linum usitatissimum</i>	20 mg	*
Wildcrafted Korean Red Ginseng <i>Panax ginseng</i>	50 mg	*
Wildcrafted Maca <i>Lepidium meyenii</i>	30 mg	*
Wildcrafted Muira-Puama <i>Ptychopetalum olacoides</i>	20 mg	*
Wildcrafted Saw Palmetto <i>Serenoa repens</i>	40 mg	*
Wildcrafted Stinging nettles <i>Urtica dioica</i>	40 mg	*
Wildcrafted Suma <i>Pratia paniculata</i>	30 mg	*
Wildcrafted Turmeric <i>Curcuma domestica</i>	10 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Rice Bran, Vegetarian Capsule

Suggested use: 1 serving per meal or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Restful Mind Support™

#680
90 Capsules

- ✓ Supports a healthy circadian rhythm
- ✓ Eases stress and anxiety
- ✓ Encourages relaxation
- ✓ Supports mood and well-being

Restful Mind Support™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed to maintain and support optimal feelings of well-being and normal sleep. The pineal gland helps regulate circadian rhythm.

Many people have trouble relaxing and/or sleeping. Some also have anxiety, and sometimes, mood/bipolar, and weight management issues. Insomnia is a common problem. And while there are many causes and hence many interventions for it, the lack of sleep may be pointing to a need for special nutrition.



Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value ▼	
Bovine/Ovine Hypothalamus Cytotrophin	5 mg	*
Bovine Ovary Cytotrophin	20 mg	*
Bovine Parotid Cytotrophin	1 mg	*
Bovine Pineal Cytotrophin	5 mg	*
Bovine Pituitary Cytotrophin	5 mg	*
Food Extracted L-Tryptophan (grain extract)	150 mg	*
Wildcrafted Lemon Balm <i>Melissa officinalis</i>	214 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegan Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Selenium E™

#707
90 Capsules

- ✓ Supplies real food vitamin E
- ✓ Supplies real food selenium
- ✓ Easy to digest even on an empty stomach
- ✓ Up to 4.0 as powerful of a free radical scavenger
- ✓ More effective antioxidant

Selenium E™ is a 100% vegan Food supplement that is intended to supply 100% Food vitamin E and selenium.

Vitamin E deficiency has been shown to contribute in progressive peripheral neuropathy and diminished sensory abilities. Selenium often works with vitamin E in the body. Selenium also seems to support thyroid hormone production, have antioxidant effects, exists in parts of many enzymes, and supports cardiovascular health.

Supplement Facts

Serving Size 1 capsule Servings per container 90

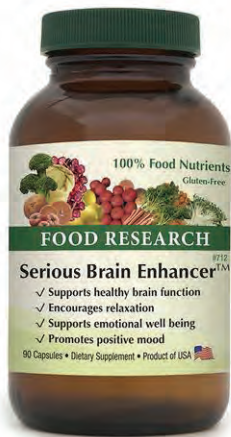
Amount per Serving	% Daily Value ▼	
Vitamin E (in 250 mg food)	60 i.u	200%
Selenium (in 100 mg of food)	100 mcg	143%
Wildcrafted Organic Rice Bran <i>Oryza sativa</i>	50 mg	*

** Recommended Daily Intake has not been established

Other ingredients: Vegetable Cellulose, Organic Rice Bran

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Serious Brain Enhancer™

#712
90 Capsules

- ✓ Supports healthy brain function
- ✓ Encourages relaxation
- ✓ Supports emotional well-being
- ✓ Promotes positive mood

The brain is the master organ of the body and directly or indirectly controls nearly all processes in the body including movement, intellect, memory, and mood. Bovine brain tissue naturally contains substances such as phosphatidylserine.

Serious Brain Enhancer™ is a 100% Food supplement that is intended to supply nutrients, glandulars, and herbs needed for optimal brain health. It contains pituitary, medulla, and other bovine tissues, along with the antioxidants selenium and vitamin E. **Serious Brain Enhancer™** also contains ribonucleic acid.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

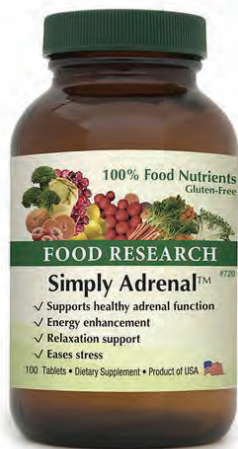
Amount per Serving % Daily Value

Vitamin C	(in 60 mg food)	15 mg	17%
Vitamin E	(in 21 mg food)	4 IU	20%
Vitamin B-6	(in 35 mg food)	250 mcg	15%
Folate	(in 35 mcg food)	8 mcg	2%
Vitamin B-12 (Methylated)	(in 35 mcg food)	.6 mcg	25%
Selenium	(in 45 mg food)	5 mcg	10%
Choline (in 35 mg food)		60 mcg	*
Inositol (in 35 mg food)		80 mcg	*
Bovine Brain Cytotrophin		100 mg	*
Bovine Medulla Cytotrophin		2 mg	*
Bovine Pancreas Cytotrophin		15 mg	*
Bovine Pituitary Cytotrophin		1 mg	*
Bovine Trachea Cytotrophin		15 mg	*
Food Extracted Alpha Lipoic Acid (flax extract)		2 mg	*
Food Extracted Grape Seed Extract (92% proanthocyanidins)		1 mg	*
Food Extracted L-Carnosine (fermented grain extract-gluten free)		20 mg	*
Food Extracted L-Methionine (fermented grain extract-gluten free)		20 mg	*
Food Extracted L-Tyrosine (fermented grain source)		10 mg	*
Food Extracted Lecithin (bean source)		40 mg	*
Food Extracted Ribonucleic Acid (Saccharomyces cerevisiae extract)		50 mg	*
Wildcrafted Acerola Cherry Malpighia glabra		60 mg	*
Wildcrafted Corn Silk Zea mays		20 mg	*
Wildcrafted Eleuthero Root Eleutherococcus senticosus		15 mg	*
Wildcrafted Flaxseeds Linum usitatissimum		10 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Rice, Rice Bran

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Simply Adrenal™

#720
100 Tablets

- ✓ Supports healthy adrenal function
- ✓ Energy enhancement
- ✓ Relaxation support
- ✓ Eases stress

Simply Adrenal™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal adrenal health. **Simply Adrenal™** – This is 200mg per tablet of bovine adrenal tissue. Fauna have most of the same biological materials (like enzymes and other peptides) that humans do.

Adrenal support is often used by people are under stress, fatigued, having difficulty getting up in the morning, who have adrenal stress headaches, or have an abnormal craving for salts. Adrenal tissue is normally taken with meals.

Supplement Facts

Serving Size 1 Tablet Servings per Container 100

Amount per Serving % Daily Value

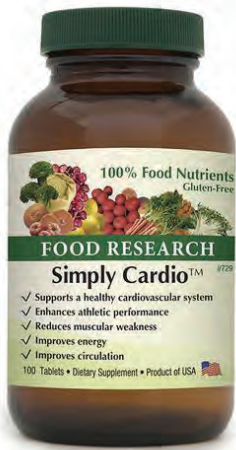
Bovine Adrenal Cytotrophin	200 mg	*
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* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Simply Cardio™

#729

100 Tablets

- ✓ Supports a healthy cardiovascular system
- ✓ Enhances athletic performance
- ✓ Reduces muscular weakness
- ✓ Improves energy
- ✓ Improves circulation

Simply Cardio™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal heart muscle health. The heart pumps blood containing oxygen and other nutrients throughout the body. Bovine heart tissue naturally contains vital heart nutrients like co-enzyme Q10.

Heart tissue is sometimes used by people with low blood pressure, overwhelming fatigue, people who need strength, people who feel cold, and athletes interested in improved performance.

Supplement Facts

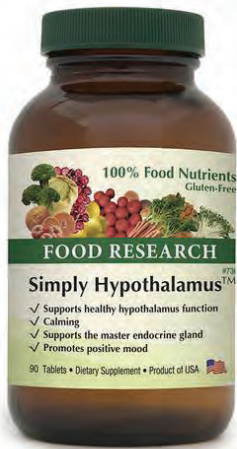
Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value
Bovine Cardio Muscle Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Simply Hypothalamus™

#730

90 Tablets

- ✓ Supports healthy hypothalamus function
- ✓ Calming
- ✓ Supports the master endocrine gland
- ✓ Promotes positive mood

Simply Hypothalamus™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal hypothalamus health. The hypothalamus is the body's master endocrine gland. The hypothalamus directly or indirectly controls nearly all the hormonal processes in the body.

The hypothalamus is responsible for the integration of many basic behavioral patterns involving neural and endocrine function.

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

Amount per Serving	% Daily Value
Bovine Hypothalamus Cytotrophin	145 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Simply Liver™

#732

100 Tablets

- ✓ Supports a healthy liver
- ✓ Supports healthy metabolism
- ✓ Supports healthy lymphatic system

Simply Liver™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal liver health. The liver is the chemical factory of the body and is also involved in blood sugar regulation.

The liver is the chemical factory of the body and feeding the liver can help when other approaches have not been effective. Historically, bovine liver has also been used for some enlarged livers, forms of anemia, and for support when chronic degenerative diseases are encountered.



Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value
Bovine Liver Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Simply Lung™

#734

100 Tablets

- ✓ Supports respiratory health
- ✓ Supports acid-base balance
- ✓ Supports lung health

Simply Lung™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal lung health. Bovine lung tissue helps maintain the lungs in a good state of repair to support healthy lung function.

Bovine lung tissue has historically been used by those with respiratory disorders (such as bronchitis, asthma, chronic coughs, chest colds), convalescent stages (of pneumonia, colds, flu), and pulmonary involvements (including accidents, industrial fumes, dust inhalation, and even adrenal insufficiency).



Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value
Bovine Lung Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Simply Mammary™

#735
100 Tablets

- ✓ Supports breast health
- ✓ Supports female health

Simply Mammary™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal breast health. It has been reported that, in theory, the mammary glands can stimulate the ovaries, the hypothalamus, and adrenal glands.

The breasts are involved in lactation, sexual attraction, and sexual response. Bovine mammary tissue has been sometimes advised for disorders related to female breasts such as nipple pain, lymph node enlargement, breast underdevelopment, mastitis, menstrual pain, nipple inflammation, congestion, and lactation difficulties.

Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value ▼
Bovine Mammary Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Simply Orchic™

#740
100 Tablets

- ✓ Supports testicle health
- ✓ Supports sperm health
- ✓ Promotes positive mood
- ✓ Eases stress and irritability

Simply Orchic™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal testicle health. Orchic is another name for testicle, a male reproductive gland that produces sperm.

Simply Orchic™ contains many of the substances produced by, or naturally in, those glands including peptides, hormone precursors, and enzymes. Some believe that supplementation with such glands can have a calming and balancing effect on the nervous system.

Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value ▼
Bovine Orchic Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Simply Ovary™

#736

100 Tablets

- ✓ Supports female reproductive health
- ✓ Supports proper female functions
- ✓ Promotes positive mood

Simply Ovary™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal ovary health. Ovaries are female reproductive glands that produce hormones and reproductive cells.

Bovine ovarian tissue is sometimes advised to help some woman sleep at night, reduce the production of acne, improve mood, sometimes aid in menopausal issues, and for some women, increase fertility. As it has effects that differ from thyroid support, it is often advised to take ovarian tissue before bed.

Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value
Bovine Ovary Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Simply Pancreas™

#737

100 Tablets

- ✓ Supports a healthy pancreas
- ✓ Emulsifies fat
- ✓ Assists in digestion of carbohydrates and grains
- ✓ Supports healthy gastrointestinal system

Simply Pancreas™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal pancreas and digestive health. Bovine pancreas tissue helps maintain the pancreas in a good state of repair to support healthy pancreatic function.

The pancreas is instrumental in the regulation of blood sugar and is one of the most important organs related to a healthy digestive system. The pancreas produces trypsin and is operational in intermediate protein metabolism.

Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value
Bovine Pancreas Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Simply Spleen™

#739

100 Tablets

- ✓ Supports a healthy spleen
- ✓ Supports healthy blood
- ✓ Supports healthy lymphatic system
- ✓ Enhances detoxification

Simply Spleen™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal spleen health. Bovine spleen tissue helps maintain the spleen tissues in a good state of repair to support healthy spleen function.

Some have suggested that bovine spleen “may aid in the elimination of allergic breakouts”

Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value
Bovine Spleen Cytotrophin	200 mg *

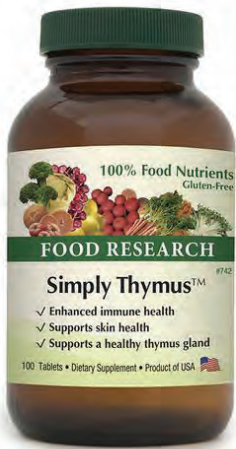
* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



All FOOD RESEARCH Products are 100% Food Nutrients!



Simply Thymus™

#742

100 Tablets

- ✓ Enhanced immune health
- ✓ Supports skin health
- ✓ Supports a healthy thymus gland

Simply Thymus™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal thymus and immune system health. Bovine thymus tissue helps maintain the thymus gland in a good state of repair to support healthy thymus function.

Bovine thymus tissue is often used for immune system support. It is sometimes taken by people with staph, strep, and other bacterial concerns.

Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

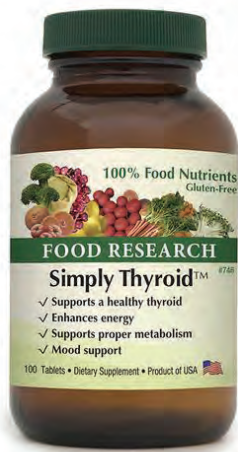
Amount per Serving	% Daily Value
Bovine Thymus Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Simply Thyroid™

#746

100 Tablets

- ✓ Supports a healthy thyroid
- ✓ Enhances energy
- ✓ Supports proper metabolism
- ✓ Mood support

Simply Thyroid™ is a 200mg per tablet of bovine thyroid tissue (note: bovine thyroid glands are thyroxine-free, thus do not result in a shutting down of the thyroid gland when taken). Bovine thyroid tissue helps maintain thyroid tissues in a good state of repair to support healthy thyroid function.

Thyroid tissue is used by people with symptoms associated with low thyroid such as afternoon tiredness, poor circulation, temperature tolerance, headaches, low metabolism, diminished female libido, weight concerns, and sometimes dry skin.



Supplement Facts

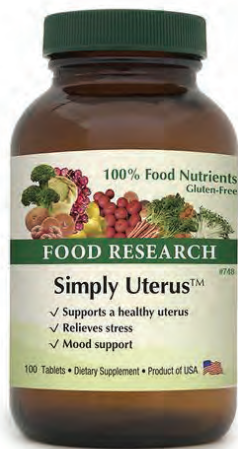
Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value
Bovine Thyroid Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Simply Uterus™

#748

100 Tablets

- ✓ Supports a healthy uterus
- ✓ Relieves stress
- ✓ Mood support

Simply Uterus™ is a 200mg per tablet of bovine uterine tissue. Bovine uterus tissue has long been advised to improve the integrity of uterus cells and to assist with a whole range of menstrual and menopausal concerns. Bovine uterus tissue helps maintain uterine tissues in a good state of repair to support healthy uterine function.

Some women have reported lack of post-partum depression when taking uterus extracts for the first 1-2 months after delivery, and some doctors have advised it to help the uterus shrink back to normal size after childbirth.



Supplement Facts

Serving Size 1 Tablet
Servings per Container 100

Amount per Serving	% Daily Value
Bovine Uterus Cytotrophin	200 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Spleen EMG™

#749
90 Tablets

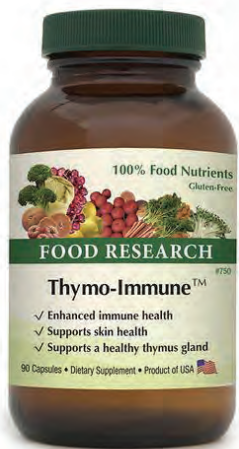
- ✓ Supports a healthy spleen
- ✓ Supports healthy blood
- ✓ Supports healthy lymphatic system
- ✓ Enhances detoxification

Spleen EMG™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal spleen health. Bovine spleen tissue helps maintain the spleen tissues in a good state of repair to support healthy spleen function.

Spleen EMG™ contains an Enzomorphogen extract which are uniquely derived in order to support cellular health.



All FOOD RESEARCH Products are 100% Food Nutrients!



Thymo-Immune™

#750
90 Capsules

- ✓ Enhanced immune health
- ✓ Supports skin health
- ✓ Supports a healthy thymus gland

Thymo-Immune™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal thymus and immune system health. Bovine thymus tissue helps maintain the thymus gland in a good state of repair to support healthy thymus function.

Thymo-Immune™ contains acerola cherry which is one of the most vitamin C dense foods. Brazilian peppertree bark, carrot root, garlic, and golden seal provide support for a healthy immune system.



Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% Daily Value
Bovine Spleen Enzomorphogen Blend	45 mg *
Organic Collinsonia Root	355 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate

Suggested use: 1 serving per meal or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Vitamin C (in 48 mg food)	12 mg 20%
Bovine Liver Cytotrophin	20 mg *
Bovine Parotid Cytotrophin	30 mg *
Bovine Spleen Cytotrophin	10 mg *
Bovine Thymus Cytotrophin	120 mg *
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	48 mg *
Wildcrafted Brazilian Peppertree Bark <i>Schinus terebinthifolius</i>	32 mg *
Wildcrafted Carrot Root <i>Daucus carota</i>	60 mg *
Wildcrafted Echinacea Root <i>Echinacea purpurea</i>	10 mg *
Wildcrafted Eleuthero Root <i>Eleutherococcus senticosus</i>	20 mg *
Wildcrafted Garlic <i>Allium sativa</i>	40 mg *
Wildcrafted Goldenseal Root <i>Hydrastis canadensis</i>	10 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegan Capsule

Suggested use: 1 serving per meal or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Thymus EMG™

#755
90 Tablets

- ✓ Enhanced immune health
- ✓ Supports skin health
- ✓ Supports a healthy thymus gland

Thymus EMG™ is a 100% Food supplement that is intended to supply nutrients needed to maintain and support optimal thymus and immune system health. Bovine thymus tissue helps maintain the thymus gland in a good state of repair to support healthy thymus function.

Thymus EMG™ contains an Enzomorphogen extract which are uniquely derived in order to support cellular health.



Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% Daily Value
Bovine Thymus Enzomorphogen Blend	45 mg *
Organic Collinsonia Root	355 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Thyroid EMG™

#760
90 Tablets

- ✓ Supports a healthy thyroid
- ✓ Contains thyroid EMG extract
- ✓ Supports proper metabolism
- ✓ Mood support

Thyroid EMG™ is a 100% Food supplement product for those desiring mild nutritional support for a healthy thyroid.

Thyroid EMG™ contains an Enzomorphogen extract which are uniquely derived in order to support cellular health.



Supplement Facts

Serving Size 1 Tablet Servings per Container 90

Amount per Serving	% Daily Value
Bovine Thyroid Enzomorphogen Blend <i>(processed to substantially remove its thyroxine)</i>	45 mg *
Organic Collinsonia Root	355 mg *

* Daily Values not established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Uro-Kid Support™

#780
90 Capsules

- ✓ Supports healthy kidneys
- ✓ Supports proper fluid balance
- ✓ Supports a healthy urinary system

Uro-Kid Support™ is a 100% Food supplement that is intended to supply nutrients to support healthy kidney and urinary system function. The kidneys process proteins and liquids and are the primary organs involved in eliminating metabolic waste products from the blood. Uro-Kid Support is intended to support the healthy functioning of the kidneys..

Unlike many so-called “natural” formulas, **Uro-Kid Support™** is only comprised of foods, contains no synthetic USP nutrients or isolated mineral salts, but only contains foods, food complexes, and food concentrates.

Supplement Facts

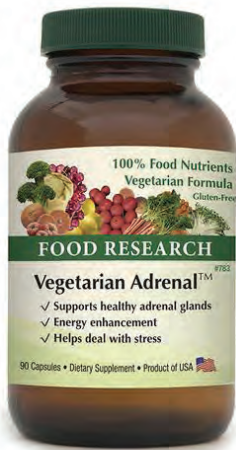
Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Vitamin C (in 120 mg food)	30 mg 33%
Bovine Kidney Cytotrophin	100 mg *
Bovine Liver Cytotrophin	50 mg *
Bovine Pancreas Cytotrophin	10 mg *
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	120 mg *
Wildcrafted Beet Root & Leaf <i>Beta vulgaris</i>	40 mg *
Wildcrafted Buckwheat Juice & Seed <i>Fagopyrum esculentum</i>	50 mg *
Wildcrafted Carrot Root (Organic) <i>Daucus carota</i>	20 mg *
Wildcrafted Corn Silk <i>Zea mays</i>	20 mg *
Wildcrafted Dandelion <i>Taraxacum officinale</i>	20 mg *
Wildcrafted Garlic <i>Allium sativum</i>	10 mg *
Wildcrafted Red Clover <i>Trifolium pratense</i>	30 mg *
Wildcrafted Uña De Gato <i>Uncaria tomentosa</i>	30 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegan Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian Adrenal™

#783
90 Capsules

- ✓ Supports healthy adrenal glands
- ✓ Energy enhancement
- ✓ Helps deal with stress

Vegetarian Adrenal™ is a 100% vegan Food supplement intended to nutritionally support the adrenal glands and help support biochemical imbalances associated with cortisol production. The adrenal glands play a role in energy, stress, mood, and even pain control. The adrenal glands have probably the greatest store of vitamin C in the body.

Vegetarian Adrenal™ is basically Food intended for the adrenal glands. If additional endocrine support is indicated, consider adding Vegetarian Thyro or Vegetarian Tyrosine.

Supplement Facts

Serving Size 3 Capsules. Servings per Container 30

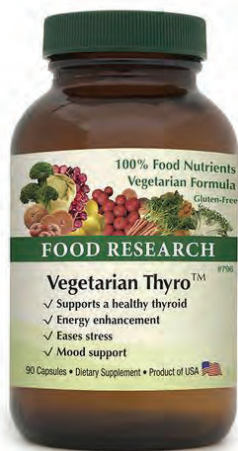
Amount per Serving	% Daily Value
Vitamin C (in 600 mg food)	150 mg 250%
Vitamin B6 (in 1.2 mg food)	.75 mg 44%
Folate (in .8 mg food)	.9 mcg 2%
Vitamin B12 (Methylated) (in .12 mg food)	.6 mcg 25%
Pantothenate (in 20 mg food)	5 mg 50%
Food Extracted L-Serine (plant source)	180 mg *
Food Extracted L-Tyrosine (plant source)	60 mg *
Organic Rice Bran <i>Oryza sativa</i>	41 mg *
Organic Tomato powder <i>Lycopersicon esculentum</i>	60 mg *
Wildcrafted Acerola Cherry <i>Malpighia glabra</i>	600 mg *
Wildcrafted Ashwagandha <i>Withania somnifera</i>	60 mg *
Wildcrafted Carob Pod <i>Ceratonia siliqua</i>	25 mg *
Wildcrafted Kelp <i>Ascophyllum nodosum</i>	35 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Vegetarian Thyro™

#796
90 Capsules

- ✓ Supports a healthy thyroid
- ✓ Energy enhancement
- ✓ Eases stress
- ✓ Mood support

Vegetarian Thyro™ is a 100% vegan Food supplement intended to nutritionally support the thyroid and improve metabolism. Vegetarian Thyro is basically Food intended for the thyroid gland.

The thyroid is responsible for hormones that affect mood, improve circulation, increase metabolism, retain calcium, affect cardiovascular health, improve tolerance to temperature fluctuations, minimize body fat, reduce the tendency for obesity, minimize menstrual disturbances, improve energy, reduce the dryness of skin and hair, and reduce premature hair loss.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving		% Daily Value ▼	
Vitamin B-6	(in 1.2 mg food)	.25 mg	15%
Folate	(in .8 mg food)	.8 mcg	2%
Vitamin B-12 (Methylated)	(in .12 mg food)	.60 mcg	25%
Zinc	(in 12.5 mg food)	625 mcg	6%
Food Extracted L-Tyrosine (plant source)		150 mg	*
Wildcrafted Burdock Root <i>Arctium lappa</i>		55 mg	*
Wildcrafted Carrot <i>Daucus sativus</i>		25 mg	*
Wildcrafted Dong Quai Root <i>Angelica sinensis</i>		55 mg	*
Wildcrafted Irish Moss <i>Chondrus crispus</i>		37 mg	*
Wildcrafted Kelp Thallus <i>Ascophyllum nodosum</i>		25 mg	*
Wildcrafted Sea Vegetable <i>Laminaria digitata</i>		37 mg	*

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



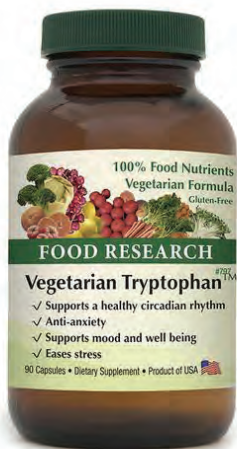
Vegetarian
Formula



Halal



Pareve



Vegetarian Tryptophan™

#797
90 Capsules

- ✓ Supports a healthy circadian rhythm
- ✓ Anti-anxiety
- ✓ Supports mood and well-being
- ✓ Eases stress

Vegetarian Tryptophan™ is a 100% vegetarian Food supplement that supplies tryptophan.

“L-tryptophan is an essential amino acid, which must be consumed from food since the body cannot make it using other amino acids. It is present in virtually all plant and animal proteins. It is primarily the serotonin that does all the wonderful things attributed to L-tryptophan—inducing sleep, reducing premenstrual syndrome (PMS) symptoms, promoting weight loss and addressing depression.”

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving		% Daily Value ▼	
Food Extracted L-Tryptophan (from vegetables)		500 mg	*

* Daily Values not established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian
Formula



Halal



Pareve



Vegetarian Tyrosine™

#798
90 Capsules

- ✓ GMO-free
- ✓ Mood support
- ✓ Eases stress
- ✓ Energy enhancement
- ✓ Supports the thyroid and adrenal glands

Vegetarian Tyrosine™ is a 100% vegan Food supplement that is intended to supply nutrients needed to provide high quality vegan tyrosine and support factors. Tyrosine is an amino acid that some have trouble producing and is used by the thyroid and adrenal glands.

Vegetarian Tyrosine™ naturally contains carbohydrates, lipids, proteins (including essential amino acids), as found in Winged Beans *Psophocarpus tetragonolobus*—all the nutrients shown above are contained in beans or a fermented bean extract.

Supplement Facts

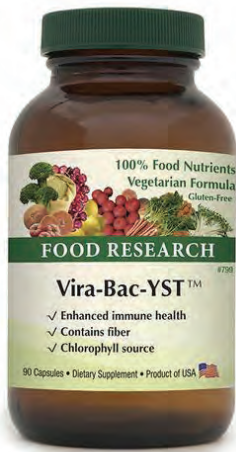
Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Food Extracted L-Tyrosine (Vegan GMO-Free)	480 mg *
Wildcrafted Princess Pea <i>Psophocarpus tetragonolobus</i>	20 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vira-Bac-YST™

#799
90 Capsules

- ✓ Enhanced immune health
- ✓ Contains fiber
- ✓ Chlorophyll source

Vira-Bac-YST™ is a vegan 100% food supplement that is intended to support a healthy immune and digestive system. It contains herbs such as Wild Oregano. It enhances immune health, contains fiber, and is a Chlorophyll source.

Vira-Bac-YST™ naturally contains carbohydrates, lipids, proteins (including essential amino acids), as found in Buckwheat Leaf and Juice, Olive Leaf Concentrate, and Wild Oregano—all the nutrients shown above are contained in these foods.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Wildcrafted Beet Root <i>Beta Vulgaris Rubra</i>	80 mg *
Wildcrafted Buckwheat Leaf & Juice <i>Fagopyrum esculentum</i>	75 mg *
Wildcrafted Olive Leaf Concentrate <i>Oleo europaea</i>	75 mg *
Wildcrafted Wild Oregano Leaf & Stem <i>Origanum vulgare</i>	100 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





Vira-Chron™

#800
90 Capsules

- ✓ Enhanced immune health
- ✓ Eastern and Western herbs
- ✓ Supports healthy sinuses
- ✓ Supports healthy liver

Vira-Chron™ is a 100% vegetarian Food supplement that is intended to supply nutrients needed to maintain and support optimal immune system health.

Vira-Chron™ enhances immune health, contains a variety of Western and Eastern (Chinese) herbs that have historically, as well as recently, been used to support the immune system. It supports a healthy liver and healthy sinuses. It is also taken by some to support digestive system health when imbalances there are encountered.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Gardenia Zhi Zi	40 mg *
Wildcrafted Angelica Bai Zhi	23 mg *
Wildcrafted Bupleurum Chai Hu	23 mg *
Wildcrafted Coptis Huang Lian	40 mg *
Wildcrafted Glycyrrhiza Gan Cao	10 mg *
Wildcrafted Lonicera Jin Yin Hua	40 mg *
Wildcrafted Phellodendron Huang Bai	40 mg *
Wildcrafted Forsythia Lian Qiao	23 mg *
Wildcrafted Magnolia Xin Yi Hua	23 mg *
Wildcrafted Moutan Mu Dan Pi	23 mg *
Wildcrafted Olive Leaf Extract <i>Oleo europaeae</i>	23 mg *
Wildcrafted Stinging Nettle Leaves <i>Urtica dioica</i>	23 mg *
Wildcrafted Vitex <i>Man Jing Zi</i>	23 mg *
Wildcrafted Wild Oregano <i>Organum vulgare</i>	23 mg *
Wildcrafted Xanthium <i>Cang Er Zi</i>	23 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian Formula



GLUTEN FREE



Halal



Pareve



Vitamin B-6, B-12 & Folate™

#826
90 Capsules

- ✓ Superior source of folate
- ✓ Superior source of Vitamin B-6
- ✓ Superior source of Vitamin B-12
- ✓ Assists in balancing healthy homocysteine levels

Vitamin B6, B12, & Folate™ is a 100% vegan Food supplement that is intended to supply nutrients needed to provide high quality 100% Food vitamins B6, B12 and B9 (folate). Vitamins B6, B12, and B9 support healthy blood. B12 is essential for myelin synthesis and central nervous system function.

Unlike most so-called "natural" supplements, this product does not contain any folic acid, which is a synthetic form of vitamin B-9 and is dangerous.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Vitamin B-6 (in 125 mg food)	25 mg 1471%
Folate (in 80 mg food)	800 mcg 200%
Vitamin B-12 (Methylated) (in 12 mg food)	60 mcg 2500%
Wild Crafted Beet Root & Leaf <i>Beta vulgaris</i>	83 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.



Vegetarian Formula



GLUTEN FREE



Halal



Pareve



***FOOD Vitamins and Minerals
ARE Better!***

Vitamin-Mineral™

#814– Small/90T

#815 – Large/270T

- ✓ Protective array of carotenoids and anti-aging antioxidants
- ✓ Superior vitamin forms and superior mineral forms
- ✓ Easy to digest & can be taken on an empty stomach without upset

Vitamin-Mineral™ is a 100% vegetarian Food supplement that is the best multi-vitamin, multi-mineral product available anywhere. Unlike some other claimed “whole food” multi-formulas, it does not contain ANY isolate USP nutrients, plus it contains the RDI amount of the more costly food nutrients such as chromium GTF.

Supplement Facts

Serving Size 3 Tablets Servings per Container 90

Amount per Serving	% Daily Value ▼
Vitamin A (Betacarotene) (in 60 mg of food)	900 rae 100%
Vitamin C (in 540 mg of food)	135 mg 150%
Vitamin D (in 90 mg of food)	800 IU 100%
Vitamin E (in 120 mg of food)	30 mg 200%
Vitamin K (in 6 mg of food)	60 mcg 50%
Thiamin (B-1) (in 10 mg of food)	2.4 mg 200%
Riboflavin (B-2) (in 26 mg of food)	2.6 mg 200%
Niacinamide (in 112 mg of food)	28 mg 175%
Vitamin B-6 (in 15 mg of food)	3 mg 176%
Folate (in 40 mg of food)	400 mcg 100%
Vitamin B-12 (Methylated) (in 1.92 mg of food)	9.6 mcg 400%
Biotin (in 12 mg of food)	60 mcg 200%
Panthenate (in 40 mg of food)	10 mg 200%
Iron (in 180 mg of food)	9 mg 50%
Iodine (in 10 mg of food)	150 mcg 100%
Zinc (in 220 mg of food)	11 mg 100%
Selenium (in 55 mg of food)	55 mcg 100%
Copper (in 90 mg of food)	9 mg 100%
Manganese (in 46 mg of food)	2.3 mg 100%
Chromium GTF (in 22.5 mg of food)	45 mcg 150%
Molybdenum (in 22.5 mg of food)	45 mcg 100%
Boron (in 8 mg of food)	75 mcg *
Choline (in 220 mg of food)	55 mg 10%
Inositol (in 8 mg of food)	2 mg *
Silicon (in 150 mg of food)	1500 mcg *
Vanadium (in 25 mg of food)	25 mcg *

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Vegetarian Coating.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

Vitamin & Mineral Shake™

#817 – 16 Scoops

- ✓ 100% Food, No Synthetics, No Rocks
- ✓ Detoxifying Weight Management
- ✓ Cardiovascular Health
- ✓ Supports Already Normal Insulin Levels
- ✓ Anti-Aging & Enhanced Immune Health
- ✓ Guaranteed to be Free of: Gluten, Corn, Soy, Dairy & Artificial Ingredients

The foods in **Vitamin-Mineral Shake™** naturally supply Calcium, Choline, Inositol, Magnesium, Phosphorus, and Potassium, as well as Carbohydrates, Lipids, Monosaccharides (including all considered essential), Proteins (including all ten essential amino acids), Superoxide Dismutase, and Trace Minerals as found in enzymatically processed *Saccharomyces cerevisiae*, Acerola Cherries, Whole Oranges, Carrots, Broccoli, Cabbage, and Rice—all vitamins and minerals shown above are contained in these foods.

Food Wildcrafted and Organic **Vitamin-Mineral™** is a food multi-vitamin, multi-mineral formula (and not a synthetic isolate) contains no synthetic USP nutrients, but only contains foods, food complexes, and food concentrates. Studies indicate that Food nutrients ARE better than isolated USP nutrients and MAY BE better absorbed, retained, and utilized than USP nutrients.

Supplement Facts

Serving Size 1 ounce (approx. 1 scoop) Servings per Container 16

Calories 117 Protein Per Serving 9.5 gm

Amount per Serving	RDI
Vitamin A (Carotenoids) (in 24 mg of food)	1000 I.U. 20%
Vitamin C (in 388 mg of food)	30 mg 33%
Vitamin D (in 1.8 mg of food)	80 I.U. 10%
Vitamin E (in 24 mg of food)	6 I.U. 30%
Vitamin K (in 24 mg of food)	6 mcg 5%
Vitamin B1 (in 2.4 mg of food)	600 mcg 50%
Vitamin B2 (in 6 mg of food)	600 mcg 46%
Niacinamide (in 24 mg of food)	6 mg 37%
Vitamin B6 (in 3 mg of food)	600 mcg 35%
Folate (in 8.4 mg of food)	80 mcg 20%
Vitamin B12 (Methylated) (in 1 mg of food)	4.8 mcg 200%
Biotin (in 12 mg of food)	60 mcg 200%
Panthenate (in 9 mg of food)	2.4 mg 48%
Iron (in 36 mg of food)	1.8 mg 10%
Iodine (in 30 mg of food)	30 mcg 20%
Zinc (in 60 mg of food)	3 mg 27%
Selenium (in 14 mg of food)	14 mcg 25%
Copper (in 8 mg of food)	400 mcg 44%
Manganese (in 12 mg of food)	600 mcg 26%
Chromium GTF (in 12 mg of food)	24 mcg 68%
Molybdenum (in 7.5 mg of food)	15 mcg 33%

Acid-Stabilized Enzyme Blend (Amylase, Cellulase, Lactase, Lipase, Maltase, Protease I & II)	16 mg	
Beta Glucans (in .04 mg of food)	10 mcg	**
Boron (in 4 mg of food)	40 mcg	**
Non-dairy Acidophilus (probiotic)	100,000 units	**
Silicon (in 30 mg of food)	300 mcg	**

Organic Alfalfa Leaf	<i>Medicago sativa</i>	4 mg	**
Organic Barley Grass	<i>Hordeum vulgare L.</i>	32 mg	**
Organic Celery Seed	<i>Apium graveolens</i>	16 mg	**
Organic Hemp	<i>Cannabis sativa</i>	18940 mg	**
Organic Parsley Leaf	<i>Petroselinum crispum</i>	16 mg	**
Organic Rice Bran	<i>Oryza sativa</i>	4120 mg	**
Organic Spinach Leaf	<i>Spinacia spp.</i>	32 mg	**
Organic Spirulina	<i>Spirulina spp.</i>	32 mg	**
Organic Watercress	<i>Nasturium officinale</i>	8 mg	**
Organic Wheat Grass	<i>Triticum aestivum</i>	32 mg	**
Wildcrafted Acerola Cherry	<i>Malpighia glabra (5% Vitamin C)</i>	240 mg	**
Wildcrafted Cinnamon Bark	<i>Cinnamom cassie</i>	860 mg	**
Wildcrafted Grapes	<i>Vitis vinifera</i>	360 mg	**
Wildcrafted Peppermint	<i>Mentha piperita</i>	1000 mg	**
Wildcrafted Stevia	<i>Stevia rebaudiana</i>	1600 mg	**
Wildcrafted Vanilla	<i>Vanilla planifolia</i>	1630 mg	**

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

Food Research Guarantee: The ingredients in this product are certified organic and/or are grown purely and not chemically. Guaranteed to contain NO gluten, corn, soy, dairy, preservatives, artificial sweeteners, inorganic minerals, or synthetic vitamins.





Wheat Germ Oil E™

#870
90 Softgels

- ✓ Superior source of vitamin E
- ✓ Up to 4.0 as powerful of a free radical scavenger
- ✓ One of the most nutrient-dense forms of vitamin E available anywhere
- ✓ Supplies primarily unsaturated fatty acids which help energy

Wheat Germ Oil E™ is a 100% Food supplement that is intended to supply nutrients needed to provide high quality 100% Food vitamin E.

Wheat Germ Oil E™ is one of the most naturally concentrated food forms of vitamin E. Wheat germ oil naturally also contains octacosonal and has been used by some intertested in better athletic performance and mood support.

Supplement Facts

Serving Size 1 Softgel Servings per Container 90

Amount per Serving	% Daily Value
Wildcrafted Wheat Germ Oil <i>Triticum aestivum</i>	1130 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

- ✓ Can support normal bowel habits
- ✓ Can support improved mood



Zinc Complex™

#909
90 Capsules

- ✓ Enhanced immune health
- ✓ Real antioxidant
- ✓ Real food zinc

Zinc Complex™ is a 100% vegetarian Food supplement that is intended to supply nutrients needed to provide high quality 100% Food organic zinc (as opposed to inorganic mineral salt forms).

Zinc Complex™ contains naturally occurring carbohydrates, lipids, proteins (including all ten essential amino acids), superoxide dismutase, and truly organic bioflavonoids as found in enzymatically processed *Saccharomyces cerevisiae* and organic pumpkin seeds *Cucurbita pepo* all the nutrients shown above are contained in these foods.

Supplement Facts

Serving Size 1 Capsule Servings per Container 90

Amount per Serving	% Daily Value
Zinc (in 375 mg food)	18.75 mg 125%
Wildcrafted Pumpkin Seeds <i>Cucurbita pepo</i>	25 mg *

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: 1 serving per day or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.





BIOSCIENCE FORMULAS

Bioscience Formulas differs from Food Research brand in that it may claim nutrients from non-food sources including bones and a broader form of glandular sources.

New **CALCI-CHEW™**

90 Tablets • #300

- ✓ Chewable calcium
- ✓ Supports healthy bones and teeth
- ✓ Supports connective tissues

Calci-Chew™ is intended to be a tasty way to supply calcium as well as other substances naturally found in bovine bone, bone marrow, bovine cartilage, carrots, rice and defatted wheat germ. Calcium supports healthy bones, and is also involved with muscle contractions, nerve conduction, and cell membranes.

SUPPLEMENT FACTS

Serving size 1 Tablet
Serving per Container 90

Amount per Serving	% Daily Value	
Calcium	190 mg	15%
Proprietary blend (containing):	834 mg	*
Bovine Bone Marrow, Bovine Bone Meal, Bovine Cartilage, Carrot Root, Date, Honey, Rice Bran, Wheat Germ – defatted		

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

New **CALCIUM LACTATE +™**

180 Capsules • #301

- ✓ Provides calcium
- ✓ Provides magnesium
- ✓ Supports increased mineral absorption



Calcium Lactate +™ is intended for those who would like mineral salt calcium and magnesium support. Calcium supports healthy bones, and is also involved with muscle contractions, nerve conduction, and cell membranes.

SUPPLEMENT FACTS

Serving size 4 Capsules
Serving per Container 45

Amount per Serving	% Daily Value	
Calcium (as lactate)	243 mg	19%
Magnesium (as citrate)	55 mg	13%
Proprietary blend (containing):	750 mg	*
Biotin HCl, Bovine Spleen, Peppermint Leaf		

* Recommended Daily Intake has not been established

Other ingredients: Vegetarian Capsule

Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

New **DENTO-GUMS™**

180 Tablets • #302

- ✓ Chewable calcium
- ✓ Supports healthy bones and teeth
- ✓ Supports healthy gums

Dento-Gums™ provides nutrients found in healthy teeth, bones, and gums. For better absorability in the mouth, chewing the product before swallowing is recommended.

SUPPLEMENT FACTS

Serving size 1 Tablet Serving per Container 180

Amount per Serving	% Daily Value	
Vitamin C	3 mg	3%
Calcium	75 mg	6%
Proprietary blend (containing):	510 mg	*
Acerola Cherry, Bovine Adrenal, Bovine Bone Marrow, Bovine Bone Meal, Bovine Cartilage, Bovine Spleen, Carrot Root, Honey, Licorice Root, Neem Oil, Rice Bran, Sweet Potato, Wheat Germ – defatted		

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Plant Polysaccharide, Silica, Digestive Aid. Contains No Magnesium Stearate.

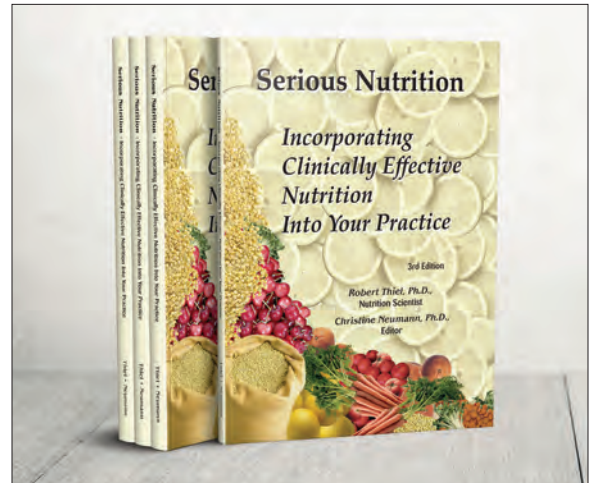
Suggested use: Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

Doctors' Research Support Literature and Educational Items

A great deal of technical support literature on our line of Food products is available at our Website (www.doctorsresearch.com). There are also individual technical bulletins available on each of our Food products.

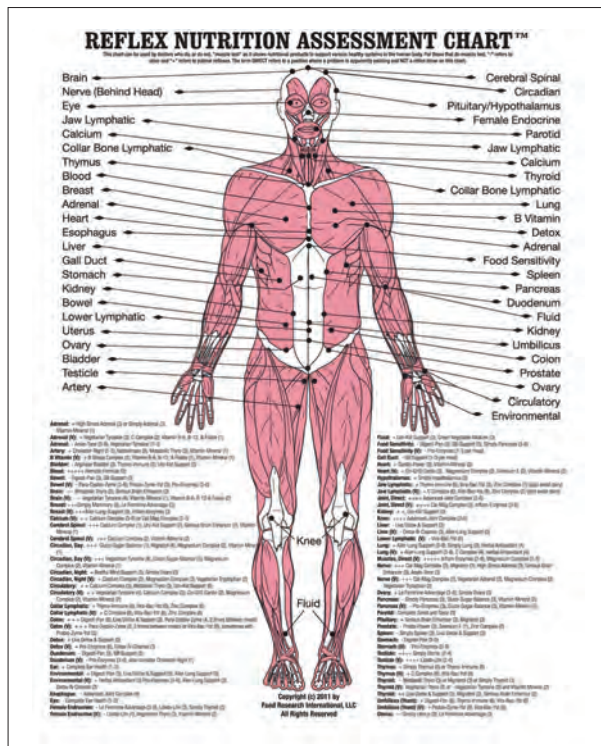
In addition, there are some educational items that we have found seem to help support many of the benefits of Food vitamin and mineral supplements. These support materials can help compliance and demonstrate to your clients that there are many differences between Food and non-food supplements. They can help your clients better understand the benefits of Food vitamins and minerals, as well as how unnatural the so-called 'natural' vitamin and mineral supplements are that they are currently taking.

It is an economic fact that it costs at least ten times as much to attract a new client, than it does to retain the ones you have. Our support literature is designed to help you retain your existing clients, while also (in the case of the Food Brochure) helping you attract new clients.



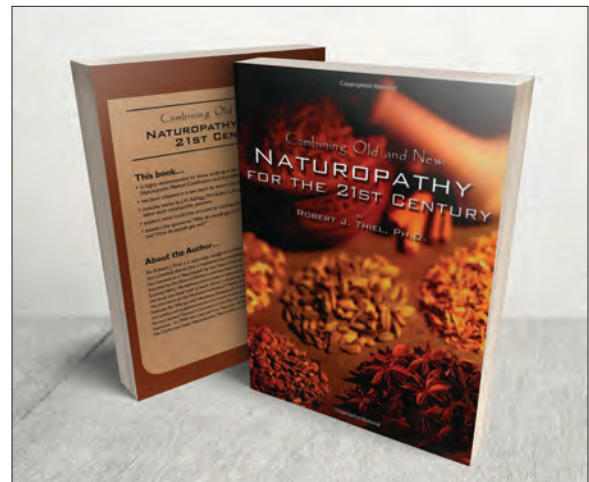
Serious Nutrition Book

Incorporating Clinically Effective Nutrition into Your Practice - This book, written by Robert Thiel, Ph.D., Board-Certified Naturopath and Nutrition Scientist, is a comprehensive book on the use of clinically-effective nutrition. It discusses multiple disease conditions, various types of assessment, provides forms, diets, and more. It contains information on individual nutrients, including individual vitamins, minerals, herbs, glandulars, and amino acids.



Muscle Testing Wall Chart

This international, colorized, chart, titled Reflex Nutrition Assessment, is intended for the wall of your clinic if you perform muscle testing. Not only can it serve as a reminder for possible protocols, it also lets you show your clients what you are checking for. This chart is designed to help you retain clients who may have questions about muscle testing. It is approximately 24 inches long and 18 inches wide.



Naturopathy for the 21st Century

Combining Old and New: Naturopathy for the 21st Century - This book, written by Robert Thiel, Ph.D., Board-Certified Naturopath, is the most comprehensive book currently in print on naturopathy. It explains how people get sick, how people get well, as well as natural interventions often used by naturopaths. It contains writings from many current and historical naturopaths, and even explains advantages of natural Food vitamins and minerals over their synthetic counterparts. In addition to naturopathic schools, Ohio University and Portland State University have used it as a textbook.

PRODUCT

Selection Guide

The first product listed below each category on the following pages is often the first choice. Others on the list should also be considered, but they are simply listed in alphabetical order.

Adrenal Health

Antioxidants

Athletic Performance Support

Bladder Health

Blood Health

Blood Sugar Support

Bone Health

Brain Health

Breast Health

Bronchial Health

Calcium Supplementation

Cardiovascular Support

Cholesterol Metabolism Support

Choline Supplementation

Chromium Supplementation

Copper Supplementation

Cytotrophins, Simply Glandulars

Dairy Free

Dental Health, Gums

Dental Health, Teeth

Detoxification, Blood

Detoxification, Colon

Detoxification, Kidney

Digestion, Biliary System

Digestion, Elimination

Digestion, Flora

Digestion, pH

Digestion, Salivary

Digestion, Upper GI Support

Endocrine Support, Multi

Essential Fatty Acids

Ear Health

Eye Health

Fat Metabolism

Female Hormonal Health

Fertility Support, Female

Fertility Support, Male

Folate Supplementation

Gall Bladder Support

Gluten Free

Homocysteine Management

Hypothalamus Support

Immune Support, Acute

Immune Support, Chronic

Immune Support, Gland Specific

Inositol Supplementation

Iron-Free Multi

Iron Supplementation

**Joint Health and Lubrication
Support**

Kidney Health

Ligament/Tendon Support

Liver Health

Lung Health

Lymphatic Function

Male Hormonal Health

Manganese Supplementation

Meal Replacement

Mental Health

Molybdenum Supplementation

Multivitamin Support

Musculoskeletal Function, Acute

Musculoskeletal Function, Chronic

Nattokinase

Nerve Function

Omega Acids

Oxygen Metabolism

Ovary Health

Pancreas Health

pH Balance, Acidifiers

pH Balance, Alkalizers

pH Balance, Normalizers

Parathyroid Health

Phosphorus Supplementation

Pineal Health

Pituitary Health

Placenta Health

Potassium Supplementation

Prenatal Support

Prenatal Support, Final Month

Protein Shake

Respiratory Function

Selenium Supplementation

Skin and Hair Health

Spinal Support

Spleen Health

Sports Health

Testicle Health

Thyroid Health

Uterus Health

Vanadium Supplementation

Vegetarian Supplementation

Vitamin A, Alpha & Betacarotene

Vitamin B Family Supplementation

Vitamin C Supplementation

Vitamin D Supplementation

Vitamin E Supplementation

Vitamin K Supplementation

Water Balance

Weight Management Support

Wheat Free

Zinc Supplementation



A

Adrenal Health

High Stress Adrenal Anxie-Tone B Stress Complex C Complex	Simply Adrenal Vegetarian Adrenal Vegetarian Tyrosine
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Antioxidants

Herbal Antioxidant Green Vegetable Alkalizer Libida-Life Selenium E	Vitamin-Mineral Vitamin-Mineral Shake Wheat Germ Oil E Zinc Complex
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Athletic Performance Support

Cardio-Power Anxie-Tone Choline Complex	Vitamin-Mineral Vitamin-Mineral Shake Wheat Germ Oil E
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B

Bladder Health

Arginase Bladder Green Vegetable Alkalizer	Thymo-Immune Vira-Bac-YST Uro-Kid Support
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Blood Health

Hematic Formula Green Vegetable Alkalizer	Nattokinase
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Blood Sugar Support

Gluco-Sugar-Balance B Stress Complex Simply Pancreas	Vitamin-Mineral Vitamin-Mineral Shake
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Bone Health

Cal-Mag Complex Calcium Complex	Calci-Chew Vitamin-Mineral
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Brain Health

Serious Brain Enhancer	Omega 3/EPA/DHA Wheat Germ Oil E
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Breast Health

Simply Mammary	Le Feminine Advantage
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Bronchial Health

Aller-Lung Support Intracellular Cough	Simply Lung Thymo-Immune
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C

Calcium Supplementation

Calcium Complex Advanced Joint Complex	Cal-Mag Complex Calci-Chew
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Cardiovascular Support

Cardio-Power Co-Q10 Cardio	Simply Cardio
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Cholesterol Metabolism Support

Cholester-Right Choline Complex GB Support	Inositol Complex Liva DeTox & Support Vitamin-Mineral Shake
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Choline Supplementation

Choline Complex Anxie-Tone	Vitamin-Mineral Vitamin-Mineral Shake
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Chromium Supplementation

Gluco-Sugar-Balance Metabolic Thyro Migratrol	Vitamin-Mineral Vitamin-Mineral Shake
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Copper Supplementation

Vitamin-Mineral



Cytotrophins, Simply Glandulars

Simply Adrenal	Simply Pancreas
Simply Cardio	Simply Spleen
Simply Hypothalamus	Simply Thymus
Simply Liver	Simply Thyroid
Simply Lung	Simply Uterus
Simply Mammary	All other glandular-containing Products.
Simply Orchic	
Simply Ovary	

Digestion, Elimination

GB Support	Para-Dysbio-Zyme
Digesti-Pan	Probio-Zyme-YST
Magnesium Complex	Pro-Enzymes

Digestion, Flora

Probio-Zyme-YST	Pro-Enzymes
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Digestion, pH

Probio-Zyme-YST	Digesti-Pan
Green Vegetable Alkalizer	Land and Sea Minerals

Digestion, Salivary

Complete Smell & Taste

Digestion, Upper GI Support

Digesti-Pan	Pro-Enzymes
Land and Sea Minerals	Simply Pancreas

D

Dairy Free

All products are dairy-free except Probio-Zyme-YST

Dental Health, Gums

C Complex	Herbal Antioxidant
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Dental Health, Teeth

Cal-Mag Complex	Dento-Gums
Calci-Chews	Vitamin-Mineral

Detoxification, Blood

Detox-N-Cleanse	Liva DeTox & Support
Green Vegetable Alkalizer	Simply Liver
	Simply Spleen

Detoxification, Colon

Probio-Zyme-YST	Digesti-Pan
Arginase Bladder	GB Support
Detox-N-Cleanse	Para-Dysbio-Zyme

Detoxification, Kidney

Arginase Bladder	Liva DeTox & Support
Uro-Kid Support	

Digestion, Biliary System

GB Support	Liva DeTox & Support
Beetafood	Simply Liver
Choline Complex	Simply Spleen

E

Endocrine Support, Multi

Intracellular Cough	Le Feminine Advantage
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Essential Fatty Acids

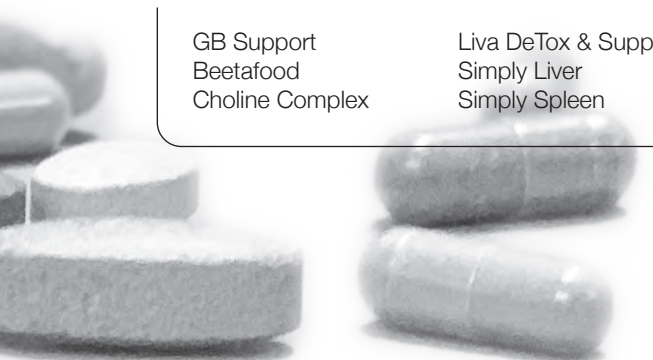
Omega 3/EPA/DHA	Wheat Germ Oil E
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Ear Health

Complete Ear Health	Vitamin-Mineral
Advanced Joint Health	

Enzomorphogens (EMG)

Hypothalamus EMG	Thymus EMG
Pituitary EMG	Thyroid EMG
Spleen EMG	



Eye Health

Complete Eye Health Vitamin-Mineral	Green Vegetable Alkalizer
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F

Fat Metabolism

GB Support Choline Complex Inositol Complex	Liva DeTox & Support Pro-Enzymes
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Female Hormonal Health

Le Feminine Advantage Complete Ear Health Libida-Life Pituitary EMG Simply Mammary	Simply Ovary Simply Uterus Vitamin-Mineral Vitamin B6, B12, & Folate
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Fertility Support, Female

Simply Ovary Libida-Life	Vitamin-Mineral
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Fertility Support, Male

Prosta-Power Libida-Life	Simply Orchic Vitamin-Mineral
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Folate Supplementation

Vitamin B6, B12 & Folate	Vitamin-Mineral Vitamin-Mineral Shake
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G

Gall Bladder Support

GB Support Beetafood	Digesti-Pan
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Gluten Free

All products are gluten-free except these:

A-C-P Complex	G Complex
Beetafood	Liver Complex
Calci-Chew	Nerve Chex
Catalyst Complex	Probio-Zyme-YST
Complex B	Wheat Germ Oil E
Dento-Gums	

H

Homocysteine Management

Vitamin B6, B12, & Folate	B Stress Complex GB Support
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Hypothalamus Support

Simply Hypothalamus Anxie-Tone	Hypothalamus EMG Restful Mind Support
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I

Immune Support, Acute

Thymo-Immune C Complex Conga-Immune Herbal Antioxidant	Thymus EMG Vira-Bac-YST Vira-Chron Zinc Complex
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Immune Support, Chronic

Thymo-Immune Conga-Immune Intracellular Cough Simply Spleen	Thymus EMG Vira-Bac-YST Vira-Chron
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Immune Support, Gland Specific

Arginase Bladder Cal-Mag Complex Cardio-Power Complete Ear Health Complete Eye Health Complete Smell & Taste High Stress Adrenal Hypothalamus EMG Parathyroid Plus Pituitary EMG Restful Mind Support Simply Adrenal Simply Cardio Simply Hypothalamus Simply Liver	Simply Lung Simply Mammary Simply Orchic Simply Ovary Simply Pancreas Simply Spleen Simply Thymus Simply Thyroid Simply Uterus Spleen EMG Thymus EMG Thyroid EMG Uro-Kid Support Vegetarian Adrenal Vegetarian Thyro
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Inositol Supplementation

Inositol Complex Anxie-Tone	Vitamin-Mineral Vitamin-Mineral Shake
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Iron-Free Multi

Vitamin & Mineral Shake

Iron Supplementation

Hematic Formula Vitamin-Mineral

J

Joint Health and Lubrication Support

Advanced Joint Complex Inflam-Enzymes
Cal-Mag Complex Magnesium Complex
Omega 3 /EPA/DHA

K

Kidney Health

Uro-Kid Support Arginase Bladder
A-C-P Complex

L

Ligament/Tendon Support

Inflam-Enzymes Liga-Complex
Cal-Mag Complex Magnesium Complex
Cardio-Power

Liver Health

Liva DeTox & Support GB Support
Aller-Lung Support Inositol Complex
Choline Complex Liver Complex
Green Vegetable Simply Liver
Alkalizer

Lung Health

Simply Lung Land and Sea
Aller-Lung Support Minerals

Lymphatic Function

Simply Spleen Spleen EMG
A-C-P Complex Thymo-Immune
Aller-Lung Support Intracellular Cough
Simply Thymus

M

Male Hormonal Health

Prosta-Power Simply Orchic
Libida-Life

Magnesium Supplementation

Magnesium Complex Cal-Mag Complex
Advanced Joint Complex Inflam-Enzymes

Manganese Supplementation

Inflam-Enzymes Vitamin-Mineral
Cal-Mag Complex Vitamin-Mineral Shake

Meal Replacement

Vitamin & Mineral Shake

Mental Health

Serious Brain Enhancer Libida-Life
Anxie-Tone Complex B Magnesium Complex
High Stress Adrenal Metabolic Thyro
Hypothalamus EMG Mineral Tran
Inositol Complex Migratrol
Le Feminine Nerve Chex
Advantage Restful Mind Support
Land and Sea Simply Hypothalamus
Minerals Simply Orchic
Wheat Germ Oil E

Molybdenum Supplementation

Vitamin-Mineral Vitamin-Mineral Shake

Multivitamin Support

Vitamin-Mineral Green Vegetable
B Stress Complex Alkalizer
Catalyst Complex Vitamin-Mineral Shake

Musculoskeletal Function, Acute

Inflam-Enzymes Magnesium Complex
Advanced Joint Complex Omega 3 EPA/DHA

Musculoskeletal Function, Chronic

Cal-Mag Complex D Complex
Advanced Joint Complex Omega 3 EPA/DHA

N

Nattokinase

Nattokinase

Nerve Function

Anxie-Tone Serious Brain Enhancer
Choline Complex Simply Hypothalamus
Inositol Complex Vegetarian Tryptophan
Libida-Life Vegetarian Tyrosine
Omega 3 EPA/DHA Wheat Germ Oil E
Restful Mind Support

O

Omega Acids

Omega 3/EPA/DHA Wheat Germ Oil E

Oxygen Metabolism

Cardio-Power Herbal Antioxidant
C Complex Selenium E
Co-Q10 Cardio Wheat Germ Oil E
Hematic Formula

Ovary Health

Simply Ovary Le Feminine Advantage

P

Pancreas Health

Simply Pancreas Gluco-Sugar-Balance
Digesti-Pan Vitamin-Mineral

pH Balance, Acidifiers

Digesti-Pan Arginase Bladder

pH Balance, Alkalizers

Green Vegetable Alkalizer

pH Balance, Normalizers

Probio-Zyme-YST

Parathyroid Health

Cal-Mag Complex Parathyroid Plus

Phosphorus Supplementation

Green Vegetable Alkalizer

Pineal Health

Restful Mind Support Vegetarian Tryptophan

Pituitary Health

Pituitary EMG Migratrol
Vegetarian Thyro Restful Mind Support

Placenta Health

Simply Uterus

Potassium Supplementation

Green Vegetable Alkalizer *All food products naturally contain potassium*

Prenatal Support

Vitamin-Mineral Calcium Complex Hematic Formula Magnesium Complex

Prenatal Support, Final Month

Simply Uterus Calcium Complex
Vitamin-Mineral Magnesium Complex

Protein Shake

Vitamin-Mineral Shake

R

Respiratory Function

Aller-Lung Support Intracellular Cough Simply Lung	Thymo-Immune Vira-Bac-YST
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Thyroid Health

Metabolic Thyro Green Vegetable Alkalizer Migratrol Mineral Tran Selenium E	Simply Hypothalamus Simply Thyroid Thyroid EMG Vegetarian Thyro Vegetarian Tyrosine Vitamin-Mineral
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S

Selenium Supplementation

Selenium E Cardio-Power Complete Eye Health	Prosta-Power Serious Brain Enhancer Vitamin-Mineral
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Uterus Health

Simply Uterus Libida-Life	Le Feminine Advantage
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Skin and Hair Health

Vitamin-Mineral Green Vegetable Alkalizer	Omega 3/EPA/DHA Wheat Germ Oil E Zinc Complex
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V

Vanadium Supplementation

Gluco-Sugar-Balance	Vitamin-Mineral
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Sleep

Restful Mind Support Pituitary EMG Calcium Complex G Complex	Le Feminine Advantage Magnesium Complex Simply Ovary
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Vegetarian Supplementation

Aller-Lung Support B Stress Complex C Complex Cal-Mag Complex Calcium Complex Cholester-Right Choline Complex Co-Q10 Cardio D Complex Detox-N-Cleanse Gluco-Sugar-Balance Green Vegetable Alkalizer Hematic Formula Herbal Antioxidant Inflam-Enzymes Inositol Complex Libida-Life	Magnesium Complex Nattokinase Para-Dysbio-Zyme Pro-Enzymes Probio-Zyme-YST Selenium E Vegetarian Adrenal Vegetarian Thyro Vegetarian Tryptophan Vegetarian Tyrosine Vira-Bac-YST Vira-Chron Vitamin-Mineral Vitamin-Mineral Shake Vitamin B6, B12, & Folate Wheat Germ Oil E Zinc Complex
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Spinal Support

Inflam-Enzymes Advanced Joint Complex	Cal-Mag Complex Magnesium Complex Omega 3/EPA/DHA
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Spleen Health

Simply Spleen	Spleen EMG
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Sports Health

Cardio-Power Advanced Joint Complex Vitamin-Mineral	Vitamin-Mineral Shake Wheat Germ Oil E Simply Cardio
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Vitamin A, Alpha & Betacarotene

Vitamin-Mineral	Vitamin-Mineral Shake
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T

Testicular Health

Simply Orchic Libida-Life	Prosta-Power Zinc Complex
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Vitamin B Family Supplementation

B Stress Complex Anxie-Tone Cardio-Power Complex B Hematic Formula	Vitamin-Mineral Vitamin-Mineral Shake Vitamin B6, B12, & Folate
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Vitamin C Supplementation

C Complex	Hematic Formula
Advanced Joint Complex	Herbal Antioxidant
Anxie-Tone	High Stress Adrenal
B Stress Complex	Serious Brain Enhancer
Cal-Mag Complex	Thymo-Immune
Cardio-Power	Vitamin-Mineral
Complete Eye Health	Vitamin-Mineral Shake

Vitamin D Supplementation

D Complex	Cal-Mag Complex
Advanced Joint Complex	Vitamin-Mineral
	Vitamin-Mineral Shake

Vitamin E Supplementation

Selenium E	Prosta-Power
Cardio-Power	Vitamin-Mineral
Complete Eye Health	Vitamin-Mineral Shake
Herbal Antioxidant	Wheat Germ Oil E

Vitamin K Supplementation

Green Vegetable Alkalizer	Vitamin-Mineral
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W

Water Balance

Arginase Bladder	Uro-Kid Support
Green Vegetable Alkalizer	

Weight Management Support

<i>All thyroid support products</i>	Vitamin-Mineral
Gluco-Sugar-Balance	Vitamin & Mineral Shake
Green Vegetable Alkalizer	

Wheat Free

All products are wheat-free except Beetafood, Catalyst Complex, Complex B, G Complex, Liver Complex, Nerve Chex, Probio-Zyme-YST and Wheat Germ Oil E

Z

Zinc Supplementation

Zinc Complex	Vitamin-Mineral
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PRODUCT

INGREDIENT/COMPONENT CROSS REFERENCE

The ingredients and components in this list are often in multiple products. The products are simply listed in alphabetical order. Not all products are listed (mainly if the amount was quite low). A component is something that is naturally present in the food, but not necessarily added as a separate ingredient—nor is its presence necessarily tested for.

For example, while products with bovine tracheal cartilage naturally contain chondroitin sulfate and glucosamine sulfate, those items are not extracted out of it in our products.

A

Acerola

Advanced Joint Complex	Detox-N-Cleanse G Complex
A-C-P Complex	Inflam-Enzymes
Aller-Lung Support	Intracellular Cough
Anxie-Tone	Liga Complex
Arginase Bladder	Nerve Chex
Cardio-Power	Serious Brain Enhancer
Catalyst Complex	Thymo-Immune
CoQ10-Cardio	Uro-Kid Support
Complete Eye Health Complex B	Vegetarian Adrenal
Conga-Immune	Vitamin-Mineral
Dento-Gums	Vitamin-Mineral Shake

Adrenal, Bovine

High Stress Adrenal	Liver Complex
A-C-P Complex	Metabolic Thyro
Catalyst Complex	Migratrol
Complex B	Simply Adrenal (an alternative could be Vegetarian Adrenal)
Dento-Gums	
Liga Complex	

African Pygeum

Prosta-Power

Alfalfa

Advanced Joint Complex	D Complex
A-C-P Complex	Green Vegetable Alkalizer
Anxie-Tone	Land & Sea Minerals
Beetafood	Metabolic Thyro
Catalyst Complex	Vitamin-Mineral Shake

Algae, Brown

Vegetarian Thyro (as laminaria digitata)

Allantoinin

G Complex

Almonds

Para-Dysbio-Zyme

Aloe Vera

Advanced Joint Complex Metabolic Thyro

Alpha-Linolenic Acid

Serious Brain Enhancer (in flax)

Alpha Lipoic Acid

Serious Brain Enhancer

Amygladin

Para-Dysbio-Zyme Vira-Bac-YST
Serious Brain Enhancer

Amylase

Digesti-Pan Pro-Enzymes
Vitamin-Mineral Shake

Angelica

Vira-Chron

Aorta, Bovine

Cardio-Power Intracellular Cough

Apple Pectin

Cholester-Right Detox-N-Cleanse

Arginase

Arginase Bladder Simply Liver
Liva DeTox & Support

Artemisia Annua

Para-Dysbio-Zyme

Astragalus

Libida-Life

B

Barley Grass

Green Vegetable Vitamin-Mineral Shake
Alkalizer

Beans, Winged

Vegetarian Tyrosine (as princess pea)

Beet Root

Arginase Bladder Liga Complex
Beetafood Liva Detox & Support
Complex B Liver Complex
Digesti-Pan Vira-Bac-YST
GB Support Vitamin B6, B12, &
Hematic Formula Folate

Benfotiamine (in garlic)

Cardio-Power Thymo-Immune
Liva DeTox & Support Uro-Kid Support
Para-Dysbio-Zyme

Berberine

Gluco-Sugar-Balance

Betacarotene

Complete Eye Health Herbal Antioxidant
A-C-P Complex Liga Complex
Beetafood Vitamin-Mineral
Catalyst Complex Vitamin-Mineral Shake

Beta-Glucans

Cholester-Right

Betaine HCL

Digesti-Pan Liver Complex
Calcium Lactate + Nerve Chex
G Complex

Beta-Sitosterol

Prosta-Power (in saw palmetto)

Bilberry Berries

Complete Eye Health

Bile, Bovine

GB Support

Bioflavonoids

Advanced Joint Conga-Immune
Complex DeTox-N-Cleanse
Aller-Lung Support Hematic Formula
Anxie-Tone Herbal Antioxidant
Arginase Bladder High Stress Adrenal
B Stress Complex Inflam-Enzymes
C Complex Intracellular Cough
Cal-Mag Complex Serious Brain Enhancer
Cardio-Power Thymo-Immune
Complete Eye Health Vegetarian Adrenal
CoQ10-Cardio Vitamin-Mineral

Biotin, Food

Anxie-Tone Vitamin-Mineral
B Stress Complex Vitamin-Mineral Shake

Bitter Melon

Gluco-Sugar-Balance

Black Cohosh

Le Feminine Advantage

Black Walnut

Para-Dysbio-Zyme

Bone Marrow

Conga-Immune Dento-Gums
A-C-P Complex Liga Complex
Calci-Chew Liver Complex

Bone Meal

A-C-P Complex	Dento-Gums
Calci-Chew	Liga Complex
Catalyst Complex	Liver Complex

Borage Seeds

Advanced Joint Complex	Migratrol
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Boron, Food

Advanced Joint Complex	Vitamin-Mineral
Cal-Mag Complex	Vitamin-Mineral Shake

Brain, Bovine

Serious Brain Enhancer	G Complex
	Nerve Chex

Brazilian Peppertree Bark

Thymo-Immune

Broccoli

Complete Eye Health	Metabolic Thyro
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Bromelain

Aller-Lung Support	Intracellular Cough
Inflam-Enzymes	Para-Dysbio-Zyme

Bromine, Food (in kelp)

Metabolic Thyro	Vegetarian Thyro
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Buckwheat Grass

Arginase Bladder	Uro-Kid Support
Conga-Immune	Vira-Bac-YST

Bupleurum

Vira-Chron

Burdock

Advanced Joint Complex	Para-Dysbio-Zyme
Metabolic Thyro	Vegetarian Thyro

C

Cabbage

Probio-Zyme-YST

Calcium, Food

Advanced Joint Complex	G Complex
Beetafood	Inflam-Enzymes
Cal-Mag Complex	Liga Complex
Calcium Complex	Liver Complex
Calci-Chew	Nerve Chex
	Parathyroid Plus

Caprylic Acid

Probio-Zyme-YST

Caraway

Pro-Enzymes

Carob

Vegetarian Adrenal

Carrots

Arginase Bladder	Intracellular Cough
A-C-P Complex	Liga Complex
Beetafood	Liver Complex
Catalyst Complex	Para-Dysbio-Zyme
Complex B	Thymo-Immune
Calci-Chew	Uro-Kid Support
Complete Eye Health	Vegetarian Thyro
Conga-Immune	Vitamin-Mineral
Dento-Gums	Vitamin-Mineral Shake
GB Support	

Cartilage, Bovine

Advanced Joint Complex	Complete Eye Health
Calci-Chew	Dento-Gums
	Liga Complex

Cayenne Fruit

Advanced Joint Complex

Cellulase

Para-Dysbio-Zyme	Probio-Zyme-YST
Pro-Enzymes	Vitamin-Mineral Shake

Celery

Green Vegetable Alkalizer Vitamin-Mineral Shake

Chaste Tree Berries

Le Feminine Advantage

Chinese Thoroughwax

Complete Ear Health

Chlorella

Detox-N-Cleanse

Chlorophyll (in green plants)

Cal-Mag Complex Green Vegetable
Detox-N-Cleanse Alkalizer
Vira-Bac-YST Vitamin-Mineral

Choline

Anxie-Tone High Stress Adrenal
B Stress Complex Liver Complex
Complex B Serious Brain
Choline Complex Enhancer
G Complex Vitamin-Mineral

Chondroitin Sulfate (in trachea)

Advanced Joint Serious Brain
Complex Enhancer
Complete Eye Health

Chromium GTF, Food

Gluco-Sugar-Balance Migratrol
Land & Sea Minerals Vitamin-Mineral
Metabolic Thyro Vitamin-Mineral Shake

Cilantro

Detox-N-Cleanse

Cinnamon

Gluco-Sugar-Balance Vitamin-Mineral Shake
Probio-Zyme-YST

Citrus Fruits

C Complex High Stress Adrenal
Cal-Mag Complex Vegetarian Adrenal
Cholester-Right Vitamin-Mineral

Citrus Seed Extract

Para-Dysbio-Zyme Probio-Zyme-YST

Clove

Para-Dysbio-Zyme Probio-Zyme-YST

Co-Enzyme Q-10

CoQ10-Cardio Simply Cardio

Cod Liver Oil

Complete Eye Health Liver Complex

Collagen

Advanced Joint Liga Complex
Complex Serious Brain
Complete Eye Health Enhancer

Collinsonia Root

Anxie-Tone Pituitary EMG
Detox-N-Cleanse Spleen EMG
Hypothalamus EMG Thymus EMG
GB Support Thyroid EMG

Copper, Food

Liver Complex Vitamin-Mineral Shake
Vitamin-Mineral

Coptis

Vira-Chron

Cordyceps

Catalyst Complex

Corn Silk

Serious Brain Uro-Kid Support
Enhancer

..... **D**

Damiana

Prosta-Power

Dandelion

Uro-Kid Support

Date

Calci-Chew

Deoxyribonucleic Acid

Serious Brain Enhancer

Devil's Claw

Advanced Joint Complex

DHEA (in bovine adrenals)

High Stress Adrenal Migratrol
Metabolic Thyro Simply Adrenal

Diindolylmethane (in broccoli)

Complete Eye Health Metabolic Thyro

Dong Quai Root

Migratrol Vegetarian Thyro

..... **E**

Ear, Fish

Complete Ear Health

Echinacea Root

Conga-Immune Thymo-Immune
A-C-P Complex

Elderberry

Intracellular Cough

Eleuthero Root

Herbal Antioxidant Serious Brain Enhancer
High Stress Adrenal Thymo-Immune

Endothelium/Epithelium

Advanced Joint Serious Brain
Complex Enhancer

Enzymes, Digestive

Aller-Lung Support Para-Dysbio-Zyme
Digesti-Pan Probio-Zyme-YST
Inflam-Enzymes Pro-Enzymes

Essential Fatty Acids

Complete Eye Health Serious Brain Enhancer
Migratrol Wheat Germ Oil E
Omega 3/EPA/DHA

Essential Monosaccharides; All

Metabolic Thyro

Eye, Fish

Complete Eye Health

Eyebright

Complete Eye Health

..... **F**

Fenugreek

Aller-Lung-Support Gluco-Sugar-Balance

Feverfew Leaves

Migratrol

Figs

Para-Dysbio-Zyme

Fiber

Calcium Complex	Vitamin B-6, B-12, &
Hematic Formula	Folate
Magnesium Complex	Vitamin-Mineral Shake

Fish Oil, Herring

Omega 3/EPA/DHA

Flavonoids

Advanced Joint Complex	Complete Eye Health
Anxie-Tone	Hematic Formula
B Stress Complex	Herbal Antioxidant
C Complex	High Stress Adrenal
Cal-Mag Complex	Serious Brain Enhancer
Cardio-Power	Thymo-Immune
	Vitamin-Mineral

Flaxseeds

Beetafood	Liver Complex
Le Feminine Advantage	Prosta-Power
Liga Complex	Serious Brain Enhancer

Folate, Food (Vitamin B9)

Anxie-Tone	Vegetarian Adrenal
B Stress Complex	Vegetarian Thyro
Cardio-Power	Vitamin-Mineral
Hematic Formula	Vitamin-Mineral Shake
High Stress Adrenal	Vitamin B-6, B-12, &
Serious Brain Enhancer	Folate

Folic Acid

No FOOD product supplies folic acid as it is not food. Foods supply folate as vitamin B9 source.

Forsythia

Vira-Chron

French Lilac

Gluko-Sugar-Balance

G

Gambir

Uro-Kid Support

Gamma Linolenic Acid

Migratrol	Wheat Germ Oil E
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Gardenia

Vira-Chron

Garlic

Cardio-Power	Liva DeTox & Support
Cholester-Right	Para-Dysbio-Zyme
Conga-Immune	Probio-Zyme-YST
CoQ10-Cardio	Thymo-Immune
Detox-N-Cleanse	Uro-Kid Support

Gelatin. Bovine

Omega 3/EPA/DHA

Gentian Root

Pro-Enzymes

Ginger Root

Cholester-Right	Herbal Antioxidant
Digesti-Pan	

Ginkgo Biloba

Anxie-Tone	Complete Eye Health
Complete Ear Health	Herbal Antioxidant

Glandulars, Cytotrophins

Advanced Joint Complex	Restful Mind Support
Anxie-Tone	Serious Brain Enhancer
Arginase Bladder	Simple Adrenal
Cardio-Power	Simply Cardio
Complete Ear Health	Simply Hypothalamus
Complete Eye Health	Simply Liver
Digesti-Pan	Simply Lung
GB Support	Simply Mammary
High Stress Adrenal	Simply Orchic
Intracellular Cough	Simply Ovary
Le Feminine Advantage	Simply Pancreas
Liva DeTox & Support	Simply Spleen
Metabolic Thyro	Simply Thymus
Migratrol	Simply Thyroid
Parathyroid Plus	Simply Uterus
Prosta Power	Thymo Immune
	Uro-Kid Support

Glucoamylase

Digesti-Pan Pro-Enzymes

Glucosamine Sulfate (in trachea)

Advanced Joint Complex Complete Eye Health Serious Brain Enhancer

Glycerthiza

Vira-Chron

Goat's Rue

Gluco-Sugar-Balance

Goldenseal

Para-Dysbio-Zyme, Thymo-Immune

Grape Seed/Skin Extract

Advanced Joint Complex Libida-Life Serious Brain Enhancer

Grapefruit Seed Extract

Para-Dysbio-Zyme Probio-Zyme-YST

Guar Gum

Metabolic Thyro

Guggul Gum

Cholester-Right

Gymnema Sylvestre

Gluco-Sugar-Balance

H

Hawthorn

Cardio-Power Cholester-Right CoQ10-Cardio

Heart, Bovine

Cardio-Power Intracellular Cough Simply Cardio

Heartsease

Probio-Zyme-YST

Hemp

Vitamin-Mineral Shake

Horsetail Herb

Advanced Joint Complex Cal-Mag Complex

Hydrochloric Acid

Digesti-Pan

Hypothalamus, Bovine

Anxie-Tone High Stress Adrenal Hypothalamus EMG Intracellular Cough Restful Mind Support Simply Hypothalamus

Icelandic Moss

Liga Complex Liver Complex

Indole-3-Carbinol (in broccoli)

Complete Eye Health Metabolic Thyro

Inositol, Food

Anxie-Tone B Stress Complex High Stress Adrenal Inositol Complex Liga Complex Liver Complex Serious Brain Enhancer Vitamin-Mineral

Invertase

Digesti-Pan Pro-Enzymes

Iodine, Food

Beetafood	Vegetarian Thyro
Complex B	Vitamin-Mineral
Liver Complex	Vitamin-Mineral Shake
Metabolic Thyro	

Irish Moss

Arginase Bladder	Vegetarian Thyro
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Iron, Food

Hematic Formula	Vitamin-Mineral
Liver Complex	Vitamin-Mineral Shake

Isoflavones (in red clover)

Le Feminine Advantage

J

Jerusalem Artichoke

Probio-Zyme-YST

Juniper Berries

Intracellular Cough

K

Kelp/Sea Vegetables

Anxie-Tone	Nerve Chex
Cholester-Right	Vegetarian Adrenal
High Stress Adrenal	Vegetarian Thyro
Land & Sea Minerals	Vitamin-Mineral Shake
Metabolic Thyro	

Kidney, Bovine

Arginase Bladder	Liga Complex
A-C-P Complex	Liver Complex
Beetafood	Uro-Kid Support
Catalyst Complex	

Korean Red Ginseng

Prosta-Power

L

L-Arginase

Arginase Bladder

L-Arginine

Libida-Life

L-Carnitine

Serious Brain Enhancer

L-Carnosine

Serious Brain Enhancer

L- Cysteine

Cysteine is naturally in all products that contain glandulars, as well as those with *Saccharomyces cerevisiae*.

L-Glutamine

Glutamine is found in all glandular products.

L-Methionine

Detox-N-Cleanse (in sesame seeds), Serious Brain Enhancer	<i>L-Methionine is also found in all glandular products.</i>
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L-Ornithine

Libida-Life

L-Phenylalanine

Vegetarian Tyrosine and all glandular containing products.

L-Serine

Vegetarian Adrenal

L-Tryptophan

Restful Mind Support Vegetarian Tryptophan	<i>and all glandular containing products</i>
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L-Tyrosine

Anxie-Tone	Vegetarian Adrenal
High Stress Adrenal	Vegetarian Thyro
Metabolic Thyro	Vegetarian Tyrosine
Serious Brain Enhancer	

Lactase

Digesti-Pan	Vitamin-Mineral Shake
Pro-Enzymes	

Lactobacilli

Pro-Enzymes	Vitamin-Mineral Shake
Probio-Zyme-YST	

Lactobacillus Bulgaricus

Catalyst Complex	Parathyroid Plus
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Lactose

Probio-Zyme-YST

Lecithin, Soy

A-C-P Complex	G Complex
Beetafood	Intracellular Cough
Catalyst Complex	Liga Complex
Complex B	Serious Brain Enhancer

Lemon Balm

Restful Mind Support

Licorice Root

Dento-Gums

Linseed

Le Feminine	Serious Brain
Advantage	Enhancer
Prosta-Power	

Lipase

Digesti-Pan	Pro-Enzymes
Para-Dysbio-Zyme	Vitamin-Mineral Shake

Lipoic Acid

Serious Brain Enhancer

Liver, Bovine

Arginase Bladder	Liva DeTox & Support
Beetafood	Liver Complex
Cardio-Power	Metabolic Thyro
Catalyst Complex	Migratrol
Complex B	Nerve Chex
Conga-Immune	Thymo-Immune
Intracellular Cough	Simply Liver
Liga Complex	Uro-Kid Support

Lonicera

Vira-Chron

Lung

Simply Lung

Lutein

Complete Eye Health

Lycopene

Complete Eye Health	Vegetarian Adrenal
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Lymph, Bovine

Conga-Immune	Intracellular Cough
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M

Maca

Libida-Life	Prosta-Power
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Magnesium, Food

Advanced Joint	Liver Complex
Complex	Magnesium Complex
Beetafood	Migratrol
Cal-Mag Complex	Nerve Chex
Infam-Enzymes	Pro-Enzymes

Magnolia

Vira-Chron

Maitaki Mushroom

A-C-P Complex	Catalyst Complex
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Maltase

Green Vegetable Alkalizer Vitamin-Mineral Shake

Mammary, Bovine

Simply Mammary

Manganese, Food

Cal-Mag Complex Nerve Chex
Complex B Pro-Enzymes
Inflam-Enzymes Vitamin-Mineral
Liga Complex Vitamin-Mineral Shake

Medulla, Bovine

Serious Brain Enhancer

Milk Thistle

Beetafood Libida-Life
Herbal Antioxidant, Liva DeTox & Support

Modified Citrus Pectin

Detox-N-Cleanse

Molybdenum, Food

Vitamin-Mineral Vitamin-Mineral Shake

Monosaccharides, Essential All

Metabolic Thyro

Moutan

Vira-Chron

Muira-Puama

Prosta-Power

N

N-Aceytl-L-Cysteine

Complete Ear Health Gluco-Sugar-Balance

Nattokinase

Nattokinase

Neem Oil

Dento-Gums

Nettle Leaf

Aller-Lung Support

Niacinamide, Food

Anxie-Tone Liver Complex
B Stress Complex Migratrol
Complex B Nerve Chex
G Complex Vitamin-Mineral
High Stress Adrenal Vitamin-Mineral Shake

O

Okra (fruit)

Digesti-Pan

Olive Leaf

Probio-Zyme-YST Vira-Chron
Vira-Bac-YST

Omega-3

Complete Eye Health Omega 3/ EPA/ DHA
Le Feminine Serious Brain
Advantage Enhancer

Omega-6

Complete Eye Health Serious Brain
Le Feminine Enhancer
Advantage Wheat Germ Oil E

Orange, Bitter

Aller-Lung Support

Orange, Fruit

C Complex Vitamin-Mineral
Hematic Formula Vitamin-Mineral Shake

Orchic, Bovine

Beetafood
Liver Complex
Nerve Chex

Prosta-Power
Simply Orchic

Oregano, Wild

Probio-Zyme-YST
Vira-Bac-YST

Vira-Chron

Ovary, Bovine

Le Feminine Advantage
Restful Mind Support

Simply Ovary

P

Panax Ginseng

Prosta-Power

Pancreas, Ovine or Bovine

Digesti-Pan
Complex B
Serious Brain Enhancer

Simply Pancreas
Uro-Kid Support

Pantothenate, Food

Anxie-Tone
B Stress Complex,
High Stress Adrenal

Vegetarian Adrenal
Vitamin-Mineral
Vitamin-Mineral Shake

Papain

Inflam-Enzymes

Para-Amino Benzoic Acid (PABA)

Complex B
G Complex

Liga Complex
Nerve Chex

Parathyroid, Bovine

Intracellular Cough

Parathyroid Plus

Parotid, Bovine

Anxie-Tone
Complete Smell & Taste

Restful Mind Support
Thymo-Immune

Parsley Leaf

Green Vegetable
Alkalizer

Catalyst Complex
Vitamin Mineral Shake

Passion Fruit

Anxie-Tone

Intracellular Cough

Pea

Arginase Bladder

Vegetarian Tyrosine

Peppermint/Peppermint Leaf

Calcium Lactate +

Vitamin-Mineral Shake

Pepsin

Digesti-Pan

Phellodendron

Vira-Chron

Phosphorus, Food

All FOOD products contain phosphorus.

Pineal, Ovine or Bovine

Intracellular Cough

Restful Mind Support

Pituitary, Bovine

Intracellular Cough
Metabolic Thyro
Migratrol

Pituitary EMG
Restful Mind Support
Serious Brain Enhancer

Policosanol

Cholester-Right

Pomegranate

Cholester-Right

Potassium, Food

All Food products contain potassium, but highest percentage is probably Green Vegetable Alkalizer.

Princess Pea

Vegetarian Tyrosine

Proanthocyanidins

Advanced Joint Complex Serious Brain Enhancer

Probiotics

Pro-Enzymes Vitamin-Mineral Shake
 Probio-Zyme-YST

Prostate, Bovine

Prosta-Power Liver Complex
 Beetafood

Proteolytic Enzymes/Protease

Digesti-Pan Para-Dysbio-Zyme
 Inflam-Enzymes Vitamin-Mineral Shake

Q

Quercitin

Aller-Lung Support

R

Red Beet and/or Beet Leaf

Arginase Bladder Liva DeTox & Support
 Beetafood Pro-Enzymes
 Digesti-Pan Probio-Zyme-YST
 GB Support Uro-Kid Support

Red Clover

Le Feminine Advantage

Resveratrol

Libida-Life

Ribonucleic Acid (RNA)

Liga Complex Serious Brain Enhancer

Riboflavin, Food

Anxie-Tone Liver Complex
 B Stress Complex Migratrol
 G Complex Vitamin-Mineral
 High Stress Adrenal

Rice Bran

Anxie-Tone Conga-Immune
 A-C-P Complex CoQ10-Cardio
 Arginase Bladder Liga Complex
 Catalyst Complex Selenium E
 Cholester-Right Vegetarian Adrenal
 Complete Eye Health Vitamin-Mineral
 Complex B Vitamin-Mineral Shake

Rosemary Leaf

Complete Eye Health Herbal Antioxidant

Rutin (in buckwheat)

Arginase Bladder Uro-Kid Support
 Conga-Immune Vira-Bac-YST

S

Saccharomyces Boulardii

Probio-Zyme-YST

Saccharomyces Cerevisiae

Advanced Joint Complex Inositol Complex
 Libida-Life
 Anxie-Tone Magnesium Complex
 B Stress Complex Metabolic Thyro
 Cal-Mag Complex Migratrol
 Calcium Complex Prosta-Power
 Cardio-Power Selenium E
 Complete Ear Health Serious Brain
 Complete Eye Health Enhancer
 Complete Smell & Taste Thymo-Immune
 Uro-Kid Support
 Conga-Immune Vegetarian Adrenal
 Digesti-Pan Vegetarian Thyro
 D Complex Vitamin-Mineral
 Choline Complex Vitamin & Mineral
 Shake
 Gluco-Sugar-Balance Vitamin B-6, B-12, &
 Hematic Formula Folate
 Herbal Antioxidant Zinc Complex
 High Stress Adrenal
 Inflam-Enzymes

Saw Palmetto

Prosta-Power

Schisandra Fruit

Herbal Antioxidant

Scullcap

Metabolic Thyro

Selenium, Food

Cardio-Power	Selenium E
Complete Eye Health	Serious Brain Enhancer
Herbal Antioxidant	Vitamin-Mineral
Libida-Life	Vitamin-Mineral Shake
Prosta-Power	

Serrapeptase

Inflam-Enzymes

Shiitake Mushroom

Conga-Immune D Complex	Liga Complex
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Siberian Ginseng (Eleuthero Root)

Herbal Antioxidant	Serious Brain Enhancer
High Stress Adrenal	
Thymo-Immune	

Silicon, Food

Advanced Joint Complex	Vitamin-Mineral
Cal-Mag Complex	Vitamin-Mineral Shake

Silymarin (in milk thistle)

Herbal Antioxidant	Liva DeTox & Support
Libida-Life	

Slippery Elm

Detox-N-Cleanse

Sodium, Food (in kelp)

Anxie-Tone	Vegetarian Adrenal
Cholester-Right	Vegetarian Thyro
High Stress Adrenal	Vitamin-Mineral Shake
Metabolic Thyro	

Spanish Black Radish

Liver Complex

Spinach

Green Vegetable Alkalizer	Vitamin-Mineral Shake
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Spirulina

Green Vegetable Alkalizer	Vitamin-Mineral Shake
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Spleen, Bovine

Calcium Lactate + Catalyst Complex	Liga Complex
Conga-Immune	Liver Complex
Dento-Gums	Liva DeTox & Support
Digesti-Pan	Nerve Chex
G Complex	Simply Spleen
Intracellular Cough	Spleen EMG
	Thymo-Immune

Stevia

Vitamin-Mineral Shake

Stinging Nettles

Aller-Lung Support	Vira-Chron
Prosta-Power	

Suma

Prosta-Power

Superoxide Dismutase (SOD)

Advanced Joint Complex	Inositol Complex
Anxie-Tone	Libida-Life
B Stress Complex	Magnesium Complex
Cal-Mag Complex	Metabolic Thyro
Calcium Complex	Migratrol
Cardio-Power	Prosta-Power
Complete Ear Health	Selenium E
Complete Eye Health	Serious Brain Enhancer
Complete Smell & Taste	Thymo-Immune
Conga-Immune	Uro-Kid Support
Digesti-Pan, D Complex	Vegetarian Adrenal
Choline Complex	Vegetarian Thyro
Gluco-Sugar-Balance	Vitamin-Mineral
Hematic Formula	Vitamin & Mineral Shake
Herbal Antioxidant	Vitamin B-6, B-12, & Folate
High Stress Adrenal	Zinc Complex
Inflam-Enzymes	

Sweet Potato

Dento-Gums

T

Thiamin, Food

Anxie-Tone	High Stress Adrenal
B Stress Complex	Vitamin-Mineral

Thyme

Aller-Lung Support

Thymus, Bovine

Anxie-Tone	Simply Thymus
Conga-Immune	Thymo-Immune
Intracellular Cough	Thymus EMG

Thyroid, Bovine

Intracellular Cough	Simply Thyroid (<i>an alternative would be Vegetarian Thyro</i>)
Metabolic Thyro	Thyroid EMG
Migratrol	

Tillandsia

Complete Ear Health	Probio-Zyme-YST
Intracellular Cough	

Tomatoes

Complete Eye Health	Vegetarian Adrenal
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Trachea, Bovine

Advanced Joint Complex	Serious Brain Enhancer
Intracellular Cough	

Turmeric Root

Cholester-Right	Prosta-Power
Herbal Antioxidant	

U

Ubiquinone

Co-Q10 Cardio	Vitamin-Mineral
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Uterus, Bovine

Le Feminine Advantage	Simply Uterus
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Uva Ursi

Intracellular Cough

V

Vanadium, Food

Gluco-Sugar-Balance	Vitamin-Mineral
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Vanilla

Vitamin-Mineral Shake

Vitamin A, Alpha/Betacarotene

Herbal Antioxidant	Vitamin-Mineral Shake
Vitamin-Mineral	

Vitamin B Complex

Anxie-Tone	Vitamin-Mineral
B Stress Complex	Vitamin-Mineral Shake
High Stress Adrenal	

Vitamin B-1 (Thiamin), Food

Anxie-Tone	High Stress Adrenal
B Stress Complex	Vitamin-Mineral
Catalyst Complex	Vitamin-Mineral Shake
Complex B	

Vitamin B-2 (Riboflavin), Food

Anxie-Tone	Migratrol
B Stress Complex	Vitamin-Mineral
Catalyst Complex	Vitamin-Mineral Shake
High Stress Adrenal	

Vitamin B-3 (Niacinamide), Food

Anxie-Tone	Migratrol
B Stress Complex	Vitamin-Mineral
High Stress Adrenal	Vitamin-Mineral Shake

Vitamin B-5 (Pantothenate), Food

Anxie-Tone	Vegetarian Adrenal
B Stress Complex	Vitamin-Mineral
High Stress Adrenal	Vitamin-Mineral Shake

Vitamin B-6, Food

Anxie-Tone	Nerve Chex
B Stress Complex	Serious Brain Enhancer
Beetafood	Vegetarian Adrenal
Cardio-Power	Vegetarian Thyro
Catalyst Complex	Vitamin-Mineral
Complex B	Vitamin-Mineral Shake
G Complex	Vitamin B-6, B-12, &
High Stress Adrenal	Folate
Liver Complex	

Vitamin B-12, Food

Anxie-Tone	Serious Brain Enhancer
B Stress Complex	Vegetarian Adrenal
Cardio-Power	Vegetarian Thyro
G Complex	Vitamin-Mineral
Hematic Formula	Vitamin-Mineral Shake
High Stress Adrenal	Vitamin B-6, B-12, &
Liga Complex	Folate
Nerve Chex	

Vitamin "B-17"

Para-Dysbio-Zyme	Vira-Bac-YST
Serious Brain Enhancer	

Vitamin C, Food

Advanced Joint Complex	Herbal Antioxidant
Anxie-Tone	High Stress Adrenal
C Complex	Intracellular Cough
Cal-Mag Complex	Inflam-Enzymes
Cardio-Power	Serious Brain Enhancer
Complete Eye Health	Thymo-Immune
Conga-Immune	Vegetarian Adrenal
Dento-Gums	Vitamin-Mineral
Hematic Formula	Vitamin-Mineral Shake

Vitamin D, Food

Advanced Joint Complex	Liga Complex
Cal-Mag Complex	Parathyroid Plus
Catalyst Complex	Vitamin-Mineral,
D Complex	Vitamin-Mineral Shake

Vitamin E, Food

A-C-P Complex	Liga Complex
Beetafood	Liver Complex
Cardio-Power	Prosta-Power
Complete Eye Health Complex B	Selenium E
Herbal Antioxidant	Vitamin-Mineral
	Vitamin-Mineral Shake

Vitamin "F"

Complete Eye Health	Serious Brain
Migratrol	Enhancer
Omega 3/EPA/DHA	Wheat Germ Oil E

Vitamin "G" (Riboflavin)

Anxie-Tone	Migratrol
B Stress Complex	Vitamin-Mineral
High Stress Adrenal	Vitamin-Mineral Shake

Vitamin "H" (Biotin)

Anxie-Tone	Vitamin-Mineral
B Stress Complex	Vitamin-Mineral Shake

Vitamin K, Food

Cal-Mag Complex	Vitamin-Mineral
Green Vegetable Alkalizer	

Vitamin "P" (Bioflavonoids)

Advanced Joint Complex	DeTox-N-Cleanse
Aller-Lung Support	Hematic Formula
Anxie-Tone	Herbal Antioxidant
Arginase Bladder	High Stress Adrenal
B Stress Complex	Inflam-Enzymes
C Complex	Intracellular Cough
Cal-Mag Complex	Serious Brain
Cardio-Power	Enhancer
Complete Eye Health	Thymo-Immune
CoQ10-Cardio	Vegetarian Adrenal
Conga-Immune	Vitamin-Mineral

Vitex

Vira-Chron

W

Watercress

Green Vegetable Alkalizer	Vitamin-Mineral Shake
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Wheat Germ

Probio-Zyme-YST

Wheat Germ, defatted

A-C-P Complex	Dento-Gums
Beetafood	G Complex
Calci-Chew	Liga Complex
Catalyst Complex	Liver Complex
Complex B	Nerve Chex

Wheat Germ Oil

Wheat Germ Oil E

Wheat Grass

A-C-P Complex	Liga Complex
Detox-N-Cleanse	Vitamin-Mineral Shake
Green Vegetable Alkalizer	

Winged Bean

Vegetarian Tyrosine

Wild Yam Root

Le Feminine Advantage

X

Xanthium

Vira-Chron

Y

Yucca

Advanced Joint Complex

Z

Zeaxanthin

Complete Eye Health

Zinc

Advanced Joint Complex	Libida-Life
Calci-Chew	Prosta-Power
Complete Eye Health	Vegetarian Thyro
Dento-Gums	Vitamin-Mineral
Herbal Antioxidant	Vitamin-Mineral Shake
High Stress Adrenal	Zinc Complex

The Truth About Vitamins in Nutritional Supplements

ABSTRACT: *Even though natural health professionals agree that humans should not try to consume petroleum derivatives or hydrogenated sugars, most seem to overlook this fact when vitamin supplementation is involved. This paper explains some of the biochemical reasons that food vitamins are superior for humans. It also explains what substances are commonly used to make vitamins in supplements. Furthermore, it explains some of the advantages of food vitamins over the non-food vitamins that are commonly available.*

For decades the 'natural' health industry has been touting thousands of vitamin supplements. The truth is that most vitamins in supplements are made of or processed with petroleum derivatives or hydrogenated sugars [1-5], hence they are synthetic. Even though they are often called natural, most non-food vitamins are isolated substances which are crystalline in structure [1]. Vitamins naturally in food are not crystalline and never isolated. Non-food vitamins are isolates, which means that they are individual chemicals lacking substances that real foods contain. Vitamins found in any real food are chemically and structurally different from those commonly found in 'natural vitamin' formulas. Food vitamins contain a matrix of substances which improve bioavailability and safety. Since they are different, naturally-oriented people should consider non-food vitamins as vitamin analogues (imitations) and not actually vitamins. Whether sold retail or wholesale, nearly all companies sell synthetic vitamins.

The standards of naturopathy agreed to in 1947 (at the Golden Jubilee Congress) included the statements, "Naturopathy does not make use of synthetic or inorganic vitamins...Naturopathy makes use of the healing properties of...natural foods, organic vitamins" [5]. Even back in the 1940s, professionals interested in natural health recognized the value of food, over non-food, vitamins. Also, it should be mentioned that naturopathic definition of organic back then was similar to the official US government definition today--why does this need to be stated? Because one pseudo-naturopath

once told this researcher that a particular brand of synthetic vitamins contained "organic vitamins," because a sales representative had told him so. Sadly, that sales representative either intentionally gave out false information or gave out misleading information--misleading because by its 'scientific' definition, the term 'organic' can mean that it is a carbon containing substance. By that definition all petroleum derivatives (hydro-carbons) are organic. This is false, because those type of vitamins are not organic from the true naturopathic, or even the U.S. government's, perspective.

Officially, according to mainstream science, "Vitamins are organic substances that are essential in small amounts for the health, growth, reproduction, and maintenance of one or more animal species, which must be included in the diet since they cannot



be synthesized at all or in sufficient quantity in the body. Each vitamin performs a specific function; hence one cannot replace another. Vitamins originate primarily in plant tissues” [6]. Isolated non-food ‘vitamins’ (often called ‘natural’ or USP or pharmaceutical grade) are not naturally “included in the diet”, do not necessarily “originate primarily

in plant tissues”, and cannot fully replace all natural vitamin activities. As a natural health professional, you should be able to read and interpret, even misleading supplement labels. For those who are unsure, hopefully this article will provide sufficient information to determine if vitamin tablets are food or imitations.

What is Your Vitamin Really?

Most vitamins in supplements are petroleum extracts, coal tar derivatives, and chemically processed sugar (plus sometimes industrially processed fish oils), with other acids and industrial chemicals (such as formaldehyde) used to process them [1-5]. Synthetic vitamins were originally developed because they cost less [7]. Assuming the non-food product does not contain fish oils,

most synthetic, petroleum-derived, supplements will call their products ‘vegetarian’, not because they are from plants, but because they are not from animals. Most USP ‘vitamins’ are chemical analogues of vitamins, meaning that they are in a chemical form that some scientists say is similar to the forms found in nature. Analogues are NOT the real thing.

Table 1. Composition of Food and Non-Food Vitamins [1-10]

Vitamin	Food Nutrient*	Natural' Vitamin Analogue & Some Process Chemicals
Vitamin A/Betacarotene	Carrots	Methanol, benzene, petroleum esters; acetylene; refined oils
Vitamin B-1	Nutritional yeast, rice bran	Coal tar derivatives, hydrochloric acid; acetonitrole with ammonia
Vitamin B-2	Nutritional yeast, rice bran	Synthetically produced with 2N acetic acid
Vitamin B-3	Nutritional yeast, rice bran	Coal tar derivatives, 3-cyanopyridine; ammonia and acid
Vitamin B-5	Nutritional yeast, rice bran	Condensing isobutyraldehyde with formaldehyde
Vitamin B-6	Nutritional yeast, rice bran	Petroleum ester & hydrochloric acid with formaldehyde
Vitamin B-8	Nutritional yeast, rice bran	Phytin hydrolyzed with calcium hydroxide and sulfuric acid
Vitamin B-9	Nutritional yeast, rice bran	Processed with petroleum derivatives and acids; acetylene
Vitamin B-12	Nutritional yeast	Cobalamins reacted with cyanide
Vitamin 'B-x' PABA	Nutritional yeast	Coal tar oxidized with nitric acid (from ammonia)
Choline	Nutritional yeast, rice bran	Ethylene and ammonia with HCL or tartaric acid
Vitamin C	Acerola cherries, citrus fruits	Hydrogenated sugar processed with acetone
Vitamin D	Nutritional yeast, mushrooms	Irradiated animal fat/cattle brains or solvently extracted
Vitamin E	Nutritional yeast, vegetable oils	Trimethylhydroquinone with isophytol; refined oils
Vitamin H	Nutritional yeast, rice bran	Biosynthetically produced
Vitamin K	Alfalfa	Coal tar derivative; produced with p-allelic-nickel

* Note: Some companies use liver extracts as a source for vitamins A and/or D, and at least one company has a herring oil product supplying some vitamin E. No company this researcher is aware of whose products are made out of 100% food use animal products in any of their multiple vitamins. Some companies also use brewer's yeast which is inferior to nutritional yeast in many ways (including the fact that it has not had the cell wall enzymatically processed to reduce possible sensitivities).

Read The Label to See the Chemical Differences!

Although many doctors have been taught that food and non-food vitamins have the same chemical composition, this is simply untrue for most vitamins. As shown in **table 2**, the chemical forms of food and synthetic nutrients are normally different. Health professionals need to understand that there is no mandated definition of the term ‘natural’ when it comes to vitamin; just seeing that term on a label does not mean that the supplement contains only natural food substances. One of the best ways to

tell whether or not a vitamin supplement contains natural vitamins as found in food is to know the chemical differences between food and non-food vitamins (sometimes called USP vitamins). Because they are not normally in the same chemical form as vitamins found in foods, non-food vitamins should be considered by natural health professionals as vitamin analogues (artificial imitations), and not actually as true vitamins for humans.

Table 2. Chemical Form of Food and Non-Food Vitamins [1-10]

Primary Chemical Vitamin Form in Food	Vitamin Analogue Chemical Form (Often Called Natural*)
Vitamin A/Betacarotene; retinyl esters; mixed carotenoids	Vitamin A acetate; vitamin A palmitate; betacarotene (isolated)
Vitamin B-1; thiamin pyrophosphate (food)	Thiamin mononitrate; thiamin hydrochloride; thiamin HCL
Vitamin B-2; riboflavin, multiple forms (food)	Riboflavin (isolated); USP vitamin B2
Vitamin B-3; niacinamide (food)	Niacin (isolated); niacinamide (isolated)
Vitamin B-5; pantothenate (food)	Pantothenic acid; calcium pantothenate; panthenol
Vitamin B-6; 5’O (beta-D) pyridoxine	Pyridoxine hydrochloride; pyridoxine HCL
Vitamin B-9; folate	Folic acid
Vitamin B-12; methylcobalamin; deoxyadenosylcobalamin	Cyanocobalamin; hydroxycobalamin
Choline (food); phosphatidyl choline (food)	Choline chloride; choline bitartrate
Vitamin C; ascorbate (food); dehydroascorbate	Ascorbic acid; most mineral ascorbates(i.e. sodium ascorbate)
Vitamin D; mixed forms, primarily D3 (food)	Vitamin D1 (isolated); Vitamin D2 (isolated); Vitamin D3 (isolated); Vitamin D4; ergosterol (isolated); cholecalciferol (isolated); lumisterol
Vitamin E; RRR-alpha-tocopherol (food)	Vitamin E acetate; Mixed tocopherols; all-rac-alpha- tocopherol; d-l--alpha-tocopherol; d-alpha-tocopherol (isolated); dl-alpha-tocopheryl acetate; all acetate forms
Vitamin H; biotin	All non-yeast or non-rice vegetarian biotin forms
Vitamin K; phylloquinone (food)	Vitamin K3; menadione; phytonadione; naphthoquinone; dihydro-vitamin K1

* Note: This list is not complete and new analogues are being developed all the time. Also the term “(isolated)” means that if the word “food” is not near the name of the substance, it is probably an isolate (normally crystalline in structure) and is not the same as the true vitamin found in food.

Read the label of any supplement to see if the product is truly 100% food. If even one USP vitamin analogue is listed, then the entire product is probably not food (normally it will be less than 5% food). Vitamin analogues are cheap (or not so cheap) imitations of vitamins found in foods.

Beware of any supplement label that says that its vitamins are vegetarian and contain no yeast. This researcher is unaware of any frequently used vegetarian non-yeast way to produce vitamin D or many of the B vitamins, therefore, if a label states that the product “contains no yeast” then in pretty much all cases, this demonstrates that the product is synthetic or contains items so isolated that they should not be considered to be food.

Saccharomyces cerevisiae (the primary yeast used in baking and brewing) is beneficial to humans and can help combat various infections [11], including, according to the German E monograph, *Candida albicans*. In the text, *Medical Mycology* John Rippon (Ph.D., Mycology, University of Chicago) wrote, “There are over 500 known species of yeast, all distinctly different. And although the so-called bad yeasts do exist, the controversy in the natural foods industry regarding yeast related to health problems which is causing many health-conscious people to eliminate all yeast products from their diet is ridiculous. It should also be noted, that W.

Crook, M.D., perhaps the nation’s best known expert on *Candida albicans*, wrote, “yeasty foods don’t encourage candida growth...Eating a yeast-containing food does not make candida organisms multiply” [12]. Some people, however, are allergic to the cell-wall of yeast [12] and concerned supplement companies which have nutrient-containing yeast normally have had the cell-wall enzymatically processed to reduce even this unlikely occurrence.

Food Vitamins are Superior to Non-Food Vitamins

Although many mainstream health professionals believe, “The body cannot tell whether a vitamin in the bloodstream came from an organically grown cantaloupe or from a chemist’s laboratory” [13], this belief is quite misleading for several reasons.

- *First, it seems to assume that the process of getting the amount of the vitamin into the bloodstream is the same (which is frequently not the case [3-10]).*
- *Secondly, scientists understand that particle size is an important factor in nutrient absorption even though particle size is not detected by chemical assessment.*
- *Thirdly, scientists also understand that, “The food factors that influence the absorption of nutrients relate not only to the nature of the nutrients themselves, but also their interaction with each other and with the nonabsorbable components of food” [14].*
- *Fourthly, “the physiochemical form of a nutrient is a major factor in bioavailability” (and food and non-food vitamins are not normally in the same form) [15]. Fifthly, most non-food vitamins are crystalline in structure [1].*

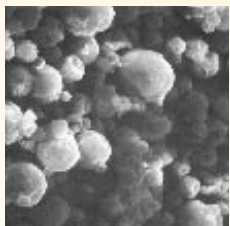
Published scientific research has concluded, “natural vitamins are nutritionally superior to synthetic ones” [8].

Food vitamins are in the physiochemical forms which the body recognizes, generally are not crystalline in structure, contain food factors that affect bioavailability, and appear to have smaller particle sizes (***see illustrations in table 3***). This does not mean that non-food vitamins do not have any value (they clearly do), but it is important to understand that natural food complex vitamins have actually been shown to be better than isolated, non-food, vitamins (see table 4).

Electronic photos demonstrate that isolated USP vitamins have a crystalline appearance compared to vitamins in foods which have more of a rounded appearance (see table 3). Natural Foods are produced as a result of living biological processes and nutrients in them appear to be contained in rounded Food components. USP vitamins are the result of chemical processes which make them be, as well as appear, crystalline in form. The isolated crystallized chemical forms that USP vitamins are never happen in nature.

Table 3. Physical and Structural Differences

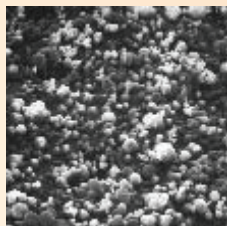
Electronic Photographs



Food Vitamin B-1



USP Vitamin B-1



Food Vitamin C



USP Vitamin C

Even before these types of pictures were available, the late Dr. Royal Lee knew that food vitamin C was superior to ascorbic acid. “Dr. Lee felt it was not honest to use the name ‘vitamin C’ for ascorbic acid. That term ‘should be reserved for the vitamin C COMPLEX” [16]. Why then, according to the ingredients listed in a recent catalog, would a supplement company that Dr. Lee originally founded currently include ascorbic acid, inorganic mineral salts, and/or other isolated nutrients in the majority of its products? Dr. Lee, like the late Dr. Bernard Jensen [17], was also opposed to the use of other isolated, synthetic, nutrients [16].

Dr Lee specifically wrote, “In fact, the Food & Drug laws seem to be suspended where synthetic imitations of good foods are concerned, and actually perverted to prosecute makers and sellers of real products...The synthetic product is always a simple chemical substance, while the natural is a complex mixture of related and similar materials...Pure natural Vitamin E was found three times as potent as pure synthetic Vitamin E. Of course the poisonous nature of the synthetic Vitamin D...is well established. WHY DO NOT THE PEOPLE AND MEDICAL MEN KNOW THESE FACTS? Is it because the commercial promoters of cheap imitation food and drug products spend enough money to stop the leaking out of information?” [18].

Food vitamins are superior. The human body is not intended to utilize unnatural, synthetic, crystalline ‘vitamins.’

Table 4. Comparison of Certain Biological Effects of Food and Non-Food Vitamins

Food Vitamin	Compared to USP/‘Natural’/Non-Food Vitamins
Vitamin A	54% more absorbed into the blood [19]; also more complete, as scientists teach that vitamin A is not an isolate [20]
Vitamin B Complex	More effective in maintaining good health and liver function [21,22]
Vitamin B-1, Thiamin	38% more absorbed into the blood [19]
Vitamin B-2, Riboflavin	92% more retained in the liver [19]
Vitamin B-3, Niacinamide	3.94 times more absorbed into the blood [19]
Vitamin B-5, Pantothenate	57% more absorbed into the blood [19].
Vitamin B-6	2.54 times more absorbed into the blood [19].
Vitamin B-9, Folate	2.13 times more retained in the liver; more utilizable above 266mcg (Recommended Daily Intake is 400mcg) [23] and safer [24].
Vitamin B-12	2.56 times more absorbed into the blood [19]
Vitamin C	Over 15.6 times antioxidant effect [25]; 74% better absorbed into red blood cells [19]
Vitamin D	Over 10 times the antirachitic effect [26]
Vitamin E	Up to 4.0 times the free radical scavenging strength [27]
Vitamin H	Up to 100 times more biotin effect [1]
Vitamin K	Safer for children [28]

The difference is more than quantitative.

Let's take vitamin C for an example. Even if one were to take 3.2 times as much of the so-called natural, non-food, ascorbic acid as food vitamin C, although the antioxidant effects might be similar in vitro, the ascorbic acid still will not contain DHAA [1], nor will it ever have negative oxidative reductive potential (ORP). An in vitro study performed at this researcher's lab with a digital ORP meter demonstrated that a citrus food vitamin C has negative ORP, but that ascorbic acid had positive ORP [29].

It takes negative ORP to clean up oxidative damage [30], and since ascorbic acid has positive ORP (as well as positive redox potential [1]), it can never replace food vitamin C no matter what the quantity! Furthermore, foods which are high in vitamin C tend to have high Oxygen Radical Absorbance Capacity (ORAC, another test which measures the ability of foods and other compounds to subdue oxygen free radicals [25]). A US government study which compared the in vivo effects of a high vitamin C food (containing 80 mg of vitamin C) compared to about 15.6 times as much isolated ascorbic acid (1250 mg) found that the vitamin C-containing food produced the greatest increase in blood antioxidant levels (it is believed that bioflavonoids and other food factors are responsible) [25].

Furthermore, it is even possible isolated ascorbic acid only has in vitro and no in vivo antioxidant effects: "it has not been possible to show conclusively that higher than anti-scorbic intake of {SYNTHETIC} vitamin C has antioxidant clinical benefit" [31]. Why should people take supplemental synthetic ascorbic acid when it has NOT been proven to have significant antioxidant effects in humans?

"Cross sectional and longitudinal studies show that the occurrence of cardiovascular disease and cancer is inversely related to vitamin C intake... the protective effects seen in these studies are attributable to fruit and vegetable {FOOD} intake... In general, beneficial effects of supplemental {SYNTHETIC} vitamin C have been noted in small studies, while large well controlled studies have failed to show benefit" [31]. The other quantitative is that in humans, "Plasma is completely saturated in doses of 400 mg and higher daily producing a steady-state plasma concentration of 80 mM...

Tissues, however, saturate before plasma" [31]. De-emphasizing vitamin C containing foods by attempting to consume higher quantities of isolated ascorbic acid simply will not have the effects on plasma vitamin C levels, ORP, ORAC, or other health aspects that many consumers of isolated ascorbic acid hope it will [3,29,31].

No matter how much isolated ascorbic acid one takes orally:

- 1) *It will never saturate plasma and/or tissue vitamin C levels significantly more than can be obtained by consuming sufficient vitamin C containing foods.*
- 2) *It will never have negative ORP, thus can never 'clean-up' oxidative damage like food vitamin C can.*
- 3) *It will never have the free radical fighting capacity of food vitamin C.*
- 4) *It will never contain DHAA (the other 'half' of vitamin C) or the promoting food factors.*
- 5) *It will never have the same effect on health issues, such as aging and cardiovascular disease as high vitamin C foods can.*
- 6) *It will not ever be utilized the way food vitamin C is.*
- 7) *It will always be a synthetic.*

Let's take vitamin E as another example—the body has a specific liver transport for the type of vitamin E found in food [10]—it does not have this for the synthetic vitamin E forms (nor for the 'new' vitamin E analogues that are frequently marketed)—thus no amount of synthetic vitamin E can truly equal food vitamin E—the human body actually tries to rid itself of synthetic vitamin E as quickly as possible [32]. As another example, it should be understood that certain forms of vitamin analogues of B-6 [19], D [10], and biotin [1] have been shown to have almost no vitamin activity.

Fractionated, synthetic, vitamins do not replace all the natural function of food vitamins in the body. This is due to the fact that they are normally chemically and structurally different from vitamins found in foods (or vitamin supplements made up entirely of foods). They also do not have the naturally occurring food factors which are needed by the body.

Food Vitamins and Non-Food Vitamin Analogues

Vitamin A/Betacarotene

Vitamin A naturally exists in foods, but not as a single compound. Vitamin A primarily exists in the form of retinyl esters, and not retinol and beta carotene is always in the presence of mixed carotenoids with chlorophyll [10]. Vitamin A acetate is from methanol, it is a retinol which is crystalline in structure [1]. Vitamin A palmitate can be fish oil [1] or synthetically derived [2]; but once isolated it bears little resemblance to food and can be crystalline in structure [1,2]. Synthetic betacarotene is “prepared from condensing aldehyde (from acetone) with acetylene” [2]; “not much natural beta-carotene is available due to the high costs of production” [2].

“Beta-carotene has been found to have antioxidant effect in vitro...Whether [ISOLATED] beta-carotene has significant antioxidant effect in vivo is unclear” [33]. Carrots, a food high in betacarotene, do have high antioxidant ability [33,34]. Natural betacarotene, as found in foods, is composed of both all-trans and 9-cis isomers, while synthetic betacarotene is all-trans isomers [35]. Carrots, yellow and green leafy vegetables, and turmeric contain natural betacarotene along with multiple carotenoids. Natural betacarotene was found to significantly decrease serum conjugated diene levels for children exposed to high levels of irradiation, though it is not known if synthetic betacarotene would provide similar benefits [35].

Regarding isolated betacarotene, “The data presented provide convincing evidence of the harmful properties of this compound if given alone to smokers, or to individuals exposed to environmental carcinogens, as a micronutrient supplement” [36]. “The three beta-carotene intervention trials: the Beta Carotene and Retinol Efficacy Trial (CARET), Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study (ATBC), and Physician’s Health Study (PHS) have all pointed to a lack of effect of synthetic beta-carotene in decreasing cardiovascular disease or cancer risk in well-nourished populations. The potential contribution of beta-carotene supplementation to increased risk of lung cancer in smokers has been raised as a significant concern. The safety of synthetic beta-carotene supplements and the role of isomeric forms of beta-carotene (synthetic all-trans versus “natural” cis-trans isomeric mixtures)... have become topics of debate in the scientific and medical communities” [37]. Now, although the consumption of both synthetic

betacarotene and food betacarotene raise serum vitamin A levels about the same, this obscures the fact that synthetic betacarotene tends to mainly increase serums all-trans betacarotene, while food betacarotene increases other forms as well [38].

It is possible that synthetic betacarotene can negatively affect vitamin E’s antioxidant ability as a clinical study found, “These results support earlier findings for the protective effect of a-tocopherol against LDL oxidation, and suggest that beta-carotene participates as a prooxidant in the oxidative degradation of LDL under these conditions. Since high levels of alpha-tocopherol did not mitigate the prooxidative effect of beta-carotene, these results indicate that increased LDL beta-carotene may cancel the protective qualities of alpha-tocopherol” [39]. In a consumer-directed publication, Stephen Sinatra (M.D.) observes, “Research has shown that high doses of synthetic beta-carotene—the kind found in many popular brands—may actually increase your risk for lung cancer. Because at high levels it can become prooxidative—exactly the opposite of what you want...I’ve seen harmful effects (such as serious vision loss) in people who have taken up to 80,000 IU of beta-carotene per day. The bottom line is: Less is more when it comes to beta-carotene. To be safe I recommend between 12,500 and 25,000 IU of beta-carotene per day from food sources such as carrots” [40].

In my opinion, betacarotene in carrots, however, is safer than even Dr. Sinatra suggests (there is about 12,000 i.u. of betacarotene in one raw carrot). The reason for this is because betacarotene in carrots is attached to lipoproteins which appear to aid in preventing toxicity. Isolated USP betacarotene, even if it allegedly comes from “natural” sources, simply does not have the attached lipoproteins or other potentially protective substances as found in foods like carrots.

While isolated synthesized vitamin A and polar bear livers have posed toxicity issues, this is simply not considered to be the case of any other food that is supplying vitamin A/beta-carotene [41,42]. An animal study concluded that Food vitamin A is probably less toxic than USP isolated form and was 1.54 times more absorbed into the blood [19]. Foods containing vitamin A and/or beta carotene are superior [8].

Vitamin B-1, Thiamin

Vitamin B-1 exists in food in the forms of thiamin pyrophosphate, thiamin monophosphate, and thiamin [10]. The non-food thiamin mononitrate is a coal tar derivative [4], never naturally found in the body [10], and is a crystalline isolate [1] (the same is true for thiamin hydrochloride and other chloride forms). Synthetic forms are often used in “food fortification” (where processing removes the naturally occurring thiamin) as they are cheaper and, in that context more stable. However, they are

inferior to naturally occurring thiamin forms [8,42]. “The nutritive value of straight-run white flour...has been found to be inferior to that of wholemeal flour, even when the defects of the former in protein, minerals and {SYNTHETIC} vitamin B1 have been corrected” [43]. An animal study found that Food vitamin B-1 was absorbed 1.38 times more into the blood and was retained 1.27 times more in the liver than a USP isolate form [19].

Vitamin B-2, Riboflavin:

Naturally exists as riboflavin and various co-enzyme forms in food [10]. In non-foods it is most often synthetically made with 2N acetic acid, is a single form isolate, and is crystalline in structure [1]. Some synthetic riboflavin analogues have weak vitaminic activity [45]. Some natural variations, especially in coenzyme forms, occur in plants, including fungal,

species [45]. An animal study found that Food vitamin B-2 was absorbed 1.49 times more into the blood and was retained 1.92 times more in the liver than a USP isolate form [19]. Various studies suggests that food riboflavin are superior to non-food forms [8,19, 42].

Vitamin ‘B-3’, Niacinamide

Primarily exists in foods in forms other than niacin [10]. “Niacin is a generic term...the two coenzymes that are the metabolically active forms of niacin (are)...nicotinamide adenine dinucleotide (NAD) and NAD phosphate (NADP)...Only small amounts of free forms of niacin occur in nature. Most of the niacin in food is present as a component of NAD and NADP...nicotinamide is more soluble in water, alcohol, and ether than nicotinic acid...many analogues of niacin have been synthesized, some of which have antivitamin activity” [10]. Niacinamide (also called nicotinamide) is considered to have less potential side-effects than niacin [10]; it also does not seem to cause gastrointestinal upset

or hepatotoxicity that the synthetic time-released niacin can cause [46]. Processing losses for this vitamin are mainly due to water leaching [47]. Isolated, non-food, niacinamide is normally from 3-cyanopyridine and can form crystals [1]. This non-food ‘niacin’ is synthesized from acetaldehyde through several chemical reactions often involving formaldehyde and ammonia [2,48]. Beef, legumes, cereal grains, yeast, and fish are significant natural food sources of vitamin B3 [46]. Animal studies suggest that Food niacinamide is 3.94 times more absorbed in the blood than USP niacinamide and 1.7 times more retained in the liver than a USP isolated niacinamide [19].

Vitamin ‘B-5’, Pantothenate

Naturally exists in foods as pantothenate [10]. “Pantothenate, usually in the form of CoA, performs multiple roles in cellular metabolism, being central to energy-yielding oxidation of glycolytic products and other metabolites through the mitochondrial tricarboxylic acid cycle...Synthesis of fatty-acids and membrane phospholipids, including regulatory sphingolipids requires pantothenate, and synthesis of the amino acids leucine, arginine, and methionine requires a pantothenate requiring step. CoA is required for synthesis of isoprenoid derivatives, such as cholesterol, steroid hormones, dolichol, vitamin A, vitamin D, and heme A” [10]. “It also appears to be involved in the regulation

of gene expression and signal transduction...may have antioxidant and radioprotective properties... It has putative anti-inflammatory, wound healing and antiviral activities...may be helpful in the management of some with rheumatoid arthritis... shown to accelerate wound healing” [33]. “Synthetic D-pantothenate...is available as a calcium or sodium salt” [10], and is sold in forms such as sodium D-pantothenate or calcium D-pantothenate or sometime just listed as pantothenic acid [33]. Other synthetic “multivitamin preparations commonly contain its...alcohol derivative, panthenol” [10]. “Dexopanthenol is a synthetic form which is not found naturally” [33]. USP pantothenic acid

is made by condensing isobutyraldehyde with formaldehyde [2]. “Pantothenic acid consists of pantoic acid in amide linkage to beta-alanine”, but vitamin B-5 is not found that way in nature [49]. Vitamin B-5 is found in food as pantothenate forms; foods do not naturally contain pantothenic acid [49]. The vegetarian foods which are highest in natural pantothenate are nutritional yeast, brown

rice, peanuts, and broccoli [10,32,49]. Specifically, *Saccharomyces cerevisiae* is one of the best natural sources of food pantothenate [10,33]. Calcium pantothenate is a synthetic enantiomer [10] and is a calcium salt [1] and is crystalline [2]. An animal study indicated that Food pantothenate was 1.54% more absorbed into the blood than a USP form [19].

Vitamin B-6

Plants naturally primarily contain vitamin B6 in forms such as 5'-O-(beta-D-glycopyransosyl) and other pyridoxines, not pyridoxal forms [10]. Pyridoxine hydrochloride is not naturally found in the body [10], is a crystalline isolate [1], and is generally made from petroleum and hydrochloric acid and processed with formaldehyde [4]. Pyridoxal-5-phosphate is made by combining phosphorus oxychloride and/or adenosine triphosphate with pyridoxal [1]; it becomes a crystalline isolate [1]

and bears almost no resemblance to food vitamin B6. At least one synthetic vitamin B-6 analogue has been found to inhibit natural vitamin B-6 action [50,51]. A study of healthy elderly individuals found about 1/3 had marginal vitamin B-6 deficiency [34]. An animal study found that Food vitamin B-6 was absorbed 2.54 times more into the blood and was retained 1.56 times more in the liver than a USP isolate form [19].

Vitamin 'B-9', Folate

Folate was once known as vitamin B-9, as well as vitamin M. Initially food folate was given for people with a pregnancy-related anemia in the form of autolyzed yeast; later a synthetic USP isolate was developed [10]. Pteroylglutamic acid (folic acid), the common pharmacological (USP) form of folate is not found significantly as such in the body [10]. “Folic acid is a synthetic folate form” [52]. Folic acid, such as in most supplements, is not found in food, folates are [15]. Insufficient folate can result in fatigue, depression, confusion, anemia, reduced immune function, loss of intestinal villi, and an increase in infections [11]. Folate deficiency is the most important determinant in high homocysteine levels [11], and supplemental folate is effective in reducing homocysteine [53,54]. “The highest concentrations of folate exist in yeast...and

broccoli”[10]. “(C)onsumption of more than 266 mcg of synthetic folic acid (PGA) results in absorption of unreduced PGA, which may interfere with folate metabolism for a period of years” [10]. A 2004 paper from the British Medical Journal confirmed what many natural health professionals have known all along: since folic acid is unnatural and the body cannot fully convert large amounts of it into usable folate, this artificial substance can be absorbed and may have unknown negative consequences in the human body [22]--folate supplementation obviously should be in food folate forms and not folic acid. Folic acid is dangerous [24]. An animal study found that Food folate was absorbed 1.07 times more into the blood and was retained 2.13 times more in the liver than a USP isolated folic acid [19].

Vitamin B-12

The naturally active forms are methylcobalamin and deoxyadenosylcobalamin and are found in food [10]. Cyanocobalamin is not a naturally active form [10]; it is an isolate which is crystalline in structure [1]. Initially natural food complex vitamin B12 was given for people with pernicious anemia in the form of raw liver, but due to cost considerations a synthetic USP isolate was developed [7]. According to Dr. Victor Herbert (and others) vitamin B-12 when ingested in its human-active form is non-toxic, yet Dr. Herbert (and others) have warned

that “the efficacy and safety of the vitamin B12 analogues created by nutrient-nutrient interaction in vitamin-mineral supplements is unknown” [54]. Some synthetic vitamin B12 analogues seem to be antagonistic to vitamin B12 activity in the body [55,56]. Most synthetic B-12 is made through a fermentation process with the addition of cyanide [4]. An animal study found that Food vitamin B-12 was absorbed 2.56 times more into the blood and was retained 1.59 times more in the liver than a USP isolated form [19].

Vitamin B-x, Vitamin B-8, Vitamin B factors like Choline

PABA was once called vitamin B-x, while inositol was once called vitamin B-8. They and choline are considered to be vitamin B co-factors, as well as lipotropic factors.

In large doses, PABA is “indicated for Peyronie’s disease, scleroderma, morphea and linear scleroderma” [11]. The non-food version of PABA is made from coal tar [2]. In addition, there is a non-food potassium salt synthetic form, called aminobenzoate potassium [11]. PABA is found in foods such as kidney, liver, molasses, fungal foods, spinach, and whole grains [57].

The non-food version of inositol is made from phytin processed with sulfuric acid [2]. Inositol is a lipotropic factor, and is also necessary for hair growth; some use it for mood issues. While

nutritional yeast is probably the best source of inositol, it is also found in fruits, lecithin, legumes, meats, milk, unrefined molasses, raisins, vegetables, and whole grains [57].

Choline bitartrate and choline chloride, the types most often encountered in allegedly “natural” vitamin supplements, are actually “commercial salts” [11]—they are synthetic forms. Ethylene is involved in the production of one or more of the synthetic forms [2].

Phosphatidyl-choline is the major delivery form of choline, and is naturally found in many foods such as beef liver, egg yolks, and soya [11]. Specially grown nutritional yeast appears to be the best food form for choline supplements.

Vitamin C

Vitamin C naturally occurs in fruits in at least two biologically-active ascorbate forms with bioflavonoids [10]. Non-food, so-called ‘natural’ ascorbic acid is made by fermenting corn sugar into sorbitol, then hydrogenating it until it turns into sorbose, then acetone (commonly referred to as nail polish remover) is added to break the molecular bonds which creates isolated, crystalline, ascorbic acid. It does not contain both vitamin C forms (nor bioflavonoids), thus is too incomplete to properly be called vitamin C [2]. The patented ‘vitamin C’ compounds that are touted as less acidic than ascorbic acid also are not food (it is not possible to get a US patent on naturally occurring vitamins as found in food--anytime a health professional hears that some vitamin is patented, that should set off warning signals that it is not real food). An in vitro study found that food complex vitamin C has negative ORP (oxidative reductive potential) [27], yet the Merck Index shows that so-called ‘natural’ ascorbic acid has positive ORP [1] (negative ORP is much better as it helps ‘clean up’ oxidative damage whereas items with positive ORP do not) [58]. Food complex vitamin C is also 10x less acidic than ascorbic acid.

Some of the many functions that vitamin C is involved in include collagen formation, carnitine biosynthesis, neurotransmitter synthesis, enhancement of iron absorption, immunocompetence, antioxidant defense, possible anticarcinogenic effects, protection of folate and vitamin E from oxidation, and cholesterol catabolism [1].

One study found that the then Food vitamin

C had 492 micro moles per gram T.E. (Trolox equivalents) of hydrophilic ORAC (oxygen radical absorbance capacity) [59]—ORAC is essentially a measurement of the ability to quench free radicals (antioxidant ability)—while blueberries (one of the highest ORAC sources [25]) only had 195 micro moles per gram T.E. [59]—thus food vitamin C has 2.52 times the ORAC ability of blueberries. Vitamin C containing food has over 15.6 times the ORAC of isolated ascorbic acid [25] (food complex vitamin C is even higher). Actually, there are doubts that isolated ascorbic acid has any significant antioxidant effects in humans [31]. Food vitamin C is clearly superior for any interested in ORAC.

Although food vitamin C is superior to isolated ascorbic acid [8], at least one mainstream researcher has written, “The bioavailability of vitamin C in food and ‘natural form’ supplements is not significantly different from that of pure synthetic AA” [10] this is simply not true. As “proof” that particular author cites two papers. The first citation is a study that concludes since serum ascorbic acid levels were at similar levels after various vitamin C containing foods and synthetic ascorbic acid were consumed, that the bioavailability is similar [60]. The conclusions reached seem to ignore that fact that it may be possible that DHAA or other food constituents associated with natural vitamin C may have positive effects other than raising serum ascorbate levels.

The second citation is a study that probably should not have been cited as it never compared vitamin C as complexed in food versus synthetic ascorbic

acid (it compared synthetic ascorbic acid to Ester-C which is a commercial blend of synthetic ascorbic acid and select metabolites as well as to synthetic ascorbic acid mixed with some bioflavonoids) [61]. Hence, those who claim that there is no difference really do not have strong scientific proof for their contrary opinion.

A human study found that Food vitamin C was absorbed 1.74 times more into red blood cells than a USP isolated ascorbic acid [62]. Yet another human study found that Food vitamin C is absorbed 1.35 times more than plain ascorbic acid [63]. An animal study found that after one month of feeding,

Food vitamin C caused a significant reduction of 77%, 66%, and 40% in plasma total cholesterol, LDL + VLDL, and triglycerides respectively and that USP ascorbic acid or bioflavonoids alone were ineffective (though ascorbate did raise HDL); this same study also found that Food vitamin C strongly inhibited atherosclerosis [64]. Spectral Data Services (a nuclear magnetic testing facility) has concluded, regarding Food vitamin C, “the materials have undergone a physical chemical change, they are not a simple mixture” [65]. Various scientific investigations have demonstrated that food vitamin C is superior to isolated ascorbic acid.

Vitamin D

The history of synthetic vitamin D is a shocking one. “The first vitamin isolated was a photoproduct from the irradiation of the fungal sterol ergosterol. This vitamin was known as D1...vitamin D obtained from irradiation of ergosterol had little antirachitic activity” [66]--in other words, the first synthetic vitamin D did not act the same as natural vitamin D. “At the time of its identification, it was assumed that the vitamin D made in the skin during exposure to sunlight was vitamin D2”, but it was later learned that human skin produced something called vitamin D3 [60]. It was first believed that provitamin D3 was directly converted to vitamin D3, but that was incorrect.

The skin actually contains a substance commonly called provitamin D3; after exposure to sunlight provitamin D3 is produced and it begins to isomerize into vitamin D2 in a process which is temperature dependent, with isomerized vitamin D3 being jettisoned from the plasma membrane into extracellular space. Vitamin D2 was used to fortify milk in the US and Canada for about forty years until it was learned that D3 was the substance which had better antirachitic activity, so D3 has been used for the past twenty-five years [66]. But vitamin D has many benefits which are unrelated to rickets: B and T lymphocytes have been shown to have receptors for vitamin D similar to those found in the intestines, vitamin D seems to affect phagocytosis, and may even have some antiproliferation effect for tumor cells [66].

It has not been proven that any single USP isolated form of vitamin D has all the benefits as natural occurring forms of vitamin D. (Also, since the vitamin D was not particularly stable, manufacturers used to put in 1.5 to 2 times as much of synthetic vitamin D as they claimed on the product labels. This led to neonatal problems and

hypercalcemia. [66].) One older report found that “natural vitamin D is about 100 times more potent in protecting chickens and children from rickets than...irradiated ergosterol” [67], USP vitamin D2. Vegetarian sources of vitamin D include shiitake mushrooms and specially grown nutritional yeast.

New vitamin D analogues are still being developed: some which may have greater effects on calcium utilization [69], some even may be helpful for breast cancer [69]--but these really may be pharmacological, and not naturopathic, applications since these analogues are not food. In view of the historical errors in the supplementation with forms of vitamin D, it is reasonable to conclude that additional benefits of natural source vitamin D may be discovered, further distinguishing it from synthetic isolates.

Vitamin D is not an isolate. It exists as a combination of substances (including vitamin D3), with promoting metabolites [10]. Non-food vitamin analogues D1, D2, D3, and D4 are isolates without the promoting metabolites. USP D1 does not have appreciable antirachitic effects [10], is crystalline, and is made with benzene [1]. USP D2 is considered a synthetic form and is made by bombarding ergosterol with electrons [1] and is “recovered by solvent extraction” [2]. USP D3 and D4 are both made through irradiating animal fat [1,10] or through irradiating “the spinal cords and brains of cattle” [2]. Scientists are even developing a ‘new’ form of vitamin D (which is admitted to be an analogue) which is supposed to be helpful for osteoporosis [70]. Natural vitamins cannot be invented! The fact that some drugs are chemically similar to vitamin D as found in foods, does not make them true vitamins. Food vitamin D has been reported to have at least 10 times the antirachitic effects than one or more isolated USP forms [71].

Vitamin E

Natural vitamin E “as found in foods is [d]-alpha tocopherol, whereas chemical synthesis produces a mixture of eight epimers” [72] (natural vitamin E has recently been renamed to be called RRR-alpha-tocopherol whereas the synthetic has now been renamed to all-rac-alpha-tocopherol, though supplement labels rarely make this clear; on supplement labels d-alpha-tocopherol is generally ‘natural’, whereas dl-alpha-tocopherol is synthetic [27]).

Natural RRR-alpha-tocopherol has 1.7 - 4.0 times the free radical scavenging strength of the other tocopherols, RRR-alpha tocopherol has 3 times the biological activity of the alpha-tocotrienol form, and synthetic vitamin E simply does not have the same biologic activity of natural vitamin E. Some synthetic forms have only 2% of the biological activity of RRR-alpha-tocopherol [27].

The biologic activity of vitamin E is based on its ability to reverse specific vitamin E-deficiency symptoms [27], therefore it is a scientific fact that, overall, synthetic vitamin E has less ability to correct vitamin E deficiencies than food vitamin E. There is an interesting reason for this, which is that the body regulates plasma vitamin E through a specific liver alpha-tocopherol transfer protein, whereas it has no such protein for other vitamin E forms [27]. In other words, the liver produces a protein to handle vitamin E found in food, but not for the synthetic forms. The body retains natural vitamin E 2.7 times better than synthetic forms [32].

Even mainstream researchers teach, “Vitamin E is the exception to the paradigm that synthetic and natural vitamins are the equivalent because their molecular structures are identical...Synthetic vitamin E is produced by commercially coupling trimethylhydroquinone (TMHQ) with isophytol. This chemical reaction produces a difficult-to-separate mixture of eight isomers” [73] (vitamin E, of course, is not the only exception--all nutrients are better if they are Food).

Isolated natural vitamin E has been found to have twice the bioavailability as synthetic vitamin E [74]. The form of vitamin E found in Food has been found

to be 2.7 times better retained in the body than a synthetic form [28]—this appears to be because the body attempts to rid itself of synthetic forms as quickly as possible [28]. It is interesting to note that so-called “natural” forms (like succinate) do not even work like Food vitamin E—Even the PDR notes, “d-Alpha-Tocopherol succinate itself has no antioxidant activity” [33], so why would anyone want that for their vitamin E supplement?

Vitamin E is necessary for the optimal development and maintenance of the nervous system as well as skeletal muscle [73]. Vitamin E deficiency can lead to certain anemias, nutritional muscular dystrophy, reproductive problems, and hyperlipidemia [72]. Vitamin E has been shown to reduce the risk of various cancers, coronary heart disease, cataract formation, and even the effects of air pollution [27,73]. It also is believed it may slow the aging process and decrease exercise-induced oxidative stress [27,73].

Artificial fats seem to increase the need for vitamin E [75]. Vitamin E content is highest in vegetable oils, also relatively high in avocados (4.31 i.u. each) [76] and rice bran [77]. An animal liver study found that Food vitamin E is 2.6 times more retained than d-alpha tocopheryl acid succinate (which is the ‘natural form’ once it is isolated from its food complex) [19].

Natural vitamin E as predominantly found in foods is [d]-alpha tocopherol (also called RRR-alpha tocopherol) and is never found as an isolate [10]. The so-called ‘natural’ forms are most frequently in supplements as isolates, a way they are never found in nature.

Both the chemical form and source of vitamin E may play a role as “chemically synthesized alpha-tocopherol is not identical to the naturally occurring form” [27]. Thus those who claim that a synthetic vitamin, even when it is in the same “chemical form” does not matter are wrong. Also as it is never in the same actual form due to the presence of food constituents, it is never as good as one in a natural, food form. The scientific facts about vitamins demonstrate FOOD vitamins are superior.

Vitamin ‘H’, Biotin

The only active form found in nature is d-(+) biotin and is usually protein bound [10]. Non-food biotin is normally an isolated, synthesized, crystalline form that is not protein bound [1].

Biotin l-sulfoxide is a lesser used isolated and/or non-food form, involves pimelic acid, is an isolate, and has less than 1% of the vitamin H activity of food biotin [1].

Vitamin K

Vitamin K naturally is found in plants as phyloquinone [10]. Non-food vitamin K3 menadione is now recognized as dangerous and is a synthetic naphthoquinone derivative (naphthalene is a coal tar derivative) [1]. USP K1, also called phyloquinone, is an isolate normally synthesized with p-allylic-nickel [1]. There is another form of vitamin K inadvertently formed during the hydrogenation of oils called dihydro-vitamin K1 [78]; however since the consumption of hydrogenated oils appears to be dangerous [79], it does not seem that this form would be indicated for most humans. Dark leafy vegetables, as well

as cabbage [80], appear to be the primary food source of vitamin K [81].

Perhaps it should be mentioned that typical multiple vitamin formulas are dangerous and do not result in optimal health. A study involving 38,772 women in the USA who took synthetic multi-vitamins with ground up rock minerals found that the women died earlier than those who did not take them [82]. Synthetic vitamins are dangerous. Yet, 100% food vitamins and minerals are essential to human health and promote longevity.

Types of Available Vitamins

There are really only two types of vitamins sold: food vitamins and non-food vitamins. Food vitamins will normally state something like “100% Food” on the label. Sometimes the label will also state “No USP nutrients” or “No synthetic nutrients”.

Non-food vitamins, however are somewhat less obvious. First of all, no non-food vitamin this researcher has seen says “100% food” on the label and none of them state ‘No USP or synthetic nutrients.’ Thus if none of these expressions are present, it is normally safe to conclude that the vitamins are not from food. If a label states that the product contains USP vitamins or ‘pharmaceutical grade’ nutrients, then it should be obvious to all naturopathic practitioners that the product is not food.

Also, if a multi-vitamin or a B-complex formula states something to the effect that it “contains no yeast” that is basically a guarantee that it contains synthetic nutrients.

However, just because a company uses the term ‘natural’ or ‘all natural’ as a description of its vitamins does not make them, in fact, natural—this

is because the US Government has no definition of natural and misapplies the term organic!

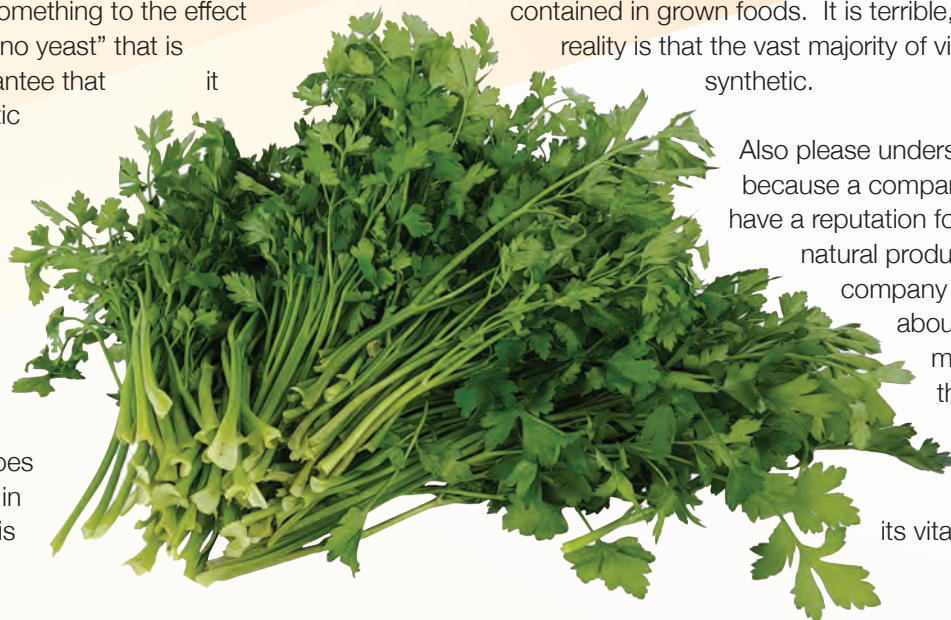
Notice the following (bolding in source below):

Some ‘natural’ products are anything but

Vitamin pills can be synthetically, and legally produced, produced in a lab. Synthetic ingredients are even allowed in multi-vitamins that bear the Department of Agriculture’s “Organic” seal...

“Vitamins can be synthetic because, by definition, a vitamin does not have to come from nature,” says Fabricant at the FDA. [83]

This is outrageous, and many have been misled. Real vitamins do come from nature and are contained in grown foods. It is terrible, but the reality is that the vast majority of vitamin pills are synthetic.



Also please understand, just because a company may have a reputation for having natural products (like one company that boasts about its farm and many others that use terms like natural), this does not mean its vitamins are not

synthetic—carefully check the label for proof that the product is truly 100% food.

Some companies seem to confuse the issue by using the term ‘food-based’ on their supplement labels. ‘Food-based’ vitamins are almost always USP vitamins mixed with a small amount of food. This mixing does not change the chemical form of the vitamin, so it is still a vitamin analogue and not a food vitamin (this differs from food, as true food vitamins are not simple mixture).

Some other companies (that do not use the term ‘food-based’) mix foods with the vitamin analogue and seem to imply that the vitamin is a food. For example, if a label states something like Vitamin C (Vitamin C, acerola) then it is also normally a synthetic mixed with a food. If the product were a food, it would normally state that the vitamin C was in food or from acerola and not use the term ‘vitamin C’ twice in a row on the label (many companies mix ascorbic acid with acerola). At least one company that targets health professionals does this.

Many companies use the term ‘yeast-free’ on their synthetic vitamin labels, apparently implying that yeast should not be used in vitamins. There are a couple of problems with this. The first is that several non-food isolated vitamins are produced by yeast,



before they are industrially processed and isolated, thus it is unlikely that any multiple vitamin formula has not been partially made up of yeast, yeast extracts, or yeast by-products [1,2]. The second problem is that nutritional yeast is not the same as brewer’s yeast, which is essentially a waste by-product.

Conclusions

Most vitamins sold are not food--they are synthetically processed petroleum and/or hydrogenated sugar extracts--even if they say “natural” on the label. They are not in the same chemical form or structural form as real vitamins are in foods; thus they are not natural for the human body. True natural food vitamins are superior to synthetic ones [8,16,42]. Food vitamins are functionally superior to non-food vitamins as they tend to be preferentially absorbed and/or retained by the body. Isolated, non-food vitamins, even when not chemically different are only fractionated nutrients.

Studies cited throughout this paper suggest that the bioavailability of food vitamins is better than that of most isolated USP vitamins, that they may have better effects on maintaining aspects of human health beyond traditional vitamin deficiency syndromes, and at least some seem to be

preferentially retained by the human body. It is not always clear if these advantages are due to the physiochemical form of the vitamin, with the other food constituents that are naturally found with them, or some combination. Regardless, it seems logical to conclude that for purposes of maintaining normal health, natural vitamins are superior to synthetic ones [8,16,42]. Unlike some synthetic vitamins, no natural vitamin has been found to not perform all of its natural functions.

The truth is that only foods, or supplements composed of 100% foods, can be counted on as not containing non-food vitamin analogues. Natural health advocates are supposed to build health on foods or nutrients contained in foods. That was the standard set for the profession in 1947. That standard—that commitment to real naturopathy—should remain for natural health professionals today.

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Some of these studies (or citations) may not conform to peer review standards. Therefore, the results are not conclusive. Professionals can, and often do, come to different conclusions when reviewing scientific data. None of these statements have been reviewed by the FDA. All products distributed by Doctors' Research, Inc. are nutritional and are not intended for the treatment or prevention of any medical condition.

The Truth About Minerals in Nutritional Supplements

ABSTRACT: *Even though natural health professionals agree that humans should not try to consume industrial chemicals, most seem to overlook this fact when mineral supplementation is involved. And even though many people interested in natural health take minerals, the truth is that nearly all the minerals taken are “natural” for nothing except plants and/or industrial chemicals. While plants are designed to ingest and break-down minerals, humans are not. The truth about nearly all minerals in supplements is that they are really industrial chemicals made from processing rocks with one or more acids. The consumption of this “other half” of the mineral compound is not only unnatural, it can lead to toxicity concerns. Humans were designed to eat food and to get their minerals from foods. Foods DO NOT naturally contain minerals bound to substances such as picolinic acid, carbonates, oxides, phosphates, etc. When supplementation is indicated, only supplements made from 100% food should be considered for supporting optimal health.*

In a nutritional context, minerals are certain elements, such as iron and phosphorus that are essential for the physiology of living organisms to exist.

When it comes to nutrition, plants and humans differ: “a typical plant makes its own food from raw materials... A typical animal eats its food” [1]. For plants, these raw materials include soil-based inorganic mineral salts [2]. Soil-based mineral salts can be depleted through synthetic fertilizers, herbicides, pesticides, as well as repeatedly growing crops on the same soil [3,4].

Plants, with the aid of enzymes and soil-based microorganisms, can take in from soil the mineral salts that they have an affinity for through their roots or hyphae [4]. After various metabolic processes, when these minerals no longer exist as salts, they become complexed with various carbohydrates, lipids, and proteins present in the plant as part of the living organism [5]. Thus for nutrition, humans eat plants and/or animals that eat plants, whereas plants can obtain their nutrients from the soil [4]. This process is commonly referred to as the “food chain” [5].

Unfortunately most mineral supplements contain minerals in the form referred to as ‘mineral salts’. Even though mineral salts are often called “natural”, they are rocks (e.g. calcium carbonate exists as the rock commonly known as limestone) or they are chemically produced in accordance with the United States Pharmacopoeia (USP). Mineral salts are natural food for plants, they are not a natural food for humans--humans do not have roots or hyphae!

Dietary Guideline number 18 of the Weston A. Price Foundation, an organization devoted to consuming real foods, is: “Use only natural, food-based supplements” [6]. One of the standards of naturopathy agreed to in 1947 was, “Naturopathy does not make use of synthetic or inorganic vitamins or minerals” [7]. Why would naturopaths have mentioned minerals since they are ‘natural’? Because even back then, most naturopaths knew that the inorganic minerals being placed into supplements were often simply industrial rocks and not foods. Little has changed in the nearly seven decades since. This paper documents the availability, sources, and some of the chemical differences between minerals found in foods and the industrially processed mineral salts that are found in most ‘natural’ mineral supplements.

Absorption

Mineral absorption is affected by many factors including the chemical form, structural form, existence or lack of protein chaperones, health, dietary factors, and even medications.

“Absorptive efficiency for many minerals is governed by homeostatic feedback regulation. When the body is in a depleted state, the intestine upregulates absorption of the nutrient. At the biochemical level, this regulation must be expressed by the control of intraluminal binding ligands, cell-surface receptors,

intracellular carrier proteins, intracellular storage proteins, or the energetics of the transmembrane transport...In general mineral bioavailability decreases because of many drugs, decreases with age, and in the presence of malnutrition, is associated with poorer integrity of the small intestine. Therefore, older individuals who are often taking numerous medications and who are eating more poorly than young people are at greater risk of mineral deficiencies” [8].

Chemical Differences

The basic difference between minerals found in foods and those found in industrial mineral salts is chemical.

“The chemical form of a mineral is an important factor in its absorption and bioavailability...there is evidence that the form in which minerals are ingested affects absorption. For example, particle size, surface area, and solubility of a substance affects its dilution rate...In many solid foods, elements are not free, but firmly bound in the food matrix” [8].

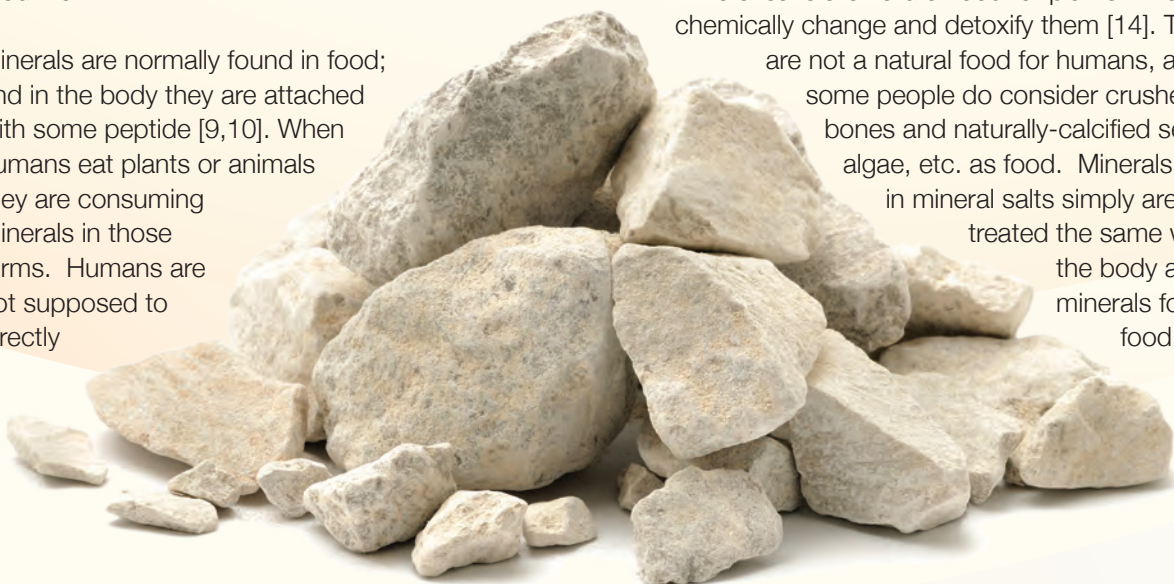
This, of course, is not true of most minerals in supplements as they are normally industrially processed inorganic rocks (mineral salts) hence they are void of the factors found in a food matrix. Only 100% food minerals have minerals attached in a food matrix.

Minerals are normally found in food; and in the body they are attached with some peptide [9,10]. When humans eat plants or animals they are consuming minerals in those forms. Humans are not supposed to directly

consume soil components [1]. With the exception of sodium chloride (common table salt), humans do not normally in any significant quantity consume minerals in the chemical forms known as mineral salts. When they do, it is considered to be a disorder called ‘geophagia’ or ‘pica’ [11,12].

It is a fact that mineral salts are often called “natural”, but they are not food minerals. Mineral salts are normally inorganic molecular compounds that look like rocks [13]. Mineral salts are a compound containing a mineral element, which is the mineral normally listed on a supplement label, and some other substance it is chemically bound to. Mineral salts are either rocks (e.g. calcium carbonate exists as the rock commonly known as limestone) or they are rocks that are chemically-altered.

Mineral salts are natural food for plants which can chemically change and detoxify them [14]. They are not a natural food for humans, although some people do consider crushed bones and naturally-calcified sea algae, etc. as food. Minerals bound in mineral salts simply are not treated the same way in the body as are minerals found in food.



Minerals vs. Industrial Chemicals

The following list describes what many mineral salts/chelates used in supplements actually are and what they are used for when not in supplements:

Boric acid is the rock known as sassolite. It is used in weatherproofing wood, fireproofing fabrics, and as an insecticide [15].

Calcium ascorbate is calcium carbonate processed with ascorbic acid and acetone. It is a manufactured product used in 'non-food' supplements [15].

Calcium carbonate is the rock known as limestone or chalk. It is used in the manufacture of paint, rubber, plastics, ceramics, putty, polishes, insecticides, and inks. It is also used in fillers for adhesives, matches, pencils, crayons, linoleum, insulating compounds, and welding rods [15].

Calcium chloride is calcium carbonate and chlorine and is the byproduct of the Solvay ammonia-soda process. It is used for antifreeze, refrigeration, fire extinguisher fluids, and to preserve wood and stone. Other uses include cement, coagulant in rubber manufacturing, controlling dust on unpaved roads, freezeproofing of coal, and increasing traction in tires [15].

Calcium citrate is calcium carbonate processed with lactic and citric acids. It is used to alter the baking properties of flour [15].

Calcium gluconate is calcium carbonate processed with gluconic acid, which is used in cleaning compounds. It is used in sewage purification and to prevent coffee powders from caking [15].

Calcium glycerophosphate is calcium carbonate processed with dl-alpha-glycerophosphates. It is used in dentifrices, baking powder, and as a food stabilizer [15].

Calcium hydroxyapatite is crushed bone and bone marrow. It is used as a fertilizer [16].

Calcium iodide is calcium carbonate processed with iodine. It is an expectorant [15].

Calcium lactate is calcium carbonate processed with lactic acid. It is used as a dentifrice and as a preservative [15].

Calcium oxide is basically burnt calcium carbonate. It is used in bricks, plaster, mortar, stucco, and other building materials. It is also used in insecticides and fungicides [15].

Calcium phosphate, tribasic is the rock known as oxydapatit or bone ash. It is used in the manufacture of fertilizers, milk-glass, polishing powders, porcelain, pottery, and enamels [15].

Calcium stearate is an octodecanoic calcium salt and can be extracted from animal fat. It is used for waterproofing fabrics and in the production of cement, stucco, and explosives [15].

Chromium chloride is a preparation of hexahydrates. It is used as a corrosion inhibitor and waterproofing agent [15].

Chromium picolinate is chromium III processed with picolinic acid. Picolinic acid is used in herbicides [17].

Copper aspartate is made "from the reaction between cupric carbonate and aspartic acid (from chemical synthesis)" [18]. It is a manufactured product used in 'non-food' supplements [18].

Copper (cupric) carbonate is the rock known as malachite. It is used as a paint and varnish pigment, plus as a seed fungicide [15].

Copper gluconate is copper carbonate processed with gluconic acid. It is used as a deodorant [19].

Copper (cupric) glycinate is a copper salt processed with glycine. It is used in photometric analysis for copper [15].

Copper sulfate is copper combined with sulfuric acid. It is used as a drain cleaner and to induce vomiting; it is considered as hazardous heavy metal by the City of Lubbock, Texas that "can contaminate our water supply" [20].

Dicalcium phosphate is the rock known as monetite, but can be made from calcium chloride and sodium phosphate. It is used in 'non-food' supplements [18].

Ferric pyrophosphate is an iron rock processed with pyrophosphoric acid. It is used in fireproofing and in pigments [15].

Ferrous lactate is a preparation from isotonic solutions. It is used in 'non-food' supplements [15].

Ferrous sulfate is the rock known as melanterite. It is used as a fertilizer, wood preservative, weed-killer, and pesticide [15].

Magnesium carbonate is the rock known as magnesite. It is used as an antacid, laxative, and cathartic [15].

Magnesium chloride is magnesium ammonium chloride processed with hydrochloric acid. It fireproofs wood, carbonizes wool, and is used as a glue additive and cement ingredient [15].

Magnesium citrate is magnesium carbonate processed with acids. It is used as a cathartic [15].

Magnesium glycinate is a magnesium salt processed with glycine. It is used in 'non-food' supplements.

Magnesium oxide is normally burnt magnesium carbonate. It is used as an antacid and laxative [15].

Manganese carbonate is the rock known as rhodochrosite. It is used as a whitener and to dry varnish [15].

Manganese gluconate is manganese carbonate or dioxide processed with gluconic acid. It is a manufactured item used in 'non-food' supplements [15].

Manganese sulfate is made "from the reaction between manganese oxide and sulfuric acid" [18]. It is used in dyeing and varnish production [15].

Molybdenum ascorbate is molybdenite processed with ascorbic acid and acetone. It is a manufactured item used 'non-food' supplements [21].

Molybdenum disulfide is the rock known as molybdenite. It is used as a lubricant additive and hydrogenation catalyst [15].

Potassium chloride is a crystalline substance consisting of potassium and chlorine. It is used in photography [15].

Potassium iodide is made from HI and KHCO_3 by melting in dry hydrogen and undergoing electrolysis. It is used to make photographic emulsions and as an expectorant [15].

Potassium sulfate appears to be prepared from the elements in liquid ammonia. It is used as a fertilizer and to make glass [15].

Selenium oxide is made by burning selenium in oxygen or by oxidizing selenium with nitric acid. It

is used as a reagent for alkaloids or as an oxidizing agent [15].

Seleniomethionine is a selenium analog of methionine. It is used as a radioactive imaging agent [15].

Silicon dioxide is the rock known as agate. It is used to manufacture glass, abrasives, ceramics, enamels, and as a defoaming agent [15].

Vanadyl sulfate is a blue crystal powder known as vanadium oxysulfate. It is used as a dihydrate in dyeing and printing textiles, to make glass, and to add blue and green glazes to pottery [15].

Zinc acetate is made from zinc nitrate and acetic anhydride. It is used to induce vomiting [15].

Zinc carbonate is the rock known as smithsonite or zincspar. It is used to manufacture rubber [15].

Zinc chloride is a combination of zinc and chlorine. It is used as an embalming material [15].

Zinc citrate is smithsonite processed with citric acid. It is used in the manufacture of some toothpaste [15].

Zinc gluconate is a zinc rock processed with gluconic acid. Gluconic acid is used in many cleaning compounds [15].

Zinc lactate is smithsonite processed with lactic acid. Lactic acid lactate is used as a solvent [15].

Zinc monomethionine is a zinc salt with methionine. It is used as a 'non-food' supplement.

Zinc orotate is a zinc rock processed with orotic acid. Orotic acid is a uricosuric (promotes uric acid excretion) [15].

Zinc oxide is the rock known as zincite. It is used as a pigment for white paint and as part of quick-drying cement [15].

Zinc phosphate is the rock known as hopeite. It is used in dental cements [15].

Zinc picolinate is a zinc rock processed with picolinic acid. Picolinic acid is used in herbicides [17].

Zinc sulfate can be a rock processed with sulfuric acid. It is used as a corrosive in calico-printing and to preserve wood [15].

There is a relatively easy way to tell if minerals are industrial chemicals. Whenever there are two-words on a label describing a mineral, it is a logical to conclude that the substance is an industrial mineral product and not 100% food. The exception is chromium GTF (the GTF stands for glucose tolerance factor) which is food if it is from nutritional yeast [18].

Chelated Minerals

Chelated minerals are generally crushed industrial rocks that are processed with one or more acids.

Probably the biggest difference in minerals now compared to 1947 is that some companies have decided to industrially produce versions of minerals attached to peptides. Essentially they take a rock or industrial mineral salt, chemically alter it, and attempt to attach it to the mineral. This results in a mineral that is different from normal mineral salts, but does not turn the substance into a food. Examples of this include the various mineral

ascorbates, picolines, aspartates, glycines, and chelates. It must be understood that since there is not a universally accepted definition of the term 'chelate', when this term is used on a label, one generally does not know if the chelate is amino-acid based or some type of industrial acid.

While it is true that humans can, and do, utilize minerals from USP mineral salts or chelated minerals, this is not as safe (or even normally as effective) as consuming them from foods (or in the case of real food supplements, food concentrates).

Non-Food Attachments, Including Some "Chelates," Are Not Desirable

Is it wise to consume non-food minerals?

Dr. Bernard Jensen, an early 20th century advocate of food-based nutrition, once wrote, "When we take out from foods some certain salt, we are likely to alter the chemicals in those foods. When extracted from food, that certain chemical salt is extracted, may even become a poison. Potash by itself is a poison, whether it comes from a food or from the drugstore. This is also the case with phosphorus. You thereby overtax your system, and your functions must work harder in order to throw off those inorganic salts or poisons introduced... The chemical elements that build our body must be in biochemical, life-producing form. They must come to us as food, magnetically, electrically alive, grown from the dust of the earth... When we are lacking any element at all, we are lacking more than one element. There is no one who ever lacked just one element. We don't have a food that contains only one element, such as a carrot entirely of calcium or sprouts totally made of silicon" [22].

It should be noted that the addition of "citric acid and picolinic acid do not appear to enhance zinc absorption" [23]. Chromium picolinate is a human-made substance, created by Gary Evans [24]; it is not a natural food. Picolinic acid is used in herbicides [17]; furthermore "picolinic acid is an excretory or waste product. It is not metabolized by

or useful to the body" [25]. Scientists report, "some research groups recently suggested that chromium (III) picolinate produces significantly more oxidative stress and potential DNA damage than other chromium supplements" [26].

Concerns are being raised from various sources about the implications of intentional ingestion of inorganic substances in supplements by human beings [22,25,26]. These substances are not natural for humans to consume and a long period of consumption may cause some type of toxic accumulation [22,25,26]. Yet, many people supposedly interested in natural health are daily consuming various carbonates, gluconates, oxides, picolines, phosphates, sulfates and other rock components that were not intended to be ingested that way. Since there are many possible negative implications associated with "the other half" of these non-food minerals [25], people truly interested in their health would be much better off consuming foods that are high in minerals or supplements made from those foods.

Jay Patrick claims to have originally developed procedures to manufacture all seven of the mineral ascorbates [21]; thus it would seem highly inappropriate to call supplements with ascorbate attached minerals 'food'.

Actually, it does not appear that any of the minerals marketed as 'chelated' are food concentrates, though there are foods which contain naturally chelated minerals, but these are normally marketed

as food minerals. Even though there are some theoretical advantages to industrially-produced mineral 'chelates' as compared to inorganic mineral salts, these chelates are not natural food.

More on Bioavailability

It is well known among nutrition researchers that most essential minerals are not well absorbed; for some minerals, absorption is less than 1% [27]. "Bioavailability of orally administered vitamins, minerals, and trace elements is subject to a complex set of influences...In nutrition science the term 'bioavailability' encompasses the sum of impacts that may reduce or foster the metabolic utilization of a nutrient" [28]. Research demonstrates that the bioavailability and/or effectiveness of mineral containing foods is greater than that of isolated inorganic mineral salts or mineral chelates [e.g. 28-52]. These studies have concluded that natural food minerals may be better absorbed, utilized, and/or retained than mineral salts.

Furthermore, minerals used in most supplements do not contain protein chaperones or other food factors needed for absorption into the cell. In 1999, the Nobel Prize for medicine was awarded to Guenter Blobel who discovered that minerals need protein chaperones to be absorbed into cellular receptors. When mineral salts without protein chaperones are consumed, "It is after digestion when other mineral

forms {mineral salts} have their mineral cleaved from their carriers. In this situation, these minerals become charged ions, and their absorbability is in jeopardy. These charged free minerals are known to block the absorption of one another, or to combine with other dietary factors to form compounds that are unabsorbable" [53]. The body must discard the residual chemicals.

Foods used in supplements that commonly provide significant quantities of essential minerals include dulse, horsetail herb, kelp, nutritional yeast, rice bran, and water thyme. These types of foods have been shown to contain not only minerals in natural food forms, but also important protein chaperones such as ATX1 and ceruplasmin [54,55]. Industrial mineral salts do not contain the protein chaperones or other food factors needed for proper mineral absorption. Furthermore, some foods also contain factors which reduce the probability of certain minerals to be toxic to the body [32,33,55]; industrial mineral salts and chelates are simply not that complete.



Quantitative and Qualitative Differences

There are quantitative and qualitative differences in food vs. non-food minerals. Table 1 lists some of them by mineral.

Table 1. Quantitative and Qualitative Differences

Food Mineral	Compared to Mineral Salt/Chelate
Calcium	Up to 8.79 times more absorbed into the blood [47] and 7 times as effective in raising serum ionic calcium levels [30].
Chromium	Up to 25 times more bioavailable [31].
Copper	85% more absorbed [45]; also contains substances that reduce potential toxicity [32,46].
Iron	Safer, non-constipating, 77% more absorbed [33, 34, 45].
Magnesium	Up to 2.20 times better absorbed [52] and retained [35].
Manganese	Better absorbed and retained [45,46] and not as likely to contribute to toxicity as mined forms [36,56].
Molybdenum	Up 6.28 times better absorbed into the blood and 16.49 times better retained [45].
Phosphorus	Less likely to cause diarrhea or electrolyte disorders [37].
Selenium	17.6 time the antioxidant effect [46], 123.01 times more effective in preventing nonenzymatic protein glycation [17], and 2.26 times better retained [29,38,44].
Vanadium	Safer and 50% more effective [39].
Zinc	Up to 6.46 times better absorbed [45,46,51], better form [40,41].

Foods, almost by definition, are not toxic, and as mentioned earlier, can have protective factors to prevent certain potential mineral toxicities, such as those sometimes associated with copper, iron, manganese, or other minerals [32,33,55,56].

Information by Individual Mineral

Some differences between food complexed minerals and mineral salts have been documented by published research and are shown by individual mineral below:

Boron

“Boron complexes with organic compounds containing hydroxyl groups” [9], which is how it is found in foods. Boron affects macromineral and

steroidal hormone metabolism; without sufficient boron bone composition, strength, and structure weaken [9].

Calcium

“The amount of calcium absorbed depends on its interaction with other dietary constituents...The absorbability of calcium is mainly determined by the presence of other food constituents” [56]. This is one of the reasons why isolated calcium mineral salts (such as calcium carbonate) are not absorbed as well

as calcium found in natural food complexes [56,57]. “Calcium carbonate, an antacid, counteracts not only the absorption of calcium, but also the absorption of iron” [11] (though its calcium absorption appears to be better with food [58]). At least one researcher has concluded that commonly used mineral salts such

as calcium lactate and calcium gluconate primarily succeed in creating high blood calcium levels (hypercalcemia) instead of alleviating symptoms of low tissue calcium [59]. “Calcium has a structural role in bones and teeth” as well as in some enzymes involved with blood clotting [48]. Calcium can affect mood and blood pressure [57,60]. Clinical reports consistently confirm that dietary/food calciums [5-8] are important in the management of blood pressure. This does not appear to be the case with isolated calcium salts (the results appear inconsistent [30,61-63]).

One study found that calcium in Food raised serum ionic calcium levels from 1.08 to 1.15 mmoles, but that serum ionic calcium levels were not raised with calcium carbonate [30]. Serum calcium levels affect blood pressure [60,64]. Since low bone mass is

somewhat inversely correlated with high levels of diastolic blood pressure [9], this suggests that calcium from Food may be superior when hypertension issues are present. Calcium is important for optimal health as calcium deficiencies can contribute to osteoporosis, muscle (especially the legs) cramps, insomnia, mood/behavioral/nerve problems, hypertension, kidney stones, and colon cancer [61,65,66]. It appears that overdose of calcium can only occur when taking mineral salt forms of calcium supplement as opposed to food [66]. A human study found that Natural Food Complex calcium is 8.79 times more bioavailable than calcium carbonate (which is the most common form found in supplements) and 2.97 times more than calcium gluconate [47]. This same study found that Food calcium “produced no undesirable side effects and was the most suitable form of calcium for long-term supplementation” [47].

Chromium, GTF

“The biologically active form of chromium, sometimes called glucose tolerance factor or GTF, has been proposed to be a complex of chromium, nicotinic acid, and possibly the amino acids glycine, cysteine, and glutamic acid. Many attempts have been made to isolate or synthesize the glucose tolerance factor; none have been successful” [67]. Chromium is not naturally found in the body in the commonly supplemented forms such as chromium picolinate or chromium chelate. “Chromium is generally accepted as an essential nutrient that potentiates insulin action, and thus influences carbohydrate, lipid, and protein metabolism” [67]. Research suggests that there is much less likelihood of toxicity from natural food complex chromium than from forms such as chromium picolinate [26]. Only 1% or less of inorganic chromium is absorbed vs. 10-25% of chromium GTF

[31]. One small study found that Food chromium GTF reduced blood glucose levels by 16.8% versus 6.0% for inorganic chromium [48], thus it was 2.80 times more effective. One study found that Food chromium benefited certain diabetics by improving blood glucose control, lowering serum lipids, and decreasing the risk of coronary heart disease [49]. Chromium GTF only comes from nutritional yeast [58]. a ‘new’ form of vitamin D (which is admitted to be an analogue) which is supposed to be helpful for osteoporosis [70]. Natural vitamins cannot be invented! The fact that some drugs are chemically similar to vitamin D as found in foods, does not make them true vitamins. Food vitamin D has been reported to have at least 10 times the antirachitic effects than one or more isolated USP forms [71].

Copper

In the human body, in addition to various plasma-bound coppers, “at least one copper peptide complex” has been isolated [60]. Copper is predominantly found in Food nutrients in a copper peptide complex (such as Cu/Zn superoxide-dismutase). Copper is not naturally found in the body in the form of copper gluconate or copper sulfate. “Anemia, neutropenia, and osteoporosis are observed with copper deficiency.” Copper is involved in connective tissue, iron metabolism, the central nervous system, melanin pigment, thermal regulation, cholesterol metabolism,

immune function, and cardiac function [60]. Copper in foods like nutritional yeast contains protective factors that reduce the possibility of toxicity issues [32,46]. A human study found that Food copper was 1.44 times more absorbed into the blood than copper sulfate and 1.43 times more than copper gluconate [45]. Animal studies showed similar results, plus concluded that Food copper was retained in the liver 1.85 times more than copper gluconate and 1.42 times more than copper sulfate [45].

Iodine

Most of the iodine in the body exists in the form of iodine-containing amino acids [61]. Iodine is needed by the thyroid gland to produce thyroid hormones

which influence most of the body's metabolic processes [61]. Kelp is an excellent food source of iodine [61].

Iron

Most researchers acknowledge that organic iron is better absorbed than inorganic iron [71]. The body has different mechanisms for the absorption of iron depending upon its form [72]. Iron in foods is found in an organic form. Iron is required for growth and hemoglobin formation; inadequate amounts can lead to "weakness, fatigue, pallor, dyspnea on exertion, palpitation, and a sense of being overly tired" [72].

Iron in food is safer, less-constipating (actually it is non-constipating), and better absorbed than non-food forms [33,34]. An animal study found that Food iron was absorbed into the blood 1.01 times more than ferrous sulfate and 1.77 times more than amino acid chelated iron and was retained in the liver 1.21 times more than ferrous sulfate and 1.68 times more than amino acid chelated iron [45,46].

Magnesium

"The percentage of absorption of ingested magnesium is influenced by its dietary concentration and by the presence of inhibiting or promoting dietary components [73]. There are no promoting dietary components in inorganic isolated magnesium salts. "Magnesium is involved in many enzymatic steps in which components of food are metabolized and new products are formed": it is involved in over 300 such reactions [6]. Clinical deficiency of magnesium

can results in "depressed tendon reflexes, muscle fasciculations, tremor, muscle spasm, personality changes, anorexia, nausea, and vomiting" [73]. Magnesium in foods is better absorbed and retained than magnesium from inorganic mineral salts [35]. A human study found that Natural Food Complex magnesium was 2.20 times more absorbed into blood than magnesium oxide and 1.60 times more than amino acid chelated magnesium [52].

Manganese

In the body, absorbed manganese complexes with various peptides [9]. Manganese is predominantly found in foods in a manganese peptide complex (such as Mn superoxide-dismutase). It is not found in the body in forms like manganese sulfate. Manganese deficiency can cause "impaired growth, skeletal abnormalities, disturbed or depressed reproductive function, ataxia of the newborn, and defects in lipid and carbohydrate metabolism" [9].

It can also affect skin, hair, nails, and problems with calcium metabolism [9]. Manganese in foods is safer and much less likely to cause any toxicity compared to mined forms [36,56].]. An animal study found that Natural Food Complex manganese was absorbed 1.56 times more into the blood and was retained 1.63 times more in the liver than manganese sulfate [45,46].

Molybdenum

Molybdenum...in foods...is readily absorbed" [9]. "Molybdenum in {nearly all} nutritional supplements is in the form of either sodium molybdate or ammonium molybdate. Molybdenum in food is principally in the form of molybdenum cofactors" [67]. "Molybdenum functions as an enzyme cofactor", thus "detoxifies various pyrimidines, purines, pteridines, and related

compounds" [9]; it may also affect growth and reproduction [9]. An animal study found that Food molybdenum was absorbed 6.28 times more into the blood and was retained 16.49 times more in the liver than ammonium molybdate and 10.27 times more than molybdenum amino acid chelate [45].

Phosphorus

Phosphorus is found in plants [11]. Phosphorus salts can cause diarrhea and other problems [37]—problems that do not happen with phosphorus in

foods. Phosphorus works with calcium to produce strong bones [57].

Potassium

Potassium is found in plants [11]. Potassium is the leading intracellular electrolyte and is necessary for electrolyte balance, stimulating aldosterone for the

adrenal glands, and blood pressure regulation [11]. Dr. Bernard Jensen seemed to believe potassium is only safe in its natural food complex form [22].

Selenium

“The predominant form of selenium in animal tissues is selenocysteine” [74]. That is how it is predominantly found in certain foods. One study found that diets naturally high in selenium (daily consumption as high as 724mcg) produced no signs or symptoms of selenium overexposure while another found that exceedingly high consumption of selenium salts could induce selenium poisoning [74]. Selenium seems to support thyroid hormone production, function as part of many enzymes, and have antioxidant effects [74]. Larry Clark, Ph.D. and others have found that selenium in yeast appears to reduce risk of certain cancers [75]. Julian Whitaker, M.D. reports, “The best absorbed form of selenium, and the one used by Dr. Clark’s research, is high-selenium yeast” [75]. A study using 247 mcg/day

of high-selenium yeast found that plasma selenium levels were 2-fold higher than baseline values after 3 and 9 months and returned to 136% of baseline after 12 months, whereas there was a 32% increase in blood glutathione levels also seen after 9 months [29]. Food selenium is about twice as well retained as non-food forms [29,38]. Research suggests that Food selenium is 2.26 times more retained in the liver and 1.22 times more absorbed in the blood than sodium selenite [44]. An in vitro study found that Food selenium had 17.6 times the antioxidant effect than did selenomethionine [44]. One study found that Food selenium was 123.01 times more effective than sodium selenite in preventing nonenzymatic glycation in diabetics [50].

Silicon

“In animals, silicon is found both free and bound” [9]. Silicon absorption is quite dependent upon the form [9]. Silicon is involved in bone calcification and

connective tissue formation [9]. It is also needed for healthy hair and skin [51]. Silicon is found in foods in an organic form.

Trace Minerals

Trace minerals, including “ultra trace minerals” are necessary for the proper functioning of human health [9,51]. There are many in the human body, some of which are known to be essential and others of which

are under investigation for “essentialness.” Sea vegetables and certain yeasts are a good source of trace minerals [11,31,61].

Vanadium

“Vanadate forms compounds with other biological substances” [9]. “Vanadium has been postulated to play a role in the regulation of (NaK)-ATPase, phosphoryl transferase enzymes, adenylate cyclase, and protein kinases; as an enzyme cofactor in the

form of vandyl and in hormone, glucose, lipid, and tooth metabolism” [9]. Vanadium in foods is found in an organic form. Vanadium in food is safer than non-food forms and also appears to be about 50% more effective [39].

Zinc

Most researchers acknowledge that organic zinc is better absorbed than inorganic zinc [71]. Zinc itself is generally found in the human body in ionic form [71,76]; it is often bound with albumin [23,76] or alpha2-macroglobulin [23] or exists as part of one of the many zinc metalloenzymes [23,76]. Zinc is predominantly found in foods as zinc peptide complex (such as that complexed with superoxide dismutase). Zinc is not naturally found in the body as zinc gluconate, zinc orotate, zinc sulfate, nor zinc picolinate. In humans “zinc deficiency does not exist without deficiency of other nutrients” [76]. Zinc deficiency in humans can cause alopecia, impotence, skin problems, immune deficiencies, night blindness,

impaired taste, delayed wound healing, impaired appetite, photophobia, difficulty in dark adaptation, growth retardation, and male infertility [23]. Zinc in yeast-containing foods is better absorbed and is a better form for humans than inorganic forms [40,41]. Studies indicate that Food zinc appears to be 1.72-1.75 times more absorbed in the blood than zinc sulfate (1.71 times more than zinc chelate; 6.46 times more than zinc gluconate; 3.11 times more than zinc orotate) and 1.75-1.87 times more retained in the liver than zinc sulfate (1.45 times more than zinc amino acid chelate; 3.68 times more than zinc gluconate; 1.50 times more than zinc orotate) [45,46,51].

Food and Food Processing

“In the historic struggle for food, humans ate primarily whole foods or so-called natural foods, which underwent little processing... The nutrient content of food usually decreases when it is processed” [77]. “Intensive animal rearing, manipulation of crop production and food processing have altered the qualitative and quantitative balance of nutrients of food consumed by Western society. This change, to which the physiology and biochemistry of man may not be presently adapted is thought to be responsible for the chronic diseases that are rampant in the Industrialized Western Countries” [78]. Some reports suggest that simply taking a synthetic multi-vitamin/mineral formula does not change this [79,80].

Commercial food processing definitely reduces the nutrient content of food [81, 82] and can be dangerous to human health [83]. The refining of whole grains (including wheat, rice, and corn) has resulted in a dramatic reduction of their natural food complex nutrition [11,82]; specifically the milling of wheat to white flour reduces the natural food complex vitamin and mineral content by 40-60% [82]. Food refining appears to reduce trace minerals such as manganese, zinc, and chromium [2] and various macrominerals (such as magnesium) as well [10,56]. The treatment of canned or frozen vegetables with ethylenediaminetetraacetic acid (EDTA) can strip much of the zinc from foods

[11]. The high incidences of disorders of calcium metabolism [28] suggest that the forms of calcium being consumed simply do not agree with the body (and sometimes result in calcium loss [11]).

Organically-grown produce appears to contain higher levels of some essential minerals than does conventionally (non-organically) grown produce [84,85] and appears to contain lower levels of toxic heavy metals [86]. Even if modern food practices did not affect nutrition (which they do), all minerals that humans need for optimal health do not exist uniformly in soils. “Soils in many areas of the world are deficient in certain minerals; this can result in low concentrations of major or trace minerals in drinking water, plant crops, and even tissues of farm animals, thus contributing to marginal or deficient dietary intakes of humans [76].

From a geological perspective, a few examples include iodine, molybdenum, cobalt, selenium, and boron [2,70,77]. Although humans need at least twenty minerals (over sixty have been found in the body), most plants can be grown with only the addition of nitrogen, phosphorus, and potassium compounds [2]. If other minerals necessary for human health are reduced in the soil, the plant can (and will) grow without them. This means, though, that constantly farming the same ground can result in the reduction of some of the essential minerals we as humans require for optimal health [78].



Ground Up Rocks Pose Risks

Rock minerals are not optimal for human health and pose health risks. Perhaps it should be mentioned that typical multi-vitamin-mineral formulas are dangerous and do not result in optimal health. A study involving 38,772 women in the USA who took synthetic multi-vitamins with ground up rock minerals found that the women died earlier than those who did not take them [87]. Other studies have concluded that the acid-processed rocks that

many take as calcium supplements increase risk of cardiovascular disease and other problems [88]— yet those studies did not find problems with food calcium.

Ground-up rocks are dangerous for humans to ingest. Yet, real foods and 100% food vitamins and minerals are beneficial as well as essential to human health and longevity.

Conclusion

No matter how many industrially produced mineral supplements one takes orally, they will:

- 1) *Never be a truly complete nutrient source.*
- 2) *Never replace all the functions of food minerals.*
- 3) *Always be unnatural substances to the body.*
- 4) *Always strain the body by requiring that it detoxify or somehow dispose of their unnatural structures/chemicals.*
- 5) *Never be utilized, absorbed, and retained the same as food nutrients.*
- 6) *Not be able to prevent advanced protein glycation end-product formation the same as food nutrients.*
- 7) *Never be able to have the antioxidant effects the same as food nutrients.*
- 8) *Always be industrial products.*
- 9) *Always be composed of petroleum-derivatives, hydrogenated sugars, acids, and/or industrially-processed rocks.*
- 10) *Never build optimal health the same as food nutrients.*

Industrially processed minerals can have some positive nutritional effects, yet they are not food for humans. Unlike humans, plants have roots or hyphae which aid in the absorption of minerals. Plants actually have the ability to decrease the toxicity of compounds by changing their biochemical forms [14]. Plants are naturally intended to ingest rocks; humans are not [1].

The truth is that plants, or supplements only made from plants, are the best form of mineral supplement for humans, yet most people who take nutritional mineral support consume some type of industrially processed rock.

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Standard Process & MediHerb – Food Research International

List of Product Equivalents

No two products are identical if made by different manufacturers and some are more “equivalent” than others. Also, companies tend to use different ingredients (Standard Process Laboratories sometimes uses porcine glandulars, USP vitamins, claimed mineral salts, and/or colors, whereas none of these are in Food Research International products). It should be noted that Standard Process uses its trademarked term “Protomorphogen” (which it abbreviates PMG) for some items and Food Research International uses the terms Cytotrophin (the original term that Royal Lee received his patents with, but that Food Research International has permission to use) and Enzomorphogens (EMG), for some similar items.

As a general rule, products listed below as “vegetarian” can take longer to notice efficacy in some cases than those with glandulars.

Standard Process (*)	Food Research International	Food Research Int’l Vegetarian
AC Carbamide	Uro-Kid Support	Green Vegetable Alkalizer
Adrenal, Desiccated	Simply Adrenal	Vegetarian Adrenal
AF Betafood	Beetafood	Pro-Enzymes
Albaplex	Uro-Kid Support	Green Vegetable Alkalizer
Allerplex	Aller-Lung Support	Aller-Lung Support
Antronex	Aller-Lung Support, Simply Liver	Aller-Lung Support
Arginex	Arginase Bladder	Green Vegetable Alkalizer
B6 - Niacinamide	B Stress Complex	B Stress Complex
Betacol	GB Support	Pro-Enzymes
Betafood	GB Support	Pro-Enzymes
Betaine Hydrochloride	Digesti-Pan	Pro-Enzymes
Biodent	¹ Cal-Mag Complex	Cal-Mag Complex
Biost	¹ Cal-Mag Complex, Conga-Immune	Cal-Mag Complex
Calcifood	² Cal-Mag Complex	Cal-Mag Complex
Calcium Lactate	³ Calcium Complex	Calcium Complex
Cal-Ma Plus	Parathyroid Plus	Cal-Mag Complex
Calsol	Cal-Mag Complex	Cal-Mag Complex
Cardio-Plus	Cardio-Power	CoQ10-Cardio
Cardiotrophin PMG	Simply Cardio	CoQ10-Cardio
Catalyn	Catalyst Complex or Vitamin-Mineral	Vitamin-Mineral
Catalyn Chewable	Vitamin-Mineral Shake	Vitamin-Mineral Shake
Cataplex A-C-P	A-C-P Complex	C Complex, plus Vira-Bac-Yst
Cataplex B	Complex B	B Stress Complex
Cataplex B12	Vitamin B-6, B-12 & Folate	Vitamin B-6, B-12 & Folate
Cataplex C	C Complex	C Complex
Cataplex D	D Complex	D Complex
Cataplex E	Selenium E, plus Simply Liver	Selenium E
Cataplex E2	Selenium E, plus Simply Spleen	Selenium E
Cataplex F	Omega 3/EPA/DHA	Wheat Germ Oil E
Cataplex G	G Complex	B Stress Formula
Cataplex GTF	Gluco-Sugar-Balance	Gluco-Sugar-Balance
Cayenne Pepper	Advanced Joint Complex	Detox-N-Cleanse
Chezyn	Zinc Complex, plus Simply Liver	Zinc Complex
Chlorophyl Complex	Green Vegetable Alkalizer	Green Vegetable Alkalizer
Cholachol	GB Support	Pro-Enzymes
Cholachol II	GB Support, plus Aller-Lung Support	Pro-Enzymes, plus Aller-Lung Support
Cholaplex	GB Support or Nattokinase	Cholester-Right or Nattokinase
Choline	Choline Complex	Choline Complex
Circuplex	Anxie-Tone	Vegetarian Adrenal
Congaplex	Conga-Immune	Vira-Chron, plus C Complex
Collagen C	C Complex, plus Advanced Joint Complex	C Complex
Collinsonia Root	GB Support	Pro-Enzymes, plus Magnesium Complex
Cruciferous Complete	Green Vegetable Alkalizer	Green Vegetable Alkalizer
Cyrofood	Simply Liver, plus Vitamin-Mineral Shake	Vitamin-Mineral Shake

¹ Dento-Gums is more equivalent. ² Calci-Chew is more equivalent. ³ Calcium Lactate + is more equivalent. All of these are available from Bioscience Formulas.

Standard Process (*)	Food Research International	Food Research Int'l Vegetarian
Cyro-Yeast	Probio-Zyme-Yst	Probio-Zyme-Yst
Cyruta	Vira-Bac-Yst, plus Nattokinase	Vira-Bac-Yst, plus Nattokinase
Cyruta Plus	Vira-Bac-Yst	Vira-Bac-Yst
Dermatrophin PMG	Advanced Joint Complex	Herbal Antioxidant
Diaplex	Digesti-Pan, plus Gluco-Sugar-Balance	Pro-Enzymes, plus Gluco-Sugar-Balance
Disodium Phosphate	GB Support	Pro-Enzymes, plus Gluco-Sugar-Balance
Drenamin	High Stress Adrenal	Vegetarian Adrenal
Drenatropin PMG	Simply Adrenal	Vegetarian Adrenal
Echinacea-C	Thymo-Immune	C Complex, plus Vira-Bac-Yst
e-Manganese	Migratrol, plus Selenium E	Vegetarian Thyro
Emphaplex	Intracellular Cough, plus Simply Lung	Aller-Lung Support
e-Poise	Vitamin-Mineral Shake	Vitamin-Mineral Shake
Fen-Cho	GB Support	Pro-Enzymes
Fen-Gre	Aller-Lung Support	Aller-Lung Support
Ferrofood	Hematic Formula	Hematic Formula
Folic Acid B12	Vitamin B-6, B-12, & Folate	Vitamin B-6, B-12, & Folate
For-Til B12	Complete Ear Health	Vitamin B-6, B-12, & Folate
Garlic	Cholester-Right	Cholester-Right
Gastrex	Digesti-Pan	Pro-Enzymes
Ginkgo Synergy	Serious Brain Enhancer	Vegetarian Tyrosine, plus Herbal Antioxidant
Glucosamine Synergy	Advanced Joint Complex	Inflam-Enzymes
Hepatrophin PMG	Simply Liver	Pro-Enzyme, plus Green Vegetable Alkalizer
Hypothalamus PMG	Hypothalamus EMG or Simply Hypothalamus	B Stress Complex, plus Vegetarian Adrenal
Hypothalamex	Restful Mind Support	Vegetarian Tryptophan, B Stress Complex
Immuplex	Thymo-Immune	Vira-Chron
Inositol	Inositol Complex	Inositol Complex
Iodomere	Metabolic Thyro	Vegetarian Thyro
Iplex	Complete Eye Health	Herbal Antioxidant, Vitamin-Mineral
Lact-Enz	Probio-Zyme-Yst	Probio-Zyme-Yst or Pro-Enzymes (vegan)
Lactic Acid Yeast	Probio-Zyme-Yst	Probio-Zyme-Yst or Pro-Enzymes (vegan)
Ligaplex I	Cal-Mag Complex, plus Inflam-Enzymes	Cal-Mag Complex, plus Inflam-Enzymes
Ligaplex II	Liga-Complex	Inflam-Enzymes
Linum B-6	Omega 3/EPA/DHA, plus Vitamin B-6, B-12 & Folate	Wheat Germ Oil E , plus Vitamin B-6, B-12, & Folate
Livaplex	Liver Complex	Detox-N-Cleanse
Magnesium Lactate	Magnesium Complex	Magnesium Complex
Mammary PMG	Simple Mammary	Libida-Life
Manganese B-12	Cal-Mag Complex, plus Vitamin B6, B-12 & Folate	Cal-Mag Complex, plus Vitamin B-6, B-12, & Folate
Min-Chex	Nerve Chex	Cal-Mag Complex, plus Vegetarian Thyro
Min-Tran	Mineral Tran	Cal-Mag Complex, plus Vitamin B-6, B-12, & Folate and Vegetarian Tryptophan
Multi-Zyme	Digesti-Pan	Pro-Enzymes, plus Para-Dysbio-Zyme
Myo-Plus	Cardio-Power	CoQ10-Cardio
Myotrophin PMG	Simply Cardio	CoQ10-Cardio
Neuroplex	Serious Brain Enhancer	Vegetarian Tyrosine, Vegetarian Adrenal
Neurotrophin PMG	Serious Brain Enhancer	Vegetarian Tryptophan, Vegetarian Adrenal
Niacinamide B-6	B Stress Complex	B Stress Complex
Nutrimere	Metabolic Thyro	Vegetarian Thyro
Oculotrophin PMG	Complete Eye Health	Herbal Antioxidant
Okra Pepsin	Digesti-Pan	Pro-Enzymes
OPC Synergy	Herbal Antioxidant	Herbal Antioxidant
Orchex	Simply Orchic	Libida-Life
Orchic PMG	Simply Orchic	Libida-Life
Organically Bound Minerals	Land & Sea Minerals	Vitamin-Mineral Shake
Organic Iodine	Vegetarian Thyro	Vegetarian Thyro
Ostarplex	Cal-Mag Complex	Cal-Mag Complex

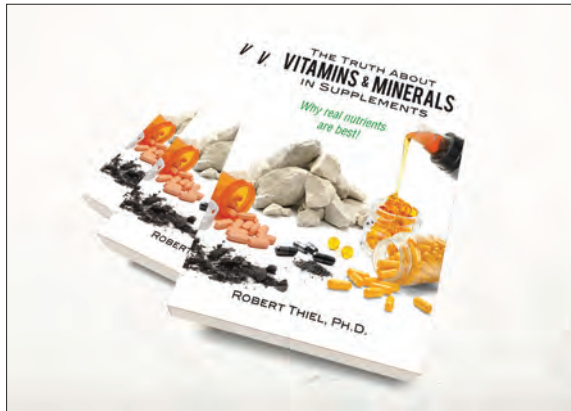
Standard Process (*)	Food Research International	Food Research Int'l Vegetarian
Ostrophin PMG	Cal-Mag Complex	Cal-Mag Complex
Ovatrophin PMG	Simply Ovary or Le Feminine Advantage	Libida-Life
Ovex or Ovex-P	Simply Ovary or Le Feminine Advantage	Libida-Life
Palmettoplex	Prosta-Power	Libida-Life
Pancreatrophin PMG	Simply Pancreas	Pro-Enzymes
Paraplex	Simply Pancreas, plus Migratrol	Pro-Enzymes, plus Magnesium Complex
Parotid PMG	Complete Smell & Taste	Zinc Complex, plus Magnesium Complex
Phytolyn	Green Vegetable Alkalizer	Green Vegetable Alkalizer
Pituitrophin PMG	Pituitary EMG	Vegetarian Thyro
Pneumotrophin PMG	Simply Lung	Aller-Lung Support
Prolamine Iodine	Vegetarian Thyro	Vegetarian Thyro
Prost-X	Prosta-Power	Libida-Life, plus Zinc Complex
Prostate PMG	Prosta-Power	Libida-Life, plus Zinc Complex
Proteofood	Digesti-Pan, plus Para-Dysbio-Zyme	Pro-Enzymes, plus Para-Dysbio-Zyme
Renafood	Arginase Bladder	Vegetarian Adrenal, plus Vitamin-Mineral Shake
Renatrophin PMG	Uro-Kid Support	Vegetarian Adrenal, plus Vitamin-Mineral Shake
Ribonucleic Acid	Serious Brain Enhancer	Vegetarian Tyrosine, Vegetarian Adrenal
Rumaplex	Advanced Joint Complex	Cal-Mag Complex
SP Cleanse	Detox-N-Cleanse	Detox-N-Cleanse
SP Complete	Vitamin-Mineral Shake	Vitamin-Mineral Shake
SP Green Food	Green Vegetable Alkalizer or Vitamin-Mineral Shake	Green Vegetable Alkalizer or Vitamin-Mineral Shake
Senaplex	Restful Mind Support, plus Vitamin-Mineral	Vegetarian Tryptophan, plus Vitamin-Mineral
Sesame Seed Oil	Omega 3/EPA/DHA, plus Green Vegetable Alkalizer	Green Vegetable Alkalizer, plus Wheat Germ Oil E
Spanish Black Radish	GB Support	Probio-Zyme-Yst
Spleen Desiccated	Simply Spleen	Detox-N-Cleanse
Spleen PMG	Spleen EMG	Detox-N-Cleanse
St. John's Wort	Anxie-Tone or Serious Brain Enhancer	Vegetarian Tryptophan
Super EFF	Omega 3/EPA/DHA	Wheat Germ Oil E
Symplex F	Le Feminine Advantage	Libida-Life
Symplex M	Prosta-Power	Libida-Life
Thymex	Simply Thymus	Vira-Bac-Yst
Thymus PMG	Thymus EMG	Vira-Bac-Yst
Thytrophin PMG	Thymus EMG	Vegetarian Thyro
Trace Minerals- B12	Vitamin-Mineral Shake or Land and Sea Minerals	Vitamin-Mineral Shake or Land and Sea Minerals
Tuna Omega-3 Oil	Omega 3/EPA/DHA	Wheat Germ Oil E
Utrophin PMG	Simply Uterus	Libida-Life
Vasculin	Cardio-Power, Nattokinase	Vitamin B-6, B12, & Folate, plus Co-Q10 Cardio and Nattokinase
Wheat Germ Oil	Wheat Germ Oil E	Wheat Germ Oil E
Wheat Germ Oil Fortified	Wheat Germ Oil E **	Wheat Germ Oil E
Whey Pro-Complete	Vitamin-Mineral Shake	Vitamin-Mineral Shake
Whole Food Fiber	Vitamin-Mineral Shake	Vitamin-Mineral Shake
Zinc Liver Chelate	Simply Liver, plus Zinc Complex	Zinc Complex, plus Pro-Enzymes
Zymex	Probio-Zyme-Yst	Probio-Zyme-Yst
Zymex II	Para-Dysbio-Zyme	Para-Dysbio-Zyme
Zypan	Digesti-Pan	Pro-Enzymes

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MediHerb (*)	Food Research International	Food Research Int'l Vegetarian
Adrenal Complex	Vegetarian Adrenal	Vegetarian Adrenal
Albizia Complex	Aller-Lung Support	Aller-Lung Support
Bacopa Complex	Serious Brain Enhancer	Vegetarian Tyrosine
Berberine Complex	Gluco-Sugar-Balance	Gluco-Sugar-Balance

MediHerb (*)	Food Research International	Food Research Int'l Vegetarian
Bilberry	Complete Eye Health	Herbal Antioxidant
Bone Complex	Cal-Mag Complex	Cal-Mag Complex
Boswellia Complex	Uro-Kid Support	Herbal Antioxidant
Broncafect	Intracellular Cough	Aller-Lung Support
Broncafect Phytosynergist	Intracellular Cough	Aller-Lung Support
Burdock Complex	Para-Dysbio-Zyme	Para-Dysbio-Zyme
Capsella Complex Phytosynergist	Vegetarian Thyro and Simply Uterus	Vegetarian Thyro and Magnesium Complex
Cat's Claw Forte	Aller-Lung Support	Aller-Lung Support or Green Vegetable Alkalizer
Chaste Tree	Le Feminine Advantage	Vegetarian Thyro
ChelaCo	Detox-N-Cleanse	Detox-N-Cleanse
Colax	GB Support	Green Vegetable Alkalizer
Coleus Forte	Metabolic Thyro	Vegetarian Thyro
Cramplex	Simply Thyroid	Magnesium Complex
Cranberry Complex	Arginase Bladder	Vira-Bac-Yst
DermaCo	Liva-DeTox & Support	Detox-N-Cleanse
DiGest	Digesti-Pan	Pro-Enzymes
DiGest Phytosynergist	Digesti-Pan	Pro-Enzymes
Echinacea Premium	Conga-Immune	Vira-Bac-Yst and Zinc Complex
Eleuthero	Anxie-Tone	Vegetarian Tryptophan
Euphrasia Complex	Thymo-Immune or Complete Eye Health	Aller-Lung Support
Evening Primrose Oil	Le Feminine Advantage	Wheat Germ Oil E
Fe-Max Iron Tonic Phytosyn.	Hematic Formula	Hematic Formula
FemCo	Le Feminine Advantage	Libida-Life
Ganoderma & Shiitake	Conga-Immune	Vira-Bac-Yst and Zinc Complex
Garlic Forte	Cholester-Right	Cholester-Right
Ginkgo Forte	Serious Brain Enhancer	Vegetarian Tyrosine
Golden Seal	Thymo-Immune	Aller-Lung Support
Gotu Kola Complex	Advanced Joint Complex	Libida-Life
Gut Flora Complex	Probio-Zyme-Yst	Probio-Zyme-Yst
Gymnema	Gluco-Sugar-Balance	Gluco-Sugar-Balance
Hawthorn	Co-Q10 Cardio	Co-Q10 Cardio
Herbal Throat Spray Phytosyn	Conga-Immune	Aller-Lung Support and Zinc Complex
HerbaVital	Herbal Antioxidant or Libida-Life	Herbal Antioxidant or Libida-Life
HiPep	Digesti-Pan	Pro-Enzymes
Horsechestnut Complex	Metabolic Thyro	Herbal Antioxidant
Kava Forte	Restful Mind Support	Vegetarian Tryptophan
LivCo	Liva-DeTox & Support	Pro-Enzymes, plus Green Vegetable Alkalizer
Livton Complex	Liva-DeTox & Support	Pro-Enzymes, plus Green Vegetable Alkalizer
Metabol Complex	Gluco-Sugar-Balance	Gluco-Sugar-Balance
Nervagenic	Anxie-Tone or Restful Mind Support	Vegetarian Tryptophan
Nevaton	Anxie-Tone or Restful Mind Support	Vegetarian Tryptophan
ProstaCo	Prosta-Power	Libida-Life
PulmaCo	Aller-Lung Support or Simply Lung	Aller-Lung Support
ResCo	Intracellular Cough or Aller-Lung Support	Aller-Lung Support
ResCo Phytosynergist	Intracellular Cough or Aller-Lung Support	Aller-Lung Support
Rhodiola & Ginseng Complex	High Stress Adrenal	Vegetarian Adrenal
Saligesic	Inflam-Enzymes	Inflam-Enzymes
Silymarin	Liva-Detox & Support	Herbal Antioxidant or Detox-N-Cleanse
St. John's Wort	Serious Brain Enhancer	Vegetarian Tyrosine and/or Vegetarian Tryptophan
Thyroid Complex	Metabolic Thyro or Migratrol	Vegetarian Thyro
Tribulus	Prosta-Power or Simply Ovary	Libida-Life
UriCo Phytosynergist	Arginase Bladder	Vira-Bac-Yst
Valerian Complex	Anxie-Tone or Restful Mind Support	Vegetarian Tryptophan
Vitanox	Herbal Antioxidant	Herbal Antioxidant
Wild Yam Complex	Le Feminine Advantage	Libida-Life
Withania Complex	Anxie-Tone or Restful Mind Support	Vegetarian Tryptophan
Wormwood Complex	Para-Dysbio-Zyme	Para-Dysbio-Zyme

More Doctors' Research Support Literature and Educational Items



The TRUTH About VITAMINS & MINERALS in SUPPLEMENTS

Do you know what vitamins and minerals do for the human body? Are there some forms of vitamins and minerals better than others? Many people have wrongly assumed that vitamin and mineral formulas that they buy are natural and are the same as vitamins and minerals as found in food. This highly referenced book explains the biological advantages of food vitamins and minerals as well as their superiority. It also explains what most "so-called natural" vitamins and minerals are actually made from. This is a must have book for people interested in health so they do not make the common mistakes 99% of people who take vitamin and mineral supplements do.

Brochures



Vitamin-Mineral Brochure

98.97% of consumed Vitamins are made up of synthetics or rocks, Food Research Products are FOOD, all FOOD, and nothing but FOOD!

Unlike synthetic products, our supplements contain the enzymes and peptides found in living foods. The vitamins and minerals are cold-processed. Our vitamin and mineral products stay below 100°F, hence they are considered to be "raw."

This brochure will show you "How To Read Your Vitamin Labels."



STOP Chemicals Brochure

Should Your Vitamin and Mineral Supplements Be Made from 100% FOOD or Industrial Chemicals?

Amazingly, 98.97% of people who take so-called 'natural' vitamin products are taking vitamins that are composed of petroleum-derivatives, oils, hydrogenated acetone-processed sugars, and/or irradiated animal fats. And nearly all of the people who take mineral products are taking minerals which are crushed rocks processed with industrial chemicals (like those shown in this brochure).

In this brochure, discover the Truth About So-Called "Natural" Vitamins & Minerals.



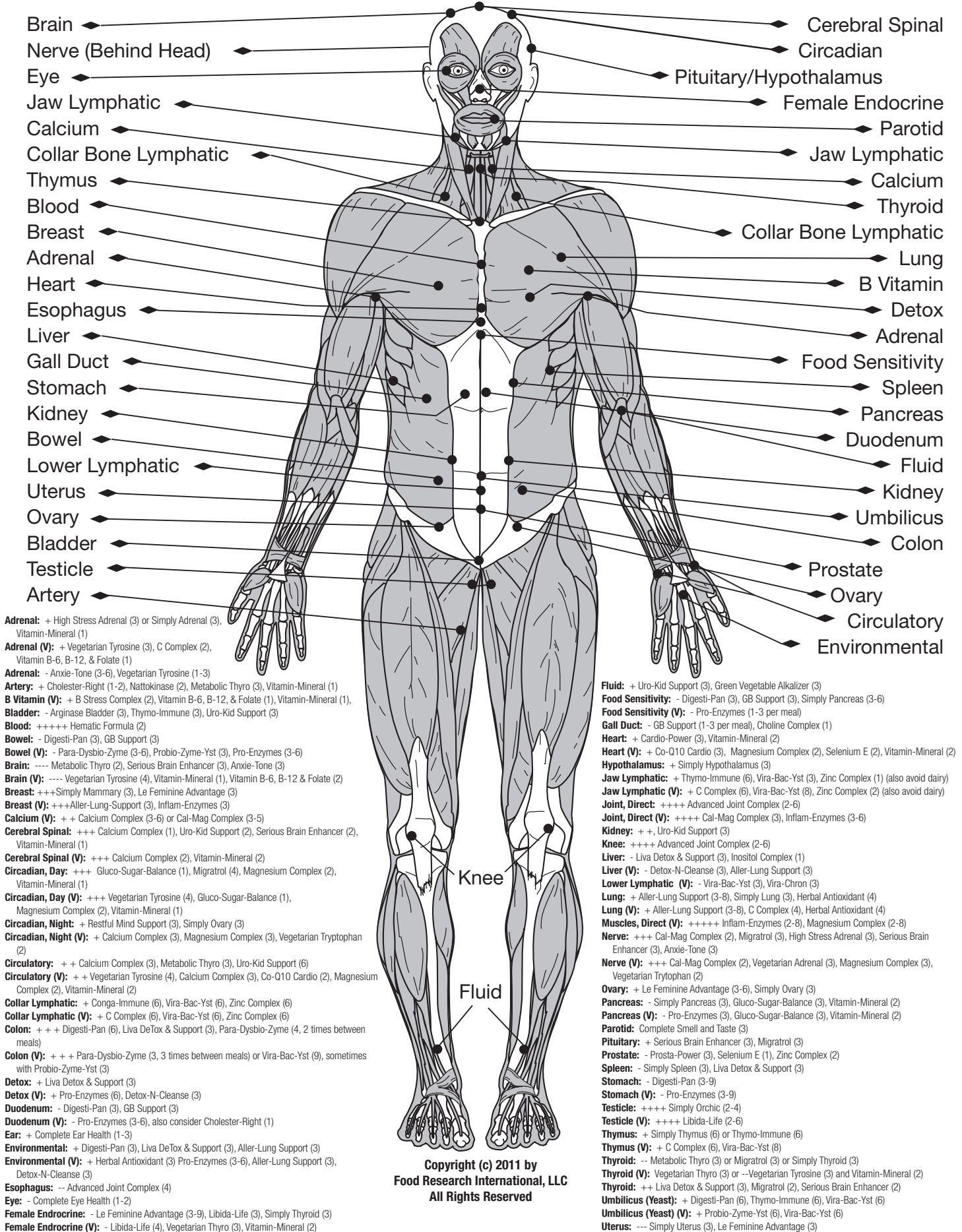
Reflex Nutrition Assessment (RNA) Brochure

Reflex Nutrition Assessment, otherwise known as RNA, is an ancillary form of nutrition assessment. It is a natural, non-invasive method of assessing the nutritional needs of the human body. It is a technique used to assess nutrition status by observing the response of muscles under externally-provided human force.

Although it is similar to other forms of muscle testing (deltoid kinesiology), it has many unique applications and has been demonstrated to have a high degree of accuracy. If after reading this pamphlet, you have any unanswered questions concerning how RNA can help you or a family member, please speak with the doctor/licensed health care provider who provided this RNA pamphlet.

REFLEX NUTRITION ASSESSMENT CHART™

This chart can be used by doctors who do, or do not, "muscle test" as it shows nutritional products to support various healthy systems in the human body. For those that do muscle test, "—" refers to ulnar and "+" refers to palmar reflexes. The term DIRECT refers to a position where a problem is apparently existing and NOT a reflex show on this chart.



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CHIRO NUTRITION CHART™

Vertebrae	Chiropractic Connection	Product Considerations	
C1	Cervical 1	Blood supply to head, pituitary	Inflam-Enzymes (4), Serious Brain Enhancer (3), Hematic Formula (1)
C2	Cervical 2	Eyes, optic nerve forehead	Inflam-Enzymes (4), Complete Eye Health (1)
C3	Cervical 3	Cheeks, teeth, trifacial nerve	Inflam-Enzymes (6), Cal-Mag Complex (2)
C4	Cervical 4	Nose, lips, mouth	Inflam-Enzymes (6), Complete Smell & Taste (3)
C5	Cervical 5	Vocal cords, neck glands	Inflam-Enzymes (4), Advanced Joint Complex (3)
C6	Cervical 6	Neck muscles, shoulders	Inflam-Enzymes (6), Magnesium Complex (3)
T1	Cervical 7	Thyroid gland	Inflam-Enzymes (4), Metabolic Thyro (3)
T2	Thoracic 1	Hands, trachea	Inflam-Enzymes (6), Advanced Joint Complex (3)
T3	Thoracic 2	Heart, including its valves	Inflam-Enzymes (4), Cardio-Power (3), Omega 3/EPA/DHA (2)
T4	Thoracic 3	Lungs, bronchials, breasts	Inflam-Enzymes (4), Simply Lung (2) or Simply Mammary (2)
T5	Thoracic 4	Gall bladder, bile duct	Inflam-Enzymes (4), GB Support (3)
T6	Thoracic 5	Liver, blood	Inflam-Enzymes (4), Liva Detox & Support (3), Hematic Formula (1)
T7	Thoracic 6	Stomach	Inflam-Enzymes (4), Digesti-Pan (3-6)
T8	Thoracic 7	Pancreas	Inflam-Enzymes (4), Simply Pancreas (3)
T9	Thoracic 8	Spleen, diaphragm	Inflam-Enzymes (4), Simply Spleen (3)
T10	Thoracic 9	Adrenal glands	Inflam-Enzymes (4), Simply Adrenal (3) or Anxie-Tone (3)
T11	Thoracic 10	Kidneys	Inflam-Enzymes (4), Uro-Kid Support (3-6)
T12	Thoracic 11	Kidneys, ureters	Inflam-Enzymes (4), Uro-Kid Support (3-6) or Arginase Bladder (3-6)
L1	Thoracic 12	Small intestines, lymph nodes	Inflam-Enzymes (4), Digesti-Pan (3-6) or Simply Pancreas (3-6)
L2	Lumbar 1	Large intestines	Inflam-Enzymes (6), Para-Dysbio-Zyme (4) or GB Support (3)
L3	Lumbar 2	Abdomen	Inflam-Enzymes (6), Digesti-Pan (3-6)
L4	Lumbar 3	Sex organs	Inflam-Enzymes (4), Le Feminine Advantage (3) or Prosta-Power (3)
L5	Lumbar 4	Prostate, lower back muscles	Inflam-Enzymes (6), Prosta-Power (3) or Magnesium Complex (4)
S	Lumbar 5	Lower legs, feet, toes	Inflam-Enzymes (6), Cal-Mag Complex (2) or Vegetarian Adrenal (2)
C	Sacrum	Hips, buttocks	Inflam-Enzymes (4), Advanced Joint Complex (4)
	Coccyx	Rectum, anus	Inflam-Enzymes (4), Para-Dysbio-Zyme (6)

Other Concerns	Chiropractic Connection	Product Considerations
Ankles	Ankles	Uro-Kid Support (4) or Advanced Joint Complex (3)
Bones	Bones	Calcium Complex (4), D Complex (1) or Cal-Mag Complex (3)
Elbows	Elbow	Inflam-Enzymes (6), Advanced Joint Complex (2)
Health	All systems	Vitamin-Mineral (1-2)
Injury	Joint, muscle	Inflam-Enzymes (8), Omega 3/EPA/DHA (4)
Knee	Knee	Advanced Joint Complex (3-6), also avoid caffeine
Moving aches	Muscles, joints	Inflam-Enzymes (6), Migratrol (3)
Muscles	Muscles	Magnesium Complex (3), Omega 3/EPA/DHA (4)
Wrists	Wrists	Inflam-Enzymes (6), Vitamin B-6, B-12, & Folate (2)

Note: Many spinal nerves are connected to multiple organs/systems, thus this chart is not always applicable. The above chart also normally is not including suggestions when a problem is caused by some type of infection. The amount of tablets/capsules often taken per day is shown between the (). None of these statements have been approved by the US Food and Drug Administration, Health Canada, or similar authorities.

ARE YOUR SUPPLEMENTS 100% FOOD OR ROCKS?

If you and your clients are like most health-conscious Americans today, you have serious concerns about the quality of our food supply (Genetically Modified Organisms, preservatives, chemical additives, commercial processing), enough so, that you are taking a multiple vitamin and mineral supplement. Shouldn't those supplemental nutrients be from Food?

Sadly, most supplement formulas sold today do not contain vitamins and minerals as found in foods. Even though the label often claims that the product is "natural", the ingredients are almost always USP synthetic vitamins and commercially mined and processed rocks. These rocks are altered using industrial chemicals, such as gluconic acid (which is used in cleaning compounds), to form isolated rock salts, and while rocks are natural food for plants, they are not a natural food for humans.

Nature intended that plants would ingest rocks and in turn, humans would eat the plants. Plants have the ability to change the chemical compounds found in rocks and to detoxify them. Plants ingest rocks, humans eat plants. This is called the "Food Chain".

Commercially processed rocks are used in the manufacturing of supplements because they are much cheaper to produce than the nutrients found in Food Research Food supplements.

Food Vitamins and Minerals are made from natural food nutrients...

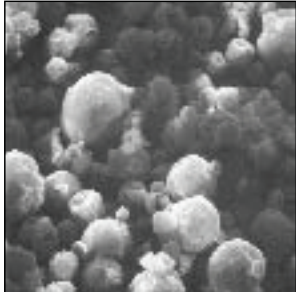

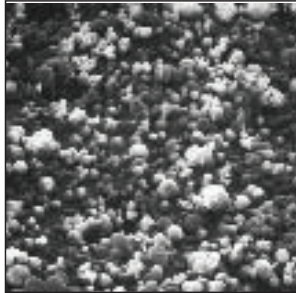

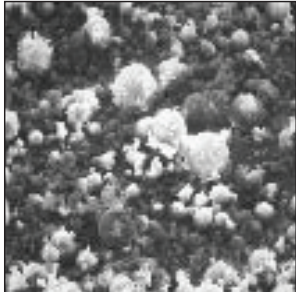

Compare these electron microscope photographs (same magnification), and you'll see the difference between the Food nutrients on the left, and isolated U.S.P. synthetic vitamins and mineral salts on the right. Food nutrients do not even look the same as U.S.P. vitamins and mineral salts. Not only do most of the nutrients differ in their physical appearance, they differ chemically and structurally as well.

Food nutrients tend to have a more rounded appearance, whereas U.S.P. vitamins have a more crystalline or rock-like appearance, as do most mineral salts used to produce synthetic supplements.

STOP the USE of SYNTHETIC VITAMINS



Eating Industrial Chemicals!

FOOD VITAMINS & MINERALS	NON-FOOD VITAMINS & MINERALS
 <i>Food Vitamin B-1</i>	 <i>Thiamin HCL</i>
 <i>Food Vitamin C</i>	 <i>Ascorbic Acid</i>
 <i>Food Zinc</i>	 <i>Zinc Chloride</i>

Food Nutrients are Superior to Non-Foods

Supposedly, one of the signs to spot "quacks and vitamin pushers," according to Drs. Barrett and Herbert is that, "They claim that 'natural vitamins' are better than 'synthetic' ones." A textbook, which has been used to train many health professionals about nutrition, similarly states, "Quacks claim that 'natural' vitamins are better than synthetic ones." Interestingly some of these same authors have written that the body is designed to handle foods and should get its vitamins from foods.

Other health "professionals" have erroneously claimed, "The body cannot tell whether a vitamin in the bloodstream came from an organically grown cantaloupe or from a chemist's laboratory," this belief is misleading because:

- 1) It does not seem to consider the fact that there are multiple mechanisms which influence the absorption and utilization of most vitamins.
- 2) It does not seem to consider the fact that nutrition scientists understand that particle size is an important factor in nutrient absorption even though particle size is not detected by chemical assessment (smaller size is generally better).
- 3) It does not seem to consider the fact that, "The food factors that influence the absorption of nutrients relate not only to the nature of the nutrients themselves, but also their interaction with each other and with the nonabsorbable components of food" (there are no natural food components in most USP vitamin formulas).
- 4) "The physiochemical form of a nutrient is a major factor in bioavailability." Nutrients in natural foods and USP vitamins are not always in the same physiochemical form.
- 5) Most USP vitamins are crystalline in structure, while most vitamins in food are not (and are actually present in a complex carbohydrates, proteins, and lipids).
- 6) Scientists are just beginning to understand the factors influencing nutrient absorption and utilization. It is not unreasonable to expect that additional food factors will be discovered that further distinguish food nutrients from synthetic ones.

Notice the following chart:

Food Mineral	Compared to Mineral Salt/Chelate	Food Vitamin	Compared to USP/Natural/Non-Food Vitamins
Calcium	Up to 8.79 times more absorbed into the blood and 7 times as effective in raising serum ionic calcium levels	Vitamin A	54% more absorbed into the blood; also more complete, as scientists teach that vitamin A is not an isolate.
Chromium	Up to 25 times more bioavailable	Vitamin B Complex	More effective in maintaining good health and liver function
Copper	85% more absorbed; also contains substances that reduce potential toxicity	Vitamin B-1, Thiamin	38% more absorbed into the blood
Iron	Safer, non-constipating, 77% more absorbed	Vitamin B-2, Riboflavin	92% more retained in the liver
Magnesium	Up to 2.20 times better absorbed and retained	Vitamin B-3, Niacinamide	3.94 times more absorbed into the blood
Manganese	Better absorbed and retained and not as likely to contribute to toxicity as mined forms	Vitamin B-5, Pantothenate	57% more absorbed into the blood
Molybdenum	Up 6.28 times better absorbed into the blood and 16.49 times better retained	Vitamin B-6	2.54 times more absorbed into the blood
Phosphorus	Less likely to cause diarrhea or electrolyte disorders	Vitamin B-9, Folate	2.13 times more retained in the liver; more utilizable above 266mcg (Recommended Daily Intake is 400mcg) and safer
Selenium	17.6 time the antioxidant effect, 123.01 times more effective in preventing nonenzymatic protein glycation, and 2.26 times better retained	Vitamin B-12	2.56 times more absorbed into the blood
Vanadium	Safer and 50% more effective	Vitamin C	Over 15.6 times antioxidant effect; 74% better absorbed into red blood cells
Zinc	Up to 6.46 times better absorbed, better form	Vitamin D	Over 10 times the antirachitic effect
		Vitamin E	Up to 4.0 times the free radical scavenging strength
		Vitamin H	Up to 100 times more biotin effect
		Vitamin K	Safer for children

The differences are more than quantitative. Some have felt that if they take, for example, twice as much of a synthetic vitamin or industrial rock (called a mineral salt) than a Food vitamin or mineral, then it will be just as effective in the body. That is simply not true. No matter how much "ascorbic acid" one takes, it will never have negative ORP (oxidative reduction potential)—thus, it simply cannot do what FOOD nutrients can do. USP vitamins and mineral salts are cheap (or not so cheap) industrial imitations of Food vitamins and minerals--they are not Food!

SYNTHETIC VITAMINS & OTHER ROCKS CANNOT REPLACE ALL THE FUNCTIONS OF FOOD VITAMINS & MINERALS! USP vitamins and minerals are not structurally the same, nor in most cases chemically the same, as Food nutrients.

DOCTORS' RESEARCH, INC.

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