

DESCRIPTION:

The need for a good multiple is greater now more than ever. Very few people eat a healthy diet consisting of 5 servings of fruits and vegetables a day, high in fiber and drink 64 oz. of water per day. Instead, their diet consists of saturated fats and refined carbohydrates. A poor diet combined with high levels of stress, lack of exercise, exposure to toxins and free radicals creates a great need for a good multiple like **Nutritional Foundation**.

- A good multiple is the foundation of any good nutritional program.
- A good multiple provides all the nutrients that are essential to good health.
- A good multiple aids in the prevention of illness and maintenance of good health.
- A good multiple doesn't try to pack everything into one tablet or capsule taken once a day. This only stresses the body with more nutrients than it could use at one time and leaves it deficient the rest of the day.
- A good multiple only uses high quality nutrients and absorbable mineral chelates.
- A good multiple is not full of fillers, binders, sugar and colorants.

ACTIVES:

The Nutritional Foundation advantages:

1. **Versatility in dosing.** Formulated for all ages and needs by simply adjusting the dosage.
2. **Totally reacted functional chelated minerals**-rarely found in a multiple, providing:
 - Higher absorption
 - Greater safety
 - Greater tolerance (less G.I. upset)
 - Ability to cross the placental barrier (great prenatal)
 - Enhanced physiological benefits
3. **Complete digestive aid;** (digest fats, carbohydrates and protein).
4. **Whole food concentrates** provide additional vitamins, minerals, enzymes, antioxidants, and easily digestible complete protein.
5. **N-Acetyl-L-Cysteine**, a powerful anti-oxidant that protects the lungs. Beneficial to smokers.
6. **Balanced B-complex.** The body utilizes the B vitamins better when in ratios more similar to nature.
7. **Capsule Delivery System:**
 - a. Faster delivery
 - b. Better bioavailability and absorption
 - c. Higher ingredient activity levels
 - d. No fillers and binders
 - e. Easy to swallow

90 or 180 capsules per bottle

Three capsules provide:

Vitamin A (67% as Beta-Carotene)	3750 IU
Vitamin C (Ascorbic Acid)	100 mg
Vitamin D-3	200 IU
Vitamin E (d-alpha Tocopherol)	100 IU
Thiamine (Vitamin B-1)	12.5 mg
Riboflavin (Vitamin B-2)	12.5 mg
Niacin/Niacinamide	75 mg
Vitamin B-6 (Pyridoxine HCl)	25 mg
Folic Acid	200 mcg
Vitamin B-12	250 mcg
Biotin	150 mcg
Pantothenic Acid	75 mg
Calcium (from Calcium Amino Acid Chelate*)	100 mg
Iodine (from Potassium Iodine)	75 mcg
Magnesium (from Magnesium Amino Acid Chelate*)	100 mg
Zinc (from Zinc Amino Acid Chelate*)	7.5 mg
Selenium (from Selenium Amino Acid Chelate*)	50 mcg
Copper (from Copper Amino Acid Chelate*)	1 mg
Manganese (Manganese Amino Acid Chelate*)	10 mg
Chromium (from Chromium Amino Acid Chelate*)	100 mcg
Molybdenum (from Molybdenum Amino Acid Chelate*)	50 mcg
Potassium (from Potassium Amino Acid Complex)	49.5 mg

Spirulina (Hawaiian) 150 mg, Choline (from Choline Bitartrate) 50 mg, Inositol 50 mg, N-Acetyl-L-Cysteine 50 mg, Bee Propolis 50 mg, Chlorella 50 mg, Barley Juice Concentrate 4:1 50 mg, Alfalfa Juice Concentrate 4:1 50 mg, Betaine HCl 37.5 mg, Bromelain 37.5 mg, Papain 37.5 mg, Pancreatin 37.5 mg, Ox Bile 25 mg, Pepsin 25 mg, PABA 25 mg, Citrus Bioflavonoid Complex 25 mg, Hesperidin 98% 25 mg, Rutin 12.5 mg, Quercetin 98% 12.5 mg, Glutamic Acid HCl 12.5 mg, Boron 0.75 mg, Vanadyl Sulfate 100 mcg

Other ingredients: Gelatin, Cellulose, and Vegetable Stearate.

* Albion Chelate

CLINICAL INDICATIONS:

- General Health
- Prenatal

SUGGESTED USAGE:

Take 1 to 2 capsules 3 times daily with meals

CONTRAINDICATIONS: None Known

DRUG INTERACTIONS: None Known

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.