

# Nutritional Starter Package Products Fact Sheet



**Delicious Greens 8000 (ORAC) - 10.6 oz - 300 grams powder**

**Delicious GREENS 8000®** is an easy mixing, great tasting and energizing "phyto-nutrient" powder mix loaded with certified organic, whole foods and plant extracts. These are the "Super-Foods" that the scientific experts and doctors tell us to eat daily, but we never seem to do with regularity.

**Delicious GREENS 8000®** includes organic green plants, healthy herbs and spices, natural food concentrates and antioxidant rich fruits and vegetables.

**Delicious GREENS 8000®** supplies an super blend of completely natural vitamins, flax lignans, ionic trace minerals, enzymes, antioxidants, phytonutrients and symbiotic intestinal flora for maximum energy, metabolism, fat burning, digestion, detoxification, immunity, repair, recovery, revitalization, and longevity.

Flavors - Berry, Chocolate, & Strawberry-Kiwi

## Supplement Facts

Serving Size: 10g (one scoop)  
Servings per container: 30

Amount Per Serving	
Calories: 49	
	% of Daily Value
<b>Total Fat</b> 2.6g	4%
Saturated Fat 0.5g	2.5%
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 20mg	0.83%
<b>Total Carbohydrates</b> 5g	1.66%
Dietary Fiber 1g	4%
Sugar 1g	*
<b>Protein</b> 1g	4%

Amount Per Serving	
<b>Greens Blend - *2010 mg</b>	
Barley grass juice powder(certified organic) Chorella (Japanese cracked cell wall) Spirulina(certified organic) Alfalfa Concentrate 100% Ionic Trace Minerals (Proprietary Blend)	
<b>Vegetable Blend - *2000 mg</b>	
(certified organic) Carrot Juice Powder, Broccoli Juice Powder, Cauliflower Juice Powder, Spinach Juice Powder, Parsley Juice Powder.	

Amount Per Serving	
<b>Fiber Blend - *2050 mg</b>	
SDG Flax Lignans Concentrate (Certified Organic), Oat Betaglucan (Certified Organic) Apple Fiber Pectin, Sprouted Barley Malt (Certified Organic)	
<b>Antioxidant Blend - *1525 mg</b>	
Concord Grape Powder, Acerola Cherry Powder, Milk Thistle Seed Extract (80% Silymarin) Red Beet Root (C. Org) Aloe Vera Leaf Powder (Certified Organic), Pomegranate, Turmeric Rhizome Ext. (85% Curcuminoids) Atlantic Kelp Powder (Certified Organic) Green Tea Extract Decaf (60% Polyphenols) Quercetin (98% Dihydrate), Polygonum Cuspidatum (Trans Resveratrol 50%), Red Wine Extract, Grape Seed Extract, Blueberry Leaf Extract, Vegetable & Fruit Extract (Antioxidant Blend)	
<b>Enzyme Blend - *200 mg</b>	
Bromelain Extract (600 GDU Per Gm) Papain, Protease, Amylase Lipase, Cellulase, Lactase.	
<b>Probiotics (Dairy-Free) *200 mg</b>	
L. Acidophilus, B. Longum, L. Casei, Rhamnosus	
<b>Lecithin (Non GMO) *1800 mg</b>	
Phosphatidylethanolamine, Phosphatidylcholine	
<b>Licorice Root Extract *10 mg</b>	
<b>Other Ingredients:</b> Stevia, Citric Acid, Cinnamon Powder, Natural Flavor.	
Contains NO artificial colors, flavors, preservatives, dairy or MSG. Keep refrigerated for maximum freshness after opening.	
<b>Contents sold by weight not volume. Some settling may occur.</b>	
Statements made on this label have not been evaluated by the FDA, nor are they intended to diagnose, treat or cure any disease.	
<b>* Daily Value not established</b>	

## DELICIOUS GREENS 8000 INGREDIENT BENEFITS LIST

**DELICIOUS GREENS 8000®** is a marvel of modern nutraceutical science. It is the combined efforts of many different people, ideas and known nutritional facts. There is an ever growing body of evidence to support the fact that our bodies need green leafy vegetables and fruits everyday in order to maintain a disease free body. Delicious GREENS 8000 is the answer to this need. Drink Delicious GREENS 8000 every day and your body will love you for it. Good health to you!

**Barley:** Barley seems to improve several cardiovascular risk factors. For example, in a study of male participants, researchers found increasing whole grain foods such as barley and barley grains in a healthy diet could reduce high blood pressure.

**Chlorella:** Numerous research projects in the USA and Europe indicate that chlorella can also aid the body in the breakdown of persistent hydrocarbon and metallic toxins such as DDT, PCB, mercury, cadmium and lead, while strengthening the immune system response. In Japan, interest in chlorella, and chlorella products has focused largely on its detoxifying properties -- its ability to neutralize or remove poisonous substances from the body.

**Spirulina:** This tiny aquatic plant known as Spirulina, offers 60% all-vegetable protein, essential vitamins and phytonutrients such as the antioxidant beta carotene, the rare essential fatty acid GLA, sulfolipids, glycolipids and polysaccharides are also found in Spirulina.

**Alfalfa:** Alfalfa may help reduce blood sugar and cholesterol levels which can benefit heart health. Alfalfa herbal supplements have laxative and diuretic qualities as well as helping to improve appetite. Alfalfa assists with the treatment of urinary tract infections, and kidney, bladder and prostate disorders. Alfalfa can relieve pain associated with arthritis and bursitis due to its anti-inflammatory properties. Alfalfa may be helpful with menopausal side effects by reducing hot flashes. In addition, alfalfa aids in increased energy levels due to its high nutritive value.

**Ionic Trace Minerals:** Your body needs minerals found in large quantities, such as magnesium. It also needs many trace minerals, such as chromium, zinc and selenium. Medical science has proven beyond any doubt that the body can absorb essential minerals in the ionic form far more rapidly than in pill, powder, colloidal, or any other form.

**Carrot juice:** Carrot juice has anti-carcinogen properties. Thus, it may help prevent cancer. The Beta carotene found in carrots and carrot juice is an anti-oxidant, and thus it prevents cell degeneration, slowing down the ageing process.

**Broccoli Juice:** "Eat your broccoli," Mom said! Broccoli contains a chemical called

sulforaphane that kills helicobacter pylori. H. Pylori is the bacteria responsible for peptic ulcers and many gastric cancers, and the risk can be greatly reduced by regular consumption of broccoli juice.

**Cauliflower Juice:** Investigating their chemo protective effects, scientists at the University of Urbino claim to have discovered the mechanism of action by which Brassica oleracea known as cauliflower may offer protection against breast cancer. Delicious GREENS 8000 gives you the protective benefits of cauliflower in each serving.

**Spinach Juice:** A carotenoid found in spinach fights human prostate cancer in two different ways, according to research published in the Journal of Nutrition. The carotenoid, called neoxanthin, not only induces prostate cancer cells to self-destruct, but is converted in the intestines into additional compounds, called neochromes, which put prostate cancer cells into a state of stasis, thus preventing their replication.

**Parsley Juice:** Parsley's volatile oils - particularly myristicin - have been shown to inhibit tumor formation in animal studies, and particularly, tumor formation in the lungs. Myristicin found in Parsley has also been shown to activate the enzyme glutathione-S-transferase, which helps attach the molecule glutathione to oxidized molecules that would otherwise do damage in the body.

**SDG Lignans:** Studies have shown SDG Lignans to be effective in a variety of health complications. Much extensive study has been done on the effects of flax lignans on certain diseases such as Prostate cancer, Skin cancer, Melanoma, Diabetes, Lupus and many more. Being Phytoestrogens, SDG lignans have also been reported to be effective in balancing hormone related problems in women.

**Oat Beta-Glucan:** Oat Beta-Glucan is the active ingredient in oat soluble fiber, recognized by the United States FDA as an effective way to lower blood cholesterol. Taking Oat Beta-Glucan daily may lower the risk of constipation and constipation related problems.

**Apple Fiber Pectin:** As a dietary fiber, apple pectin is helpful in maintaining good digestive health. Researchers at the University of California, Davis, found that apple pectin also acts as an antioxidant against the damaging portion of cholesterol in the blood stream.

**Sprouted Barley Malt:** Malted barley has a high complement of enzymes for converting its starch supply into simple sugars; it also contains protein, which is needed for yeast nutrition. Barley malt is also used medicinally as a bulking agent to promote bowel regularity.

**Concord Grape Powder:** According to results from a preliminary study presented at Experimental Biology April 14, 2003 in San Diego, CA, "Men with elevated blood pressure who drank Concord grape juice for twelve weeks experienced a significant drop in both their

systolic and diastolic blood pressures".

**Acerola Cherry:** Acerola has been studied and found to be a powerful antioxidant demonstrating anti-cancer potential. Acerola contains polyphenols.

**Milk Thistle (Silymarin):** Milk Thistle (Silymarin) has antioxidant properties. Milk Thistle also contains anti-inflammatory effects, which keeps liver cells from swelling in response to injury, and it seems to encourage liver cell growth. By changing the outside layer of liver cells, it prevents certain toxins from getting into liver cells.

**Red Beet Root:** Red Beet Root has properties to clean the kidneys and gall bladder. Being rich in alkaline elements, potassium, calcium, magnesium and iron, is useful in combating acidosis. Red Beet Root is also beneficial in the treatment of anemia, digestive problems, as well as circulatory and skin disorders.

**Aloe Vera:** Aloe Vera contains numerous vitamins and minerals, enzymes, amino acids, natural sugars and agents which may be anti-inflammatory and anti-microbial. The combination and balance of the plant's ingredients are what purportedly gives it its healing properties.

**Pomegranate:** Preliminary evidence suggests that pomegranate may reduce cholesterol. Israeli researchers published a small clinical study in June 2004 in *Clinical Nutrition*, suggesting that drinking a glass of pomegranate juice a day for one year reduced blood pressure (particularly systolic pressure) and slowed down LDL cholesterol (the bad cholesterol) oxidation.

**Turmeric Rhizome:** Turmeric purifies the blood, aids digestion of protein, promotes proper metabolism in the body, correcting both excess and deficiencies. Turmeric is used in treatment for fever, mild stomach upset, infection, arthritis, dysentery, jaundice and other liver problems.

**Atlantic Kelp:** Kelp has a very high natural iodine content, which has a normalizing effect on the thyroid gland. Due to the vitamin and mineral contents of Atlantic Kelp it may help scalp and hair health. Poor digestion, flatulence, and obstinate constipation have been helped with Kelp supplementation.

**Green Tea Extract:** In 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

**Quercetin:** Quercetin is a powerful anti-oxidant. It is also a natural anti-histamine, and

anti-inflammatory. Research shows that quercetin may help to prevent cancer, especially prostate cancer.

**Trans Resveratrol:** Trans Resveratrol promotes cardiovascular health through its antioxidant action and its ability to promote healthy platelet function and maintain healthy arachidonic acid metabolism. Daily use of Trans Resveratrol has shown improvement on male and female health.

**Red Wine Extract:** A study by the Harvard Medical School and the National Institute of Aging showed that heavy doses of red wine extract lowers the rate of diabetes, liver problems and other fat-related ill effects in obese mice. Fat-related deaths dropped 31 percent for obese mice on red wine extract supplementation compared with untreated obese mice, and the treated mice also lived long after they should have, the study said.

**Grape Seed Extract:** Grape seed has been suggested for many uses, based on tradition and scientific theories. Grape seed extract has been found to be a beneficial antioxidant for children and adults.

**Blueberry Extract:** Blueberries are a particularly rich source of antioxidants called anthocyanins (also contained in apples, grapes, blackberries, radishes, and red cabbage). Several studies suggest anthocyanins discourage blood clots from forming, warding off heart attacks. They also appear to improve night vision and to slow macular degeneration by strengthening tiny blood vessels in the back of the eye.

**Digestive Enzymes:** A shortage of enzymes in the body will influence the health of the entire body, and symptoms may include stomach gas, indigestion, bloating, heartburn and flatulence. Increase the nutrients you absorb from your diet to improve overall nutrition. Decrease or eliminate indigestion, gas, bloating and reflux. Address the underlying cause of digestive complaints rather than temporarily masking the symptoms. Enhance the body's digestive efficiency, reduce fatigue and increase your energy, leaving energy to focus on other functions, like strengthening the immune system and regenerating cells and tissues. Ease stress on digestive organs, especially the pancreas, by reducing their workload. Improve general health and quality of life.

**Probiotics:** Generally, probiotics help to maintain a healthy digestive system by maintaining a balance between the harmful and beneficial bacteria in the gut. They are of benefit especially when taken during and after antibiotic treatment or when traveling abroad where the body encounters different types of bacteria than it is used to. Other possible health benefits include immune system stimulation, treatment of acute diarrhea and other GI disorders and improved lactose digestion.

**Lecithin:** Phosphatidyl choline is a brain and nerve nutrient. It acts to protect the insulating

and protective sheaths that surround the brain, spine, and thousands of miles of nerves. Phosphatidyl choline helps reduce high cholesterol levels by enhancing the metabolism of cholesterol in the digestive system and aiding its transport through the circulatory system. It acts as an emulsifier to break down the fats and cholesterol into tiny particles and holds them in suspension, preventing them from sticking to blood platelets or arterial walls.

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### **Cayenne King - 450 Mg. - 250 caps**

**Provides maximum circulatory stimulation!** Cayenne King is formulated to stimulate circulation. Cayenne King is 80% 140,000 high heat cayenne, our unique blend of Indian red pepper, African Birdseye cayenne, and 20 percent ginger root.

Start with one capsule just before or during your noon or evening meal. Do not take too much too soon. Increase dosage slowly. Most people take 1-4 capsules per day with food. (Cayenne King is too hot for most people starting out). Cayenne pepper capsules are easier and more tolerable for those who want the benefits of cayenne pepper without having to feel the heat.

High heat cayenne contains more "capsaicin" (hot oil) than cayenne grown in the United States. Ingesting high heat cayenne with a meal helps prevent fibrin - that forms blood clots or blood "stickiness" - from building up in the blood.

*Herbs: East Indian and African Birdseye Cayenne, and Ginger Root.*

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## Quinn's Blend All-In-One - 450 Mg. - 250 caps

An all purpose cardiovascular formula containing equal amounts of high heat cayenne, garlic and hawthorn. Quinn's is an excellent choice for people who want the three most important cardiovascular herbs all in one capsule. Cayenne pepper capsules are easier and more tolerable for those who want the benefits of cayenne pepper without having to feel the heat.

**Suggestion:** Start with one capsule just before or during meal time. Increase dosage slowly. Most people take between 2 and 6 capsules per day.

While cayenne is the best circulatory stimulant, garlic and onion add nutrition and cardiovascular cleansing. Flavonoid-rich hawthorn increases blood flow to the heart if taken for at least 3-6 months.

*Herbs: East Indian and African Birdseye Cayenne, Garlic, Hawthorn Berries, Blossoms and Leaves, Ginger Root and Onion.*

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## Sockeye Salmon Oil Softgels - 1000 Mgs. - 180 Count

- Fish gelatin capsules
- Whole, natural and unrefined
- Purity and potency certified by NSF International 
- Certified sustainable by the Marine Stewardship Council 

**Wild Alaskan Sockeye Salmon** are among the purest of all ocean fish, consistently testing free of hazardous levels of contaminants. Our fish oil capsules contain only pure wild Alaskan Sockeye Salmon Oil and no detectable mercury (< 0.01 ppm).

Our Omega-3 Sockeye Salmon Oil is cold-filtered, non-distilled, whole oil from wild Alaskan Sockeye. Its unusual, exceptionally pure source, gentle production methods, and whole-food nutritional attributes make this Salmon Oil a powerfully health-promoting supplement.

**Key nutrients per serving -**

Each 3-capsule (3 gram/3000mg) serving provides these naturally occurring nutrients\*:

- Omega-3s: About 600 mg of total omega-3 fatty acids, including about 240 mg of omega-3 EPA and 220 mg of omega-3 DHA (460 mg combined EPA + DHA).
- Vitamin D: About 340 IU of vitamin D3.
- Vitamin A: About 2,060 IU of pre-formed vitamin A.
- Astaxanthin: About 0.36 mg. Sockeye are the richest of all fish and Salmon species in this extra-potent, carotenoid-class antioxidant pigment. Wild Sockeye absorb astaxanthin from the zooplankton they eat. The naturally occurring astaxanthin in our Sockeye Salmon Oil eliminates any need for the weaker tocopherol antioxidants added to standard fish oils

Ingredients:

Alaskan Sockeye Salmon Oil, softgel capsule (fish gelatin, glycerin\*, purified water)

\*The glycerol in the glycerin that's used in our softgels as part of the gelatin compound is derived entirely from vegetable sources, contains no animal products and does not come in contact with any animal-derived products until it meets the fish gelatin in the process of making our capsules.

### **Storage**

Store in a cool, dry place.

You can refrigerate or freeze the oil, though there is no need, except in excessively warm room conditions. Our Salmon Oil will become cloudy if refrigerated or frozen, but this is no cause for concern. (For more, see "[Cloudy Fish Oil Myth](#)", below.)

### **Daily Dose**

The recommended dosage for healthy adults is 2 to 4 capsules daily or as recommended by a health care professional. It is best to take Salmon Oil with a meal.

**CAUTIONS:** Salmon oil should be taken at the recommended dose. Consult with your physician before taking substantially higher doses, or taking this product if you are pregnant, diabetic, allergic to fish or iodine, using blood thinners, have a diagnosed cardiac condition or immune disorder, or anticipate surgery.

### **Omega-3s for Mothers, Infants, and Children**

Here is what widely respected pediatrician William Sears, M.D. told us in response to our question on this subject:

- "... experts attending a 2005 workshop recommended at least 300 mg a day for pregnant and nursing mothers (most mothers get only 20-25% of this amount, unless they take omega-3 fish oil supplements). In our medical practice we have mothers take

at least 500 mg of DHA per day during pregnancy and lactation."

- "The recommendation for infants is at least 200mg of DHA per day, which is the dosage added to infant formulas."
- "Practically speaking, infants under one year old receive their omega-3s through mother's milk or fortified formula, but it is perfectly safe and perhaps even beneficial for infants to be given extra Vital Choice fish oil at a dose of around 300 mg a day of DHA. I stress DHA rather than EPA because DHA is the main brain growth omega 3."

NOTE: There are as yet no official omega-3 intake recommendations for children over two years of age, so please consult your pediatrician. A dose of 300 mg of DHA would be provided by 8 of our 500 mg Salmon Oil capsules, 4 of our 1000 mg capsules, or 1 teaspoon of our Liquid Salmon Oil.

CAUTION: If your child has never had fish or fish oil, please check for seafood allergies (which are uncommon) by rubbing some Salmon Oil on his or her skin, in a less sensitive area such as the lower leg.

### **A Cloudy Fish Oil Myth**

Our Salmon Oil will become cloudy if refrigerated or frozen, and this is no cause for concern. Makers of some highly refined, distilled fish oils assert, disingenuously, that if a fish oil becomes cloudy when cold this means it is not as pure or efficacious as an oil that remains clear when cold. But if a fish oil becomes cloudy when cold this simply means that it retains some of the shorter chain fatty acids -- including small amounts of saturated fatty acids -- that occur naturally in fish.

In fact, most of what we know about the myriad health benefits of omega-3 fish oils comes from studies involving consumption of whole fish, which, like our Salmon Oil, contain small amounts of saturated fatty acids, which, in any case, are perfectly heart-healthy, according to the current scientific consensus.

NOTE: The U.S. FDA has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.



## Vitamin D3 in Wild Salmon Oil - 2000 I.U. - 180 count

- Potency and purity certified by NSF 
- Small, 300 mg size - Fish-gelatin softgels
- Wild Alaskan salmon oil base
- No artificial preservatives, color, dairy, starch, wheat or yeast

Our unique supplement provides 2000 international units (IU) of vitamin D3.

Unlike any other vitamin D supplement, ours comes in a base of our wild Alaskan Sockeye Salmon Oil, which the independent Marine Stewardship Council certifies as sustainably harvested. 

Wild salmon are extraordinarily rich in vitamin D3 ... so our Vitamin D3 in Sockeye Salmon Oil offers a very natural way to supplement your diet with an essential nutrient that's also an exceptionally powerful health-promoter.

In addition to vitamin D3, each small, easy to swallow 300 mg softgel provides 60 mg of omega-3s, including 46 mg of EPA+DHA.

The remaining 240mg in each 300mg capsule consists of other naturally occurring fatty compounds in salmon oil, about 34 IU of naturally occurring vitamin D3, and 2000 IU of added natural vitamin D3. (Vitamin D3 has negligible weight or volume.)

Our Vitamin D3 softgels also contain about 0.036mg of astaxanthin, the naturally occurring, powerfully antioxidant carotene pigment that gives our unrefined wild salmon oil its bright orange hue and protects it from oxidation.

Ingredients: Wild Alaskan sockeye salmon oil, softgel capsule (fish gelatin, glycerin\*, purified water), vitamin D3 (cholecalciferol). Contains no artificial preservatives, color, dairy, starch, wheat or yeast.

\*The glycerol in the glycerin that's used in our softgels as part of the gelatin compound is derived entirely from vegetable sources, contains no animal products and does not come in contact with any animal-derived products until it meets the fish gelatin in the process of making our capsules.

Product has been sealed for your protection. Do not use if seal on cap is broken. Store in a cool, dry place.

Adults can take one softgel daily, preferably with a meal, or as recommended by a healthcare professional. Keep out of reach of children.

### Recommended intake of vitamin D

The U.S. recommended daily allowances (RDAs) for vitamin D are 200 IU (birth to age 50), 400 IU (age 51-70) and 600 IU (age 71-plus).

Substantial peer-reviewed evidence supports leading researchers' recommendations that the U.S. Institute of Medicine raise the U.S. RDAs substantially.

In October of 2008, the American Academy of Pediatrics (AAP) recommended a doubling of the RDA\* for infants, children, and adolescents, from 200 IU to 400 IU.

To help ensure optimal health, most researchers involved in vitamin D studies recommend minimum blood levels ranging from 90 to 120 nmol/L (36 to 48 ng/mL). However, normal human blood levels\* of vitamin D extend above 200 nmol/L or 80 ng/mL.

Though the official upper intake limit is now 2,000 IU per day, vitamin D intake is proven safe\* at a daily intake level of 10,000 IU ... which is 25 times the current RDA for adults 51 or older (400 IU).

Most experts say that the evidence supports a daily intake of at least 1,000 IU via food and supplements, and most prefer an intake of 2,000 IU to 4,000 IU per day\*. This intake level applies to all people, but is especially advised for darker skinned people who spend less than 30 minutes per day in strong sunlight. Darker skinned people, whose greater amount of skin pigment blocks the UV rays that make vitamin D, need more sun exposure.

### **Please Note**

These statements have not been evaluated by the US Food & Drug Administration (FDA). This product is not intended to treat any health condition.

### \*Sources

Vieth R. Why the optimal requirement for Vitamin D3 is probably much higher than what is officially recommended for adults. *J Steroid Biochem Mol Biol.* 2004 May;89-90(1-5):575-9. Review.

Melamed ML, Michos ED, Post W, Astor B. 25-hydroxyvitamin D levels and the risk of mortality in the general population. *Arch Intern Med.* 2008 Aug 11;168(15):1629-37.

Heaney RP. Vitamin D in health and disease. *Clin J Am Soc Nephrol.* 2008 Sep;3(5):1535-41. Epub 2008 Jun 4.

Wagner CL, Greer FR, Section on Breastfeeding and Committee on Nutrition. Prevention of Rickets and Vitamin D Deficiency in Infants, Children, and Adolescents Accessed online October 13, 2008 at <http://www.aap.org/new/VitaminDreport.pdf>

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### **Pure Vegan MagO7: Ultimate Oxygen Colon Cleanse - 120 Veggie Capsules**

- The Ultimate Oxygenating Digestive System Cleanser
- Dietary Supplement

Mag O7 is a specially formulated magnesium based compound which has been ozonated and stabilized to release nascent oxygen when used as directed. Mag O7 has a stool softening effect, which eliminates the digestive tract of unwanted debris. Mag O7 aids the digestive process by slowly releasing beneficial nascent oxygen which helps friendly bacteria utilize nutrients efficiently. Mag O7 is non-habit forming.

### **Pure Vegan MagO7 releases Nascent (Singlet) Oxygen that has been shown to:**

- Act as a superior digestive system cleanser and oxygen supplement
- Fast acting, usually overnight, available in capsules or powder
- Proven in laboratory tests to release oxygen for over 12 hours
- The Magnesium in Pure Vegan Mag O7 acts as a stool softener for those needing this benefit
- Also the magnesium acts as a vehicle to transport oxygen through intestinal tract, kidneys and bladder
- Diminish harmful bacteria and support friendly flora while boosting the immune system
- Improve absorption of nutrients from foods and supplement regimes
- Enhance results from sports nutrition and weight loss products

Ingredients: Ozonated Magnesium Oxides, 2100 mg

Other Ingredients: Citric Acid, Rice Flour & Vegetable Capsules.

Suggested Usage: As a dietary supplement, take up to 5 capsules at bedtime, on an empty stomach for 7-10 days or until desired cleanse has been attained. Decrease dose for maintenance. Daily dosage will vary depending on individual and intended purpose. Results may vary.

Caution: The magnesium in this product is intended to be an oxygen delivery mechanism for the purpose of colon cleansing and general colon health. This product is not intended to be

used as a magnesium supplement. Store in a cool dry place. Keep out of reach of children.

*Following a regimen of Pure Vegan Mag O7 it is advisable to take a probiotic supplement in order to re-establish the beneficial flora of the colon.*

### **What is Mag O7?**

Mag O7 is an ozonated magnesium that has been stabilized to release oxygen for 12 hours or more. The timed release ensures that Mag O7 will provide an adequate amount of oxygen, slowly, for better utilization.

### **How does Mag O7 work?**

When Mag O7 comes into contact with natural stomach juices, it begins to slowly release oxygen. The release of oxygen continues throughout the digestive system. The magnesium acts as a vehicle to transport the oxygen throughout the body and has a gentle stool softening effect. This magnesium is in a complex oxide form and very little is assimilated by the body. It passes through the intestinal tract, kidneys and bladder, helping to cleanse by delivering oxygen along the way. Therefore, it is the perfect vehicle for transporting the oxygen.

### **Benefits of Mag O7:**

Mag O7 offers a number of benefits to its users. However, everyone is unique and the effects of Mag O7 will vary depending upon the individual. Mag O7's stool softening effect helps to loosen intestinal build up which aids in the release of unwanted waste materials and toxic substances that may be present. A build up of intestinal waste may cause an overgrowth of BAD bacteria. Mag O7's slow release of oxygen creates an inhospitable environment for anaerobic bacteria and other toxic matter. Oxygen also supports the good flora, which are essential for proper digestive and intestinal health.

### **Mag O7 vs. Competitors:**

Mag O7 is formulated to release oxygen for 12 hours or longer. Some of the competitors' products claim to release oxygen, but fail in comparison. Mag O7 comes in both powder and capsule forms, both of which are highly effective. Mag O7 contains citric acid, which prompts the release of oxygen, where some competitor's products contain antioxidants as an ingredient. An oxygen cleanse product should never contain ascorbic acid (Vitamin C) or any antioxidant as it neutralizes the oxygen released making the product ineffective.

### **Why You Should Choose Mag O7?**

When considering an oxygen cleansing product, there are, no doubt, many from which to choose. When looking for a high quality oxygen cleanser, consider the following: Does the product actually release Oxygen? Aerobic Life guarantees oxygen release! Laboratory tests on MAG O7 (iodometric titration) ensure product integrity, quality control, and consistent oxygen release. In order to provide a stable environment for oxygen atoms, they must be

bound to a stabilizing compound. It is important to choose an oxygen product that has stabilizers that provide a stable environment and allow for a controlled release of oxygen.

For over 35 years, Aerobic Life's mission has been to provide the best healing and preventative methods, including educational materials, for our unique, high quality products to those who seek a natural and an alternative approach for their health care needs. We seek to raise the level of satisfaction and quality of life for our customers. We dedicate ourselves by offering our customers only the highest quality products and service within the natural health industry. It is our promise!

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### **Pure Vegan Digestive Enzyme Complex - 90 Veggie Capsules**

Pure Vegan Digestive Enzyme Complex is a proprietary blend made up of the following enzymes derived from non-animal sources:

Amylase, Protease I, Protease II, Lactase, Lipase, Cellulase, Maltase & Hemicellulase.

- Amylase enzyme helps break starch down into sugar.
- Amylase is present in human saliva, where it begins the chemical process of digestion.
- Plants and some bacteria also produce the amylase enzyme.
- Lipase enzymes help the absorption and digestion of nutrients in the intestines.
- Lipase Enzymes are responsible for breaking down of fatty substances.
- Other Lipase supplements are usually derived from animal enzymes; Pure Vegan Digestive Enzyme Complex is derived from Plant based enzymes.

Unlike most digestive enzyme supplements, this proprietary blend works continuously throughout the pH variations in the digestive tract. Specifically, Pure Vegan Digestive Enzyme Complex helps increase the digestion of foods and helps enhances the bioavailability of dietary supplements.

Pure Vegan Digestive Enzyme Complex also contains Ginger, Cinnamon, & Peppermint. Ginger is perhaps the best herb for digestion. It helps break down proteins to rid the stomach and intestinal gas. It also aids in the digestion of fatty foods. Cinnamon aids in digestion and is

energizing. Peppermint promotes healthy digestion by soothing and comforting the stomach. Peppermint also helps improve the flow of bile from the liver to the gallbladder.

**Ingredients:** Digeseb Plus is a proprietary blend of acid stable plant-based enzymes supplying Amylase, Protease I, Protease II, Lactase, Lipase and Cellulase, Maltase & Hemicellulase for advanced bioavailability - 450 Mg.,  
Ginger Root 4:1 (Zingiber Officinale) - 25 Mg.,  
Cinnamon Bark 4:1 (Cinnamomum Aromaticum) - 15 Mg.,  
Peppermint Leaf - 15 Mg.

**Other Ingredients:** Rice Flour and Vegetable Capsules.

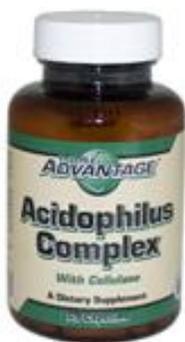
**Warnings:** Keep out of reach of children. Store in a cool dry place.

Digestive Enzymes may help with heartburn, gas, bloating & indigestion. Digestive enzymes may also enhance the adsorption of dietary supplements. The synergistic blend of ginger, cinnamon & peppermint may calm indigestion and bloating.

**Suggested Use:**

As a dietary supplement, take 1-2 capsules before each meal or as directed by a health professional.

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### **Pure Advantage, Acidophilus Complex with Cellulase - 60 Capsules**

Many of us automatically think "bad" when we think of "bacteria." After all, if bacteria form a parasitic association with other organisms, they are classed as pathogens. Pathogenic bacteria are a major cause of human disease and infections. Yet probiotics such as acidophilus are considered beneficial and are sometimes referred to as "friendly" bacteria. Some of the ways they are thought to promote health include suppressing the growth of potentially harmful bacteria, improving immune function and enhancing the protective barrier of the digestive tract.

The digestive tract is host to about 400 different kinds of bacteria and yeasts. Among

these, *Lactobacillus acidophilus*, *B. bifidum*, and *B. longum* and other members of the *Lactobacillus* family are especially important to your health. These strains of bacteria are considered "pro-biotic" bacteria since they help maintain intestinal health, and serves as a natural antibiotic against potentially harmful organisms.

## Features

- Pure Advantage probiotics are non-dairy, carefully cultured human strains for proven and effective human intestinal adherence and colonization.
- Pure Advantage are heat stable and thus don't require refrigeration as finished products.
- Pure Advantage Probiotic Complex have a long shelf life (3 to 4 years as finished products) and are guaranteed stable through expiry following proper storage and handling procedures.
- Pure Advantage probiotic products have a stronger ability to withstand stomach acids than other probiotics

## Benefits

- Stimulate/enhance immune system
- Maintain intestinal health (diarrhea, constipation, digestion)
- Maintain/restore a balanced (or healthy) intestinal flora
- Promote healthy, friendly or beneficial flora
- Alleviate gas
- Inhibit bacterial/viral infections
- Candida and *H. pylori* inhibition/treatment
- Reduce undesirable compounds generated in the intestine
- Help produce vitamins, especially B vitamins
- Maintain healthy cholesterol level
- Maintain healthy bile acid system

## Suggested Use:

Take two capsules (one hour before breakfast) and one at bedtime (two hours after eating), until optimum intestinal health is achieved. One capsule before bedtime should be used as a maintenance dose. This product should be taken on an empty stomach.

## Ingredients:

Probiotic blend (providing 1.5 billion organisms at the time of consumption prior to expiration)  
*Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Bifidobacterium longum*.

Cellulase - 10,000 CU

## Other Ingredients:

## Digeseb Plus Delivery System in Gelatin Capsules

Digeseb Plus is a proprietary blend of acid stable plant-based enzymes supplying (Amylase, Protease 1, Protease 2, Lipase and Cellulase) for enhanced bioavailability.

Warnings: Keep out of reach of children. Store in a cool, dry place.

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## Pure Vegan Vitamin B12 Methylcobalamin Spray - 500 mcg Spray - 1 fl. Oz.

**Pure Vegan's Vitamin B12 Methylcobalamin Spray** is a cut above other vitamin B12 products since it's in the methylcobalamin form. Methylcobalamin is the most absorbable form of vitamin B12. This is extremely important when taking a vitamin B12 supplement, especially for a vegan diet. Since B12 is found mainly in meat sources, a vegan diet is often deficient in this important daily vitamin.

Sprays are known to be more effective in activating the saliva glands than capsules, pills, lozenges or drops. This allows the vitamin B12 to enter the bloodstream quickly and efficiently. Here are some important benefits of methylcobalamin:

- Helps regulate homocysteine levels
- Plays a role in neurological activity
- Increases energy levels
- Improves sleep
- Reduces stress
- Enhances growth and repair of all cells
- Aids in metabolism of carbohydrates and fats
- Improves protein synthesis
- Protects against nerve damage
- Improves immune function
- Increases mental alertness

### Suggested Use:

Shake well. As a dietary supplement, pump one spray per day into mouth and swallow, or as

directed by a health professional.

Ingredients: B12 (as Methylcobalamin) Vegan Certified- 500 mcg per serving (per spray)

Other Ingredients: Purified water, vegetable glycerine, & potassium sorbate. Does not contain any dairy, egg, sugar, corn, yeast, wheat, soy, or glutens.

Warnings: Keep out of reach of children. Store in a cool, dry place.

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### **Spray Pure Vegan Homocysteine Control - 2 fl. Oz. - Fruit Punch Flavored**

**Pure Vegan Homocysteine Control Spray** is a unique, orally administered, fast-acting formula that may support the cardiovascular system by maintaining normal homocysteine levels. Homocysteine is a toxic amino acid formed in the body when other amino acids in your blood are broken down by normal body processes. High blood levels of homocysteine have been linked to a higher risk of heart and vessel disease, and are considered even more of a threat to heart health than high cholesterol. In addition, high levels of homocysteine combined with excessive serum cholesterol can damage the cardiovascular system.

Recent studies have shown that elevated homocysteine levels may be an independent risk factor for the development of heart disease, brain disease and stress. Homocysteine also damages cells that line the veins or arteries and stimulates the development of scar tissue in the damaged area. Ingredients found in Pure Vegan's Homocysteine Control Spray are Trimethyl Glycine (TMG), vitamins B6, B12 (Methylcobalamin) and folic acid.

These key nutrients may help convert homocysteine to other substances, thus preventing an unwanted buildup of homocysteine. Vitamins B6, B12 and folic acid must be obtained from food or supplementation because, like other vitamins, the body cannot make these essential substances from other nutrients.

**Suggested Use:** Shake well. As a dietary supplement, pump 5 sprays per day into mouth and swallow, or as directed by a health care professional.

**Ingredients:**

Folic Acid USP - 400 mcg, B6 (as Pyridoxine HCL) - 10 mg., B12 (as Methylcobalamin) - 1000 mcg, TMG (Trimethyl Glycine), 10 mg.

Other Ingredients: Purified water, vegetable glycerine, natural fruit punch flavor, & potassium sorbate. Does not contain any dairy, egg, sugar, corn, yeast, wheat, soy, or glutens.

Warnings: Keep out of reach of children. Store in a cool, dry place.

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**Pure Advantage, Micronized L-Glutamine, 1.1 lbs. (500 grams)**

- Dietary Supplement
- Rapid Absorption
- Increases Muscle Volume
- Enhances Immune System
- Enhances Protein Synthesis

Glutamine is the most abundant amino acid found in your muscles. It is also the primary transporter of nitrogen into your muscle cells. Glutamine plays key roles in protein metabolism, cell volumizing, and anti-catabolism. Glutamine's anti-catabolism ability prevents the breakdown of your muscles.

Research also indicated that Glutamine increases the body's ability to secrete HGH, which helps metabolize body fat and support new muscle growth.

Pure Advantage only uses Micronized, Pharmaceutical Grade L-Glutamine which means better absorption and utilization.

**Recommended Use by Bodyweight:**

- **100 lbs. - 150 lbs.** - Mix 1 heaping scoop (5 grams) with your beverage of choice 45 minutes before and immediately after exercising.
- **151 lbs. - 250 lbs.** - Mix 2 heaping scoops (10 grams) with your beverage of choice 45

minutes before and immediately after exercising.

- **251 lbs. - Up** - Mix 3 heaping scoops (15 grams) with your beverage of choice 45 minutes before and immediately after exercising.

Ingredients: Micronized L-Glutamine (U.S. Pharmaceutical Grade). Nothing else added.

Warnings: As with any dietary supplement, please consult a physician before consuming this product. Keep out of reach of children. Store in a cool, dry place.

Serving scoop included, but may settle to bottom during shipping.

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### **Pure Advantage, Whey Protein, Vanilla, 2.2 lbs. (1005 g)**

- Soy Free!
- Great for low-cholesterol diets
- Mixes instantly and taste great
- Perfect for any low-carb, low-fat diet
- Only the highest grade natural ingredients

Through extensive research and development, the makers of **Pure Advantage™** can offer consumers a **100% Natural Whey Protein** with all the benefits of a great tasting, low-fat, low-carbohydrate protein without unwanted artificial or synthetic ingredients.

Formulated only with natural flavors and sweeteners, **100% Natural Whey Protein** gives your body the optimal benefits of whey protein while providing a ratio of essential and non-essential amino acids. This new formulation promotes accelerated recovery time, boosts immunity and supports intestinal health.

**100% Natural Whey Protein** is a creamy, natural protein shake, formulated for easy mixing without a blender, available in vanilla and chocolate. Until now, it was hard for consumers to purchase a natural protein shake without sucralose, ACE-K, aspartame or other artificial sweeteners. **Pure Advantage™** remedied this problem with the use of stevia.

**100% Natural Whey Protein** utilizes five different proteins to create a comprehensive protein matrix. These proteins include:

Bioactive whey compounds (**Advantage Plus™**), ion-exchange whey protein isolates, cross-flow micro-filtered whey protein isolates, ultra-filtered whey protein concentrates and hydrolyzed whey peptides. The use of these different proteins removes virtually all of the cholesterol and lactose, making it ideal for low fat, low-carbohydrate and lactose intolerant diets.

**100% Natural Whey Protein** contains key amino acids, which provide the building blocks to manufacture hormones and proteins, while maintaining healthy hair, skin and nails.

**Advantage Plus™**, the key ingredient in the protein matrix, contains immunoglobulins and lactoferrin. Immunoglobulins are our body's natural defense proteins, which function as antibodies in the immune response. Lactoferrin is a potent immune modulator that demonstrates antibacterial activity against disease, and will actually support the growth of (good) bacteria in our digestive system.

**100% Natural Whey Protein** is used by people of all ages. It is a great source of protein for low carbohydrate dieters, athletes, children or anyone who feels the need to add more protein in their diet. Since it can be mixed with a spoon or shaker cup, **100% Natural Whey Protein** can be made into a rich and creamy shake virtually anywhere, eliminating the need for hand-held or bulky blenders.

Suggested Use:

Mix one heaping scoop (scoop included) of **Pure Advantage's Whey Protein Complex** with 4-6 oz (depending on desired consistency) of your favorite beverage. For best results, take 2-3 servings per day or as directed by a physician or certified nutritionist.

Recommended Use by Bodyweight:

- **0 - 150 lbs** - 1 heaping scoop
- **151 - 200 lbs** - 1 1/2 heaping scoops
- **201 - 250 lbs** - 2 heaping scoops
- **250 lbs. +** - 3 heaping scoops

**Typical Amino Acid Profile Per Serving:** Alanine - 1500 mg, Arginine - 700 mg, Aspartic Acid - 2650 mg, Cystine - 650 mg, Glutamic Acid - 3900 mg, Glutamine - 1100 mg, \*\*Histidine - 600 mg, \*\*Isoleucine - 1250 mg, \*\*Leucine - 2680 mg, \*\*Lysine - 2550 mg, \*\*Methionine - 525 mg, \*\*Phenylalanine - 465 mg, Proline - 1350 mg, Serine - 1275 mg, \*\*Threonine - 1600 mg, \*\*Tryptophan† - 500 mg, Tyrosine - 900 mg, \*\*Valine - 1550 mg

\*\* Essential Amino Acids

‡ The Tryptophan in this product is naturally occurring.

**Other Ingredients:**

Advantage Plus Protein Blend [Bioactive Milk Compounds (Microlactin), Ion-Exchange Whey Protein Isolates, Cross Flow Micro-filtered Whey Protein Isolates, Ultra-filtered Whey Protein Concentrates, Hydrolyzed Whey Peptides and Glutamine Peptides], Guar Gum, Fructose, Natural Flavors and Stevia.

Contains absolutely no artificial flavors or sweeteners.

**Warnings:**

Keep out of reach of children

Store in a cool, dry place

Serving scoop included, but may settle to bottom during shipping.



**Bio Silymarin Milk Thistle - 60 Veggie Caps - 500 mg**

**Bio-Silymarin** is a standardized extract from a native plant that grows wild throughout the world. Milk Thistle has been used in Europe as a remedy for liver problems for thousands of years. Its use was extensively documented in the first century (AD 23-79), noting that the plant was excellent for protecting the liver. Early Christian tradition dedicated milk thistle to the Virgin Mary, calling it Marian Thistle. In the 19th century the Eclectics used the herb for varicose veins, menstrual difficulty, and congestion in the liver, spleen and kidneys. Milk thistle has also been taken to increase breast-milk production, stimulate the secretion of bile, and as a treatment for depression.

**Milk thistle** acts by nutritionally supporting the body's ability to maintain normal liver function. It has shown positive effects in treating nearly every known form of liver disease, including cirrhosis, hepatitis, necroses, and liver damage due to drug and alcohol abuse. **Milk thistle** works due to its ability to inhibit the factors responsible for liver damage, coupled with the fact it stimulates production of new liver cells to replace old damaged ones. The detrimental effects of environmental toxins, alcohol, drugs and chemotherapy may be

countered with this valuable herb.

Our **Bio-Silymarin milk thistle** is about 4 times stronger than other products. It contains 410 mg of total silymarin and 156 mg of silybin in each Vegi-cap. Other products contain only 50 to 100 mg of active ingredients. Nothing else is added.

Proprietary Blend - U.S. and International Patents Pending

Supplement Facts: A Proprietary blend of concentrated extracts from 500 Milk Thistle Extract, 81.96% total Silymarin.

Serving Size - 1 capsule

Servings per container - 60

NOTE: Regardless of how our products are used in other countries, or anything that you may have heard or read, under FDA law in the United States, it is illegal for a manufacturer to make any medical claims for health supplements. None of the products offered for sale on this website have been evaluated by the FDA. All statements made on this website or by our staff are intended for informational purposes only. Our products are not intended to diagnose, treat, cure or prevent any disease. Health decisions are much too important to be made without the advice of a health care practitioner. We invite and encourage you to share this information with your doctor.

### **Frequently asked questions:**

#### **What is Bio-Silymarin™?**

Bio-Silymarin™ is an all-natural concentrated and purified extract of the seeds from the Milk Thistle plant, *Silybum marianum*. It consists primarily of 'Silymarin', which is the name for the group of milk thistle compounds called flavinoids. Silymarin is found nowhere else in nature. Milk Thistle is one of the oldest herbal medicines known, and one of the best understood. It was used as far back as ancient Egypt, where it was held to be one of the most important herbs for clear complexion and healthy digestion, signs of proper liver functioning. During the times of the Greeks, it was also well known and was considered the most important of all the healing plants by Hippocrates, who is known as the Father of Modern Medicine to this day.

During the Roman era, Milk Thistle seeds were carried throughout all the empire and were so important in their medical practices that they became one of the staple items of trade. During the Middle Ages in Europe, the seeds of the Milk Thistle were commonly used to treat liver diseases, and were one of the few medicines that helped cure victims of the black plague. In China, Milk Thistle usage goes back as far as their medical writings recall. Even today, Milk Thistle seed is the number one treatment option for addressing serious liver issues in most of the world. It is about as time-tested and well proven as any medicine known to man. The molecular structure on Silymarin is in fact the model upon which almost all of the

modern pharmaceutical liver drugs are copied.

The active ingredients in Bio-Silymarin™ are the chemicals called flavinoids, and which include a number of closely related molecules. The most important of which are called silybin, (also known as Silibinin, or Silybinin) silydianin, and silychristin. Bio-Silymarin™ is purified specially to enhance these particular compounds.

### **What are the benefits of Bio-Silymarin™?**

Bio-Silymarin™ protects the liver by direct action as a specific liver cell antioxidant and by promoting the growth of healthy new liver cells. It also plays a roll in the digestion of fats and appears to help keep harmful substances from passing into the interior of the liver cells, a gatekeeper or guardian for the cells, so to speak. Milk thistle can help prevent or reverse liver damage caused by alcohol, recreational drugs, pesticides, toxins and hepatitis. The triggering of new cell growth also suggests a mechanism that could explain its beneficial effect even in cases of advanced circumstances. And it is safe.

### **Who can use Bio-Silymarin™?**

Any one who lives a modern lifestyle with all of our junk food, stress, preservatives, toxins and pesticides can help ensure healthy liver function with Bio-Silymarin™. It is pure and more potent than any other brand of Silymarin on the market. If you are pregnant or nursing, as with all supplements, you should consult with your doctor first.

### **Can people with serious diseases also use Bio-Silymarin™?**

Many of the modern, synthetic medicines used to fight the most serious threats of our times can and will damage the liver. These drugs can also cause stomach problems, and Silymarin has been used for thousands of years to help support liver regeneration and treat indigestion. Bio-Silymarin™ is safe and effective and while there are no known contraindications, it is always wise to consult with your doctor if you are on any other medication.

### **Is Bio-Silymarin™ safe to use with other therapies?**

There are no documented interactions of Bio-Silymarin™ with other therapies. No adverse side effects or dangerous interactions have been noted.

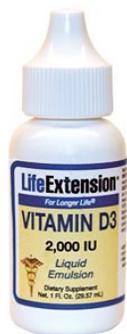
### **I saw a show talking about the use of milk thistle in treating the most serious prostate problems. Is Bio-Silymarin™ good for this?**

One of the most exciting new discoveries in the last few years regarding Prostate Cancer is the finding that Silymarin has potent regulating activity on the growth of the cancer. While there are no approved drugs for this condition based on Silymarin yet, these finding have opened a whole new concept in addressing the disease. This is an area that is being actively pursued by some of the major pharmaceutical companies. This is an area that you may be interested in discussing with your doctor or researching further.

## How do we know Bio-Silymarin™ works?

Since Milk thistle has been used for over 3,000 years, a lot has been written about its health effects. The U.S. Government's National Library of Health ([pubmed.com](http://pubmed.com)) currently lists almost a thousand recent research papers documenting silymarin's effectiveness. These peer-reviewed articles are from the major research centers of our time, places like Harvard University, John Hopkins and the National Institute of Health. These studies unequivocally document silymarin's effectiveness in:

- Liver antioxidant effects
  - Treatment of cirrhosis of the liver caused by alcoholism
  - Treatment of chronic hepatitis
  - Treatment of poisoning due to eating wild mushrooms and other toxins
  - Assisting in liver repair
  - Reversing insulin resistance in metabolic syndrome and diabetes
  - Protecting the liver against damage caused by anti-cholesterol medication
- 



## Vitamin D3 (Liquid Emulsion) - 2,000 IU, 1 fl. oz. (29.57 ml)

Vitamin D is synthesized in the body from sunlight. But, due to the winter season, weather conditions, and sunscreen blockers, the body's ability to produce optimal vitamin D levels may be inhibited. In fact, it has been proposed that annual fluctuations in vitamin D levels explain the seasonality of influenza. All of these factors point to the value of taking a daily vitamin D supplement to ensure optimal vitamin D intake.

Vitamin D has long provided significant support for healthy bone density. However, scientists have also validated the critical role that vitamin D plays in regulating healthy cell division and differentiation, and its profound effects on human immunity. These findings link a deficiency of vitamin D to a host of common age-related problems. The current RDA is only 400 IU. As a result of startling evidence of a widespread vitamin D deficiency, prominent nutritional scientists are calling on Americans to increase their vitamin D intake to 1000 IU per day and higher. Currently, most experts in the field believe that intakes of between 1000 and 4000

IU for adults will lead to a more healthy level of serum 25(OH)D, at approximately 75 nmol/L.

Life Extension® recommends that healthy adults supplement each day with at least 1000 IU of vitamin D. Elderly adults may benefit from higher doses such as 2000 IU daily, and even up to 5000 IU daily.

For individuals with greater vitamin D needs or those looking to take fewer capsules, one drop of Vitamin D3 Liquid Emulsion conveniently provides 2,000 IU of vitamin D3 (cholecalciferol), a form of the vitamin that is structurally similar to that derived from sunlight on the skin.

#### Supplement Facts:

Serving Size - 1 drop (35.2 mg)

Servings per container - approx. 975

Amount per serving - Vitamin D3 (as Cholecalciferol) - 2000 IU

Other Ingredients: Vegetable Glycerin, deionized water. This product contains No milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn or rice. Contains No sugar, artificial sweeteners, flavors, colors, or preservatives.

#### Dosage and Use:

Take one drop daily with a fat containing, low fiber meal, or as recommended by a healthcare practitioner. Note: The number of drops may vary based on temperature and altitude.

#### Caution:

Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should periodically obtain a serum 25-hydroxy vitamin D measurement. Toxicity is very unlikely in healthy individuals at a dose of less than 10,000 IU. Vitamin D supplementation is contraindicated in individuals with hypercalcemia (high blood calcium levels). People with kidney disease, certain medical conditions (such as hyperparathyroidism or sarcoidosis), and those who use cardiac glycosides (digoxin) or thiazide diuretics should consult a physician before using supplemental vitamin D.

#### Warnings:

Keep out of reach of children.

Do not exceed recommended dosage.

Do not purchase if outer seal is broken or damaged.

If you have a bad reaction to product, discontinue use immediately.

When using nutritional supplements, please consult with your physician, if you are undergoing treatment for a medical condition or if you are pregnant or lactating.