

## Food . . . Not Chemicals™

Innate Response's extensive laboratory testing and commitment to Food . . . Not Chemicals™ gives practitioners the confidence of truly potent healing solutions aligned with their highest values.



2010 Professional Guide

Committed to Whole Food Since 1973

# Welcome

Based in NH, we've been in business for nearly 40 years, long before 'whole foods' was a buzz phrase. Our community of holistic-oriented healthcare professionals includes naturopaths, herbalists, acupuncturists, nutritionists, chiropractors, medical doctors, nurses and more — like-minded professionals who share a mission to harness the innate healing response within every individual.

## Nutrition From Food

What is vitamin C without the orange? If not found within the living content of whole food, what is calcium but crushed rock? These forms of nutrients are but highly refined chemical isolates in much the same way as refined sugar, flour and oils.

Countless studies continue a repeated message. The best nutrition is from whole foods. Long-term studies question the viability of isolated vitamins for nutritional support. Isolated vitamins were originally used to prevent scurvy, beri beri and rickets. How many patients are you treating with these nutritional challenges?

These nutritional ailments are no longer as widespread as they once were. Instead, we are faced with an increased need for nutritional support for metabolic syndrome, the cardiovascular system and many other long-term nutritional challenges.

Based on studies confirming the effectiveness of whole food and the disappointing results of isolated vitamins, it is clear that whole food supplements such as Innate not only provide vitamin nutrition, but also all of the other cofactors, phytochemistry and yet-unknown factors necessary for optimal health.

Innate knows that vitamins without food are nothing more than isolated chemicals, stripped of their metabolically active components that make them functionally complete. Nature does not lay down pure proteins, isolated vitamins, or any component of food for that matter. Interwoven is a dynamic relationship of food constituents that intrinsically work together for complete nutrition.

## Our Mission

Innate Response is the unwavering leader of whole food nutrition. Crafted and sourced from the freshest raw foods, then meticulously milled. Proprietary drying technology with exacting low temperatures captures metabolically active forms of vitamin and mineral coenzyme complexes. A thin film cellulose coating (thinner than a capsule) helps ensure rapid nutrient delivery. Innate Response's extensive laboratory testing and commitment to Food . . . Not Chemicals™ gives practitioners the confidence of truly potent healing solutions aligned with their highest values.

## Food . . . Not Chemicals™

Innate Response is the unwavering leader of whole food nutrition.



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## Sourced From Raw Food

Crafted and sourced from the freshest raw foods then meticulously milled.



# Sourced From Raw Food

Ever go into the juice aisle? Have you looked for 100% juice? Not as easy as one would think. The added sugars and preservatives don't call themselves out, but rather hide in the small type ingredient list on the back of the bottle. Even more challenging is finding a company committed to 100% whole food supplements.

Innate is 100% whole food. We say it right on the label, and that's our guarantee.

Most of you probably have not toured a vitamin company, or seen what ingredients actually go into most supplements. If you did, you may be a bit surprised. Pictured on the previous page is the joy that we at Innate see every day. Real, fresh and raw whole foods... These foods are beginning the journey of milling, concentration and drying to become the vibrant nutrition that is guaranteed in every product. Not so with most products.

If you tour a typical supplement company, you won't see anything but corporate offices and a shipping department. If you're able to see a supplement company that produces its own products, then you would probably see bags and barrels of isolated vitamins that look more like refined sugar and chemicals than anything that is edible. And then once these isolated components are stamped into capsules, tablets or powders and labeled with pretty pictures of foods long-since removed — would it then be food? Of course not.

Innate starts from the ground up. Literally. Fresh oranges, broccoli, cabbage, blueberries, and much more arrive daily. This is nutrition. This is what we demand for our own health and we wouldn't expect anything less for you.

# Exclusive Low-Temp Drying

We know the majority of whole foods used in supplements today are inactive whole food due to spray drying, freeze drying or mishandling during processing. Our commitment is to start with fresh whole foods, not inert dried powders. Throughout our process, we ensure the nutritive value of the fresh whole food is retained.

Nothing can replace the vibrant colors, taste and nutrition of raw foods. Whole foods are important to health; quality whole foods are integral. Refractance Window® (RW) drying, a method superior to other drying techniques used today, gently dries Innate's vitamins and minerals.

Superior to freeze drying or spray drying, RW drying protects the integrity of fresh foods. The only self-limiting drying process available, RW drying uses moderate temperatures and is also the only drying technology that allows fresh foods to retain their inherently exceptional level of nutrients, actives, color, flavor and aroma. (See page 95)

# Exclusive Low-Temp Drying

Proprietary drying technology with exacting low temperatures captures metabolically active vitamin & mineral coenzyme complexes.



## Rapid Nutrient Delivery

Rapid nutrient delivery is at the core of every step of processing at Innate. Starting with fresh, raw whole foods picked at the peak of ripeness ensures that a bounty of the nutritional components necessary for the ultimate nutrition is delivered in every bottle.

The next step is milling. Our mill is anything but ordinary, milling raw foods down to 10 microns. This state-of-the-art milling releases phytochemistry and makes bioavailable the hundreds of thousands of nutritional components in food most often left out by typical processing. Releasing the active constituents and freeing them from the fiber is a critical step in providing 100% whole food supplements.

Once milled, the foods are dried with low-temperature drying. This preserves the full nutritional value of the carefully milled raw foods. After drying and low temperature tableting, our tablets are coated with cellulose, a natural plant fiber. The cellulose we use is the same used to make capsules — except it's 1/4 the thickness. Thinner than a capsule, this coating ensures the tablet rapidly dissolves and breaks down.

- Fresh, raw whole foods
- Milling to 10 microns
- Low-temperature drying
- Thin film vegetable coating

There is no better way to deliver truly potent formulas.

## Potent Healing Solutions

Innate sources only the finest raw foods. These raw foods must pass intense scrutiny to meet our quality standards. Our products are all tested for pesticides, herbicides and heavy metals. We're also invested in meeting the rigorous standards for allergen testing; nearly our entire line of products is tested free of gluten, dairy and soy. We concentrate our own raw materials, manufacture our own products, assure finished good potency and provide unsurpassed quality assurance through vigorous onsite and 3rd party testing. Less than 1% of companies can provide quality assurance beginning with raw materials production through finished product testing. Innate is proud to be among them. (See page 94)

## Potency

We think of potency a bit differently. Instead of delivering 40 different vitamins and minerals in high potency, we believe in the broad range of compounds whole foods provide. For instance, the average tomato contains over 10,000 different vitamins, minerals and food compounds. With an Innate formula you may not be getting a high potency of 40 different nutrients, but rather a broad potency of all the food compounds that intrinsically work together. Now that's potent. (See page 82)

## Rapid Nutrient Delivery

A thin film cellulose coating (thinner than a capsule) ensures rapid nutrient delivery.



# Tablet versus Capsule

A common misunderstanding many have is that capsules are better than tablets. This is unfortunately based on a marketing trick and not actual science. What's the trick?

The trick is simple. Put a tablet and a capsule in a cup of vinegar or water; the capsule disintegrates and the tablet just sits there. The capsule disintegrates quicker than the tablet; thus, you're expected to conclude that the capsule is superior. Sounds good, right? What's the truth?

The truth is the experiment would have to be redone to understand the shortcoming of this trick. Simply take another cup of vinegar and add a sprig of broccoli to it, about the size that you would swallow (1/8 inch), place that in the vinegar and wait until it disintegrates. It won't, of course. Just like the tablet, the broccoli needs the stomach activity of peristalsis and digestive enzymes to help break down foods or any vitamin.

In this marketing trick the focus is placed on how quickly the capsule or tablet disintegrates, instead of the form of nutrients the tablet or capsule is providing. Broccoli and tablets do not break down in this "vinegar test", but can and do provide high quality nutrients.

So take a closer look at the forms of nutrients being delivered. Most capsules are not able to hold a broad range of nutritional components and thus use very refined forms of nutrients; for example, the most

common form of magnesium used in capsules is magnesium oxide. Magnesium oxide is most commonly sold as Milk of Magnesium; the second most popular form of magnesium is magnesium citrate. Both forms break down in a capsule quickly, but more often than not, have a laxative instead of a nutritional effect. Refined iron can constipate, there have been questions raised on isolated beta carotene... These examples would pass the "vinegar test", but are not the nutrition required by the body. No matter if you choose a capsule, tablet or powder the best form of nutrition is from food... not chemicals.

## One Innate

There are over 1,400 different vitamin companies. The majority of these companies do not produce their own products. Few have their own labs. Even fewer produce their own raw materials. Innate is proud to be among the exclusive group that is truly vertically integrated, ensuring quality in every step of the process.

We produce our own products. We have our own raw material facility, which guarantees the sources of our fresh raw whole foods are pure and free of chemicals. We have our own manufacturing facility and state-of-the-art lab, guaranteeing the purity and potency of every product we manufacture. We are Innate. Food. . . Not Chemicals™

## Potent Healing Solutions

Innate Response's extensive laboratory testing and commitment to Food . . . Not Chemicals™ gives practitioners the confidence of truly potent healing solutions aligned with their highest values.



# A Look At Our Label

## Supplement Facts

We are often asked for the chemical name of the vitamin C we are using, such as ascorbic acid or calcium ascorbate. The form that we are using is FoodState®, and our labels list the food concentrate we are using for each nutrient. None of the vitamins are isolated. Initially, when you look at an Innate label you will notice that the vitamin potencies are labeled differently than any other supplement company.



All of our nutrients are listed with the amount of foods and the quantity of the nutrient in the formula.

For example:

Vitamin C... (From 600 mg Oranges) 150 mg

These numbers are important to understanding the benefits of a 100% whole food supplement. In whole food, vitamins evolved as sets of interacting constituents working as a unified whole. The concentrate provides not only the nutrient, but all of the secondary food compounds, enzymes and phytonutrients needed for nutrient delivery.

100% TrueActive™ FoodState® whole food nutrients delivered in every tablet

The total weight of the food concentrate; includes the phytonutrients, enzymes & macronutrients naturally present

The majority of foods & herbs are certified organic

Just 100% whole foods—nothing artificial or synthetic

All of our formulas are tested free of herbicides & pesticides

Naturally derived coating prevents whole food ingredients from oxidizing

All of our formulas are GMP compliant, potency & purity assured

Great care is taken to avoid the use of common allergens, and to provide a vegetarian alternative

### Serving Size 2 Tablets

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 100 mg) As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	5000 IU	100
Vitamin C (Oranges*; 600 mg)	150 mg	250
Vitamin E (Brown Rice*; 300 mg)	75 IU	250
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Zinc ( <i>S. cerevisiae</i> *; 400 mg)	20 mg	133
Selenium ( <i>S. cerevisiae</i> *; 100 mg)	100 mcg	143

#### Phenolics\*

Orange, Wild Blueberry, Cranberry 180 mg \*\*\*  
(*Citrus sinensis*, *Vaccinium angustifolium*, *Vaccinium macrocarpon*)

#### Organic Botanical Blend

170 mg \*\*\*  
Organic Eleuthero Root, Organic Ginger Root, Organic Turmeric Root, Organic Ginkgo Leaf, Organic Milk Thistle Seed, Organic Rosemary Leaf, Organic Schizandra Berry

#### Immune Blend

500 mg \*\*\*  
*S. cerevisiae*, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotic\*\*

#### Bioactive Enzymes & Proteins

310 mg \*\*\*  
Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Silica, Vegetable Cellulose

**Clinical Strength - Professional Use Only**

**EXCEPTIONALLY PURE 100% WHOLE FOOD NUTRIENTS**

• Vegetarian Formulation • Nothing Artificial or Synthetic

• Suitable for Vegetarians • GMP Compliant

• Supports Gluten Free Diets • Tested Free of Gluten, Dairy and Soy

**Broad Spectrum Multi-Component**

**Finished Good Tested**

Free of Herbicides, Pesticides & Corn

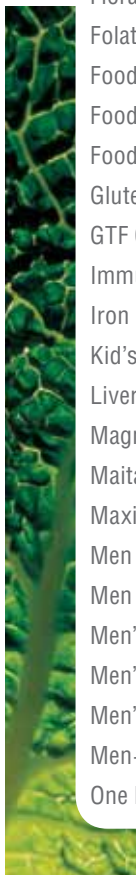
## No 2-Part Chemical Names – Gluten, Dairy, Pesticides/Herbicides, Finished Product Testing

What is purified ascorbic acid? How about pyridoxine hydrochloride? They are 2-part chemical names stripped of the phytochemistry, enzymes, peptides and other nutritional factors. Look at the majority of vitamin bottles. What is the source? Does it contain whole foods that you know and trust, or does it look like most vitamin bottles, providing nothing more than two-part chemical names lacking the phytochemistry and food constituents missing from our daily diets. Every bottle of Innate clearly states the food concentrate used for each and every nutrient, rich in the phytochemistry and nutrition your body deserves. Although many labels may claim whole food, none can guarantee the source of nutrition like Innate.

Using mainly organic ingredients isn't enough; we need to see it to believe it. Having a lab gives us the ability to definitively know our products are free of many chemicals of which other supplement companies may think they are free. Testing at Innate is done to ensure our products are free of pesticides, herbicides and contaminants. Our products are also tested free of gluten, dairy and soy. Considering the levels of toxins we (and the planet) are subjected to (3,000 of the 70,000+ chemicals have been deliberately added to food) isn't it good to know that Innate is doing its part to contribute to the solution?

# Alphabetical Product Listing

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B Complex	85	Quercetin	90
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Baby & Me™ Trimester III & Post	25	Skin, Hair & Nails	65
Balanced Minerals	74	Sleep Response™	66
Bone Response®	56	Thyroid Response® Complete Care	67
Calcium	75	Thyroid Response® Estrogen Dominance	68
Calcium, Magnesium & Potassium	76	Thyroid Response® Nutrient Factors	69
Calm Response™	57	Vision Response™	70
Cardio Response®	58	Vitamin C-250	91
Cholesterol Response®	59	Vitamin C-400	91
Clinical MetaCore™ Berry Vanilla	48	Vitamin D-3 1,000 IU	92
Clinical MetaCore™ Cacao Bean	49	Vitamin D-3 2,000 IU	92
Clinical MetaCore™ Cinnamon Chai	50	Vitamin Only	35
Clinical MetaCore™ Vanilla Bean	51	Wild Blueberry	93
Complete 8™ Vitamin E 200 IU	86	Women Over 40™	37
Complete 8™ Vitamin E 400 IU	86	Women Over 40™ One Daily	39
Cortisol Response®	60	Women's Multi	36
Digestive Enzymes Clinical Strength	14	Women's One Daily	38
E & Selenium	87	Women's Renewal Metacore™	44
Flora 5-14™ Complete Care	18	Women+40 Renewal Metacore™	45
Flora 20-14™ Ultra Strength	19	Zinc	81
Flora 50-14™ Clinical Strength	20		
Flora 200-14™ 7 Day Intensive	21		
Folate, B6 & B12	88		
Food Multi II™ without Copper, Iodine, Iron & K	26		
Food Multi III™ BioMax®	27		
Food Multi IV™	28		
Gluten & Dairy Ultra Shield™ Enzymes	15		
GTF Chromium	77		
Immunostimulant Response™	61		
Iron Response™	78		
Kid's Vitamin D Mini Tabs 400 IU	89		
Liver Response™	62		
Magnesium	79		
MaitakeGold 404®	63		
Maximum Foods®	29		
Men Over 40™ One Daily	33		
Men Over 40™ without Iron	31		
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Food Multi III™ BioMax®.....	27
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Maximum Foods®.....	29
Men's Multi.....	30
Men Over 40™ without Iron.....	31
Men's One Daily Iron Free.....	32
Men Over 40™ One Daily.....	33
One Daily.....	34
One Daily without Iron.....	34
Vitamin Only.....	35
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### Multi-Care Meal

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Bone Response®.....	56
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Cardio Response®.....	58
Cholesterol Response®.....	59
Cortisol Response®.....	60
Immunostimulant Response™.....	61
Liver Response®.....	62
MaitakeGold 404®.....	63
Prostate Response®.....	64
Skin, Hair & Nails.....	65
Sleep Response™.....	66
Thyroid Response® Complete Care.....	67
Thyroid Response® Estrogen Dominance.....	68
Thyroid Response® Nutrient Factors.....	69
Vision Response™.....	70

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Balanced Minerals.....	74
Calcium.....	75
Calcium, Magnesium & Potassium.....	76
GTF Chromium.....	77
Iron Response™.....	78
Magnesium.....	79
Selenium.....	80
Zinc.....	81

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Antioxidants.....	84
B Complex.....	85
Complete 8™ Vitamin E 200 IU.....	86
Complete 8™ Vitamin E 400 IU.....	86
E & Selenium.....	87
Folate, B6 & B12.....	88
Kid's Vitamin D Mini Tabs 400 IU.....	89
Quercetin.....	90
Vitamin C-250.....	91
Vitamin C-400.....	91
Vitamin D-3 1,000 IU.....	92
Vitamin D-3 2,000 IU.....	92
Wild Blueberry.....	93

# Support Product Listing

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Men's Multi . . . . . 30  
Men's One Daily Iron Free . . . . . 32  
Men's Renewal Metacore . . . . . 42  
Prostate Response . . . . . 64

### Senior's Health

Food Multi II without Copper, Iodine, Iron & K . . . . 26

### Women's Health

Baby & Me Trimester I&II . . . . . 24  
Baby & Me Trimester III & Post . . . . . 25  
Women Over 40 . . . . . 37  
Women Over 40 One Daily . . . . . 39  
Women +40 Renewal Metacore . . . . . 45  
Women's Multi . . . . . 36  
Women's One Daily . . . . . 38  
Women's Renewal Metacore . . . . . 44  
Thyroid Response Complete Care . . . 67  
Thyroid Response Estrogen Dominance . . 68  
Thyroid Response Nutrient Factors . . 69

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### Antioxidants

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Complete 8 Vitamin E 200IU . . . . . 86  
Complete 8 Vitamin E 400IU . . . . . 86  
E & Selenium . . . . . 87  
Men's Renewal Metacore . . . . . 42  
Men +40 Renewal Metacore . . . . . 43  
Wild Blueberry . . . . . 93  
Women's Renewal Metacore . . . . . 44  
Women +40 Renewal Metacore . . . . . 45

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Calcium . . . . . 75  
Calcium, Magnesium & Potassium . . . 76

### Enzymes

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Gluten & Dairy UltraShield Enzymes . . 15  
Plant Enzymes . . . . . 16

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Iron Response . . . . . 78

### Minerals

Balanced Minerals . . . . . 74  
Calcium . . . . . 75  
Calcium, Magnesium & Potassium . . . 76  
E & Selenium . . . . . 87  
GTF Chromium . . . . . 77  
Iron Response . . . . . 78  
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Men's Multi . . . . . 30  
Men's One Daily Iron Free . . . . . 32  
Men Over 40 One Daily . . . . . 33  
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One Daily . . . . . 34  
One Daily without Iron . . . . . 34  
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Flora 20-14 Ultra Strength . . . . . 19  
Flora 50-14 Clinical Strength . . . . . 20  
Flora 200-14 7 Day Intensive . . . . . 21

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### Vitamin C

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Vitamin C-400 . . . . . 91

### Vitamin D

Kid's Vitamin D Mini Tabs 400IU . . . . 89

Vitamin D-3 1000IU . . . . . 92  
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## Therapeutic

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Adrenal Response Complete Care . . . 55  
B Complex . . . . . 85  
Calm Response . . . . . 57  
Cortisol Response . . . . . 60  
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### Allergy Support

Quercetin . . . . . 90

### Blood Sugar

Clinical MetaCore Berry Vanilla . . . . 48  
Clinical MetaCore Cacao Bean . . . . . 49  
Clinical MetaCore Cinnamon Chai . . . 50  
Clinical MetaCore Vanilla Bean . . . . . 51  
GTF Chromium . . . . . 77  
Selenium . . . . . 80

### Bone Support

Balanced Minerals . . . . . 74  
Bone Response . . . . . 56  
Calcium . . . . . 75  
Kid's Vitamin D Mini Tabs 400IU . . . . 89  
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Vitamin D3 2000IU . . . . . 92

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Cardio Response . . . . . 58  
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Clinical MetaCore Berry Vanilla . . . . 48  
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Clinical MetaCore Cinnamon Chai . . . 50  
Clinical MetaCore Vanilla Bean . . . . . 51  
Folate, B6 & B12 . . . . . 88  
Magnesium . . . . . 79  
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# Support Product Listing

## Detoxification Support

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Liver Response . . . . . 62	Men's Renewal Metacore . . . . . 42
Men +40 Renewal Metacore . . . . . 43	Vitamin Only . . . . . 35
Women's Renewal Metacore . . . . . 44	Women +40 Renewal Metacore . . . . . 45

## Digestive Support

Clinical MetaCore Berry Vanilla . . . . . 48	Clinical MetaCore Cacao Bean . . . . . 49
Clinical MetaCore Cinnamon Chai . . . 50	Clinical MetaCore Vanilla Bean . . . . . 51
Digestive Enzymes Clinical Strength . .14	Flora 5-14 Complete Care . . . . . 18
Flora 20-14 Ultra Strength . . . . . 19	Flora 50-14 Clinical Strength . . . . . 20
Flora 200-14 7 Day Intensive . . . . . 21	Gluten & Dairy UltraShield Enzymes . .15
Plant Enzymes . . . . . 16	

## Energy

Adrenal Response . . . . . 54	Adrenal Response Complete Care . . . 55
B Complex . . . . . 85	Iron Response . . . . . 78
Men's Renewal Metacore . . . . . 42	Men +40 Renewal Metacore . . . . . 43
Thyroid Response Complete Care . . . 67	Thyroid Response Estrogen Dominance . .68
Thyroid Response Nutrient Factors . . 69	Women's Renewal Metacore . . . . . 44
Women +40 Renewal Metacore . . . . . 45	

## Endocrine Support

Adrenal Response . . . . . 54	Adrenal Response Complete Care . . . 55
B Complex . . . . . 85	Calm Response . . . . . 57
Cortisol Response . . . . . 60	Sleep Response . . . . . 66
Thyroid Response Complete Care . . . 67	Thyroid Response Estrogen Dominance . .68
Thyroid Response Nutrient Factors . . 69	

## Immune Support

Flora 5-14 Complete Care . . . . . 18	Flora 20-14 Ultra Strength . . . . . 19
Flora 50-14 Clinical Strength . . . . . 20	Flora 200-14 7 Day Intensive . . . . . 21
Immunostimulant Response . . . . . 61	Kid's Vitamin D Mini Tabs 400IU . . . . 89

MaitakeGold 404 . . . . . 63	Vitamin C-250 . . . . . 91
Vitamin C-400 . . . . . 91	Vitamin D-3 1000IU . . . . . 92
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## Prostate Support

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Skin, Hair & Nails . . . . . 65
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## Sleep Support

Sleep Response . . . . . 66
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Adrenal Response . . . . . 54	Adrenal Response Complete Care . . . 55
B Complex . . . . . 85	Calm Response . . . . . 57
Cortisol Response . . . . . 60	Magnesium . . . . . 79
Sleep Response . . . . . 66	Thyroid Response Complete Care . . . 67
Thyroid Response Estrogen Dominance . .68	Thyroid Response Nutrient Factors . . 69

## Vision

Antioxidants . . . . . 84	Vision Response . . . . . 70
Wild Blueberry . . . . . 93	

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Clinical MetaCore Berry Vanilla . . . . . 48	Clinical MetaCore Cacao Bean . . . . . 49
Clinical MetaCore Cinnamon Chai . . . 50	Clinical MetaCore Vanilla Bean . . . . . 51

## Probiotics

Flora 5-14 Complete Care . . . . . 18	Flora 20-14 Ultra Strength . . . . . 19
Flora 50-14 Clinical Strength . . . . . 20	Flora 200-14 7 Day Intensive . . . . . 21

## Multi-Care Greens

Men's Renewal Metacore . . . . . 42	Men +40 Renewal Metacore . . . . . 43
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## Multi-Care Meal

Clinical MetaCore Berry Vanilla . . . . . 48	Clinical MetaCore Cacao Bean . . . . . 49
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# Digestive Formulas



## Digestive Formulas

Optimal digestion is the first critical step for the body to absorb – and thus, subsequently *utilize* – vital nutrition. Digestion requires the proper balance of quality food, enzymes and microflora.

With 70% of the immune system residing in the digestive tract, optimal digestion is a critical factor in overall health and wellness. Two of the most important digestive health supplements are probiotics and plant-based enzymes.

Understanding the imperative for practitioners to support patients' digestive health, Innate offers meticulously researched digestive formulas carefully crafted to help support optimal digestion.

Innate's digestive formulas rank at the top of our most popular potent healing solutions. Flora 20-14 & Plant Enzymes have long been favored formulas. Our recent introduction of Flora 5-14, Flora 50-14, Digestive Enzymes Clinical Strength and Gluten & Dairy Ultra Shield Enzymes has been met with an outstanding response. Our newest addition, Flora 200-14 is an extraordinary formula specially crafted for a 7-day intensive probiotic rebuild in direct response to our practitioners' needs. (For more about Innate's Flora formulas, see page 17)

## Digestive Enzymes Clinical Strength

Digestive Enzymes Clinical Strength is a broad spectrum digestive enzyme supplement formulated to provide effective enzymatic activity for general digestive support as well as managing specific digestive deficiencies. The enzymes in Digestive Enzymes Clinical Strength have been studied for their digestive capabilities and survival throughout the gastrointestinal tract, therefore ensuring your patients get the digestive support they need.

Formulated and studied as the perfect digestive aid even for individuals with compromised digestion, Digestive Enzymes Clinical Strength provides a broad range of proteolytic, lipolytic, and carbohydrolytic enzymes specifically designed to provide digestive support where it is needed most.

Digestive Enzymes Clinical Strength provides multiple stages of protein, carbohydrate, fiber and lipid digestion. These multiple stages create a powerful digestive combination that is high potency and able to digest foods in all three sections of the small intestine. These multiple stages are critically important for clinical use. Most digestive enzymes only provide one form of protease (for digestion of proteins).

Take a look at the digestive enzyme you are using. Does it only contain one form of protease? Typically this one form of protease only works in the upper section of the small intestine. Once these enzymes enter the middle and lower section of the small intestine, the pH environment changes to a point where this one strain becomes ineffective.

## Independent Real Time Study

An independently researched real time study examined the absorption of foods with enzymes used in Digestive Enzymes Clinical Strength, Gluten & Dairy UltraShield Enzymes, and our Plant Enzymes formulations. This study showed a substantial increase in digestion throughout the small intestine over a 5 hr time span. The study also proved that the enzymes used in all of our enzyme formulations survived the acidity of the stomach and worked in the small intestine. As most enzyme formulations become inactive in the harsh environment of the stomach, the enzymes in Digestive Enzymes Clinical Strength offer a real advantage over many products on the market today.

Optimal digestion and absorption of vital nutrients is crucial for overall health. Innate's enzyme formulations are the perfect addition to a supplement regimen that focuses on giving the body the best chance for achieving overall health and wellness.

# Digestive Formulas

Knowing that this pH change stifles the effectiveness of common digestive enzyme supplements, we formulated Digestive Enzymes Clinical Strength with four forms of protease. These four stages of protease activity are able to digest proteins in all three sections of the small intestine.

We didn't stop there. Bromelain and papain are also included. These two protein digesting enzymes have the ability to work in all three sections of the small intestine. They also act as nutritional support for inflammation, key during times of digestive upset.

By providing six different protein digesting enzymes that not only work in all three sections of the small intestine, but are also able to attach and bond to different sections of protein strains throughout the whole transient time. These attachment points create an exponential increase in the rate and ability of the formula to break down proteins.

As with our protein digestive enzyme blend, we applied the same scrutiny to our carbohydrate and fiber digestive enzyme blends.

## Unlocking Fiber

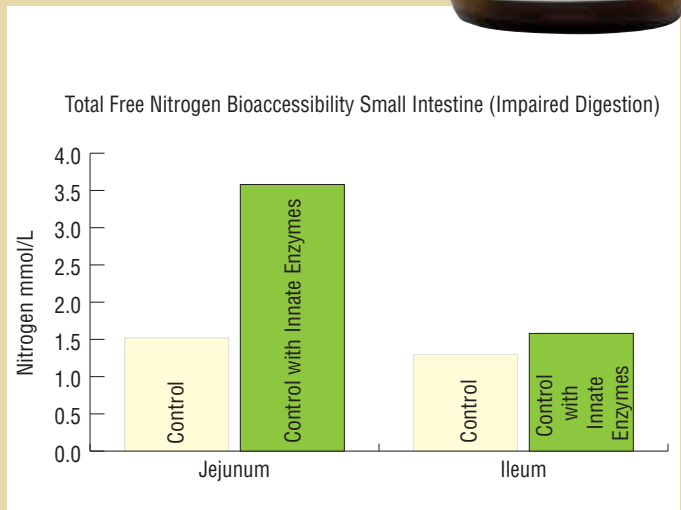
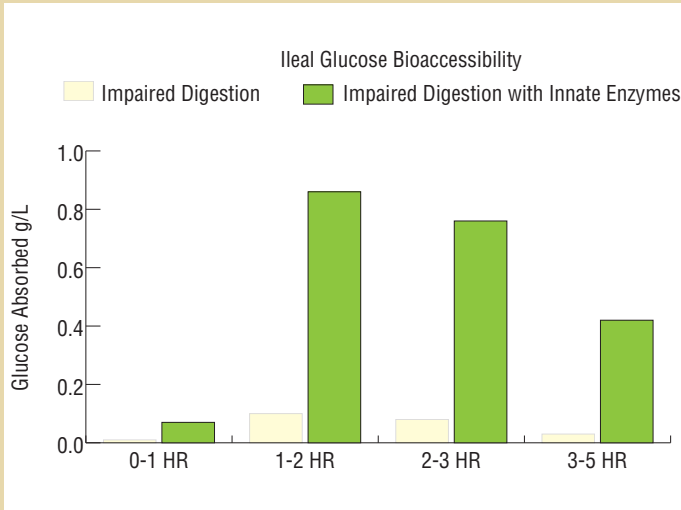
Survivability is a key component of any digestive enzyme blend and one that has been fully addressed in Digestive Enzymes Clinical Strength. However, another crucial component of digestive enzymes is the ability to break down fiber; this ability is lacking in most digestive enzymes. This fiber creates an impervious barrier to protein, lipid and most carbohydrate enzymes if not broken down. Digestive Enzymes Clinical Strength was formulated to fully address this problem.

CereCalase® Enzymatic Nutrient BioRelease™ Blend, is the ultimate enzyme system for unlocking and maximizing nutrition from foods. Nutrition from foods can easily be absorbed when available; unfortunately, availability of nutrients from foods can be locked within the cellular structure of the foods consumed. Since the human digestive system does not have enzymes to break down fiber, nutrients may be locked within the plant fiber and remain unused as they pass through the digestive tract.

It is critical that digestive formulas provide an enzyme system so these nutrients are available for utilization. CereCalase is an exclusive combination of hemicellulase, beta-glucanase and phytase. These three enzymes are commonly found in many vegetables, legumes and botanicals; together, they carry the essential enzymatic energy factors to break down the fibrous nature of plant cell walls and unlock the valuable nutrition. Digestive Enzymes Clinical Strength with the CereCalase enzyme system ensures the ultimate nutrient bioavailability and the maximum level of available nutrients for digestion.

Digestive Enzymes Clinical Strength includes six different protein, carbohydrate and fiber digesting enzymes, as well as a high potency lipase enzyme for the digestion of lipids (fats) for a total of 19 enzymes. Digestive Enzymes Clinical Strength is the broadest range and highest potency digestive enzyme available today.

CereCalase® is a registered trademarks of National Enzyme Company, Inc.



# Digestive Enzymes Clinical Strength

effective broad spectrum support for digestive enzymatic activity

## Serving Size 1 Vegetarian Capsule

Amount per Serving		% Daily Value
<b>Total Enzyme Blend</b>	<b>420 mg</b>	
<b>Clinical Protease Blend</b>	<b>112 mg</b>	
Protease 3.0	15 SAPU	**
Protease 4.5	75,000 HUT	**
Protease 6.0	3,000 HUT	**
Neutral Protease	2,000 PC	**
Bromelain	40,000 FCCPU	**
Papain	40,000 FCCPU	**
<b>Clinical Carbohydrate Blend</b>	<b>215 mg</b>	
Amylase	20,000 DU	**
Glucoamylase	40 AGU	**
Alpha-Galactosidase	350 GalU	**
Lactase	900 ALU	**
Invertase	675 SU	**
Amylase	1,000 BAU	**
<b>Clinical Fiber Blend</b>	<b>52 mg</b>	
Pectinase	50 endo-PG	**
Cellulase	2,000 CU	**
Xylanase	750 XU	**
<b>CereCalase®</b>	<b>21 mg</b>	
(Hemicellulase, beta-glucanase, phytase)	425 MU	**
<b>Clinical Lipase Blend</b>	<b>20 mg</b>	
Lipase	4,000 FIP	**

\*\* % Daily Value (DV) not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**  
**Does not contain Sugar or Gelatin**

**Other Ingredients:** Vegetable Cellulose, Rice Bran and Water

Digestive Enzymes Clinical Strength is a broad spectrum digestive enzyme supplement formulated to provide effective enzymatic activity for general digestive support as well as for managing specific digestive deficiencies. The enzymes in Digestive Enzymes Clinical Strength have been studied for their digestive capabilities and survival throughout the gastrointestinal tract, therefore ensuring that you get the digestive support you need.

Formulated and studied as the perfect digestive aid even for individuals with compromised digestion, this formula provides a broad range of proteolytic, lipolytic, and carbohydrolytic enzymes specifically designed to provide digestive support where it is needed most.

An independently researched real time study examined the absorption of foods with enzymes used in Digestive Enzymes Clinical Strength. This study showed a substantial increase (See page 13) in digestion throughout the small intestine over a 5 hr time span. The study also proved that the enzymes used in Digestive Enzymes Clinical Strength survived the acidity of the stomach and worked in the small intestine. As most animal sourced enzymes become inactive in the harsh environment of the stomach, the enzymes in Digestive Enzymes Clinical Strength offer a real advantage.

Optimal digestion and absorption of vital nutrients is crucial for overall health; Digestive Enzymes Clinical Strength is the perfect addition to a supplement regimen that focuses on giving your body the best chance for achieving overall health and wellness.

1 or more capsules with meals as needed, or as directed by your healthcare practitioner

product #	count
40126.....	90

# Gluten & Dairy Ultra Shield™ Enzymes

specialized support for gluten and dairy digestion

Gluten & Dairy Ultra Shield Enzymes can be the best ally when eating foods that may contain unexpected gluten or dairy components. This specialized formula provides a standardized DPP-IV enzyme activity to help break down gluten; it also contains additional proteolytic enzymes as well as specific carbohydrate enzymes critical for optimal digestion of gluten and dairy components in the diet. This is a multi-faceted formulation, providing carbohydrate enzymes to help break down the carbohydrate components in grains, thus exposing gluten to the targeted proteases for digestion. In addition, select proteases, lipases and lactase are added to facilitate complete breakdown of dairy foods. With this greater enzymatic exposure, incomplete breakdown and the discomfort that accompanies it can be substantially if not completely eliminated. Created to support effective digestion in persons who must restrict their exposure to foods containing gluten or dairy ingredients because of a deficiency in the intestinal enzymes necessary for complete breakdown, this broad digestive functioning is particularly beneficial to those with compromised gastrointestinal tracts, who may have unidentified limitations in their digestive capabilities.

1 or more capsules with meals as needed, or as directed by your healthcare practitioner

product #	count
40127.....	60

## Serving Size 1 Vegetarian Capsule

Amount per Serving	% Daily Value	
Total Enzyme Blend	230 mg	**
<b>BioCore® DPPIV</b>	<b>100 mg</b>	
Protease	30,000 HUT	**
Protease	500 DPP- IV	**
Protease	8.5 AP	**
<b>Clinical Protease Blend</b>	<b>30 mg</b>	
Protease 4.5	12,500 HUT	**
Protease 6.0	2,500 HUT	**
<b>Clinical Carbohydrate Blend</b>	<b>50 mg</b>	
Amylase	4,500 DU	**
Lactase	500 ALU	**
<b>Clinical Fiber Blend</b>	<b>50 mg</b>	
Cellulase	1,250 CU	**
Hemicellulase	1,000 HCU	**
Beta-glucanase	20 BGU	**
Xylanase	750 XU	**

\*\* % Daily Value (DV) not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**  
**Does not contain Sugar or Gelatin**

**Other Ingredients:** Vegetable Cellulose, Rice Bran and Water.

BioCore® is a registered trademark of National Enzyme Company

# Plant Enzymes

with carminative botanicals to support digestion

## Serving Size 1 Vegetarian Capsule

Amount per Serving	% Daily Value	
<b>Plant Enzyme</b>	<b>107 mg</b>	<b>**</b>
Amylase	4,000 DU	**
Cellulase	100 CU	**
Glucoamylase	4.5 AGU	**
Invertase	50 SU	**
Lactase	400 ALU	**
Lipase	200 FIP	**
Protease 4.5	15,000 HUT	**
<b>Probiotic</b>		
<i>Lactobacillus acidophilus</i> *	1 million CFU	**
<b>Botanicals</b>	150 mg	**
Marshmallow Root	75 mg	**
Astragalus Root	45 mg	**
Ginger Rhizome	30 mg	**

- \* Guaranteed at time of manufacture
- \*\* % Daily Value (DV) not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**  
**Does not contain Sugar or Gelatin**

**Other Ingredients:** Plant Fiber

Plant Enzymes provides a complete spectrum of plant-sourced enzymes, such as that found naturally occurring in fresh whole foods. This inclusive vegetarian digestive formula was crafted to supply amylase for digesting starches; cellulase to catalyze cellulose; glucoamylase for breaking down maltose into glucose; invertase to catalyze the hydrolysis of sucrose; lactase for the hydrolysis of lactose; lipase to catalyze the hydrolysis of fats; and protease for the proteolysis of proteins. Botanicals with tonic and carminative properties, such as marshmallow root, astragalus root and ginger rhizome, are included to ease digestive discomfort and to support the digestive process. *Lactobacillus acidophilus* is also included to help strengthen the digestive system by supporting healthy intestinal flora. Plant Enzymes provides comprehensive support to optimal digestive health.

1 or more capsules with meals as needed, or as recommended by your healthcare practitioner

product #	count
40058.....	90
40085.....	180



Digestive

## Defend & Rebuild Health

It is commonly known that the mere presence of symbiotic flora can:

1. Support endogenous enzymes for improved digestion\*
2. Have a direct effect on the body's natural immunity and its mediators\*
3. Produce organic acids and compounds critical to defend its host
4. Create a broad range of vitamins
5. Detoxify chemicals and rebuild flora populations
6. Help with systemic inflammation necessary for cardiovascular support\*
7. Help maintain already normal cholesterol levels\*

It's clear that probiotics are required to defend and rebuild health. Getting them there is another story...

## Shelf Stable?

Many supplement companies due to the weight of consumer demand have come out with shelf stable products. Shelf stable products tend to contain either a limited number of strains, or contain a higher number of strains with questionable survivability. Although some products may maintain stability, they do so at a cost.

Several strains are hardy at room temperatures; unfortunately, not so with the most critical strains.

It takes a diverse range of probiotics to effectively repopulate the digestive tract, so refrigerated products are your best choice for your patients' optimal health. Products with limited strains offer limited results.

Flora by Innate is complete with 5, 20, 50 or 200 billion cells of 14 different strains, backed by clinical research,

shown to repopulate throughout the entire digestive tract as resident and transient strains.

## Coatings

Some manufacturers have chosen to enteric coat the probiotics within their capsules. On the surface these may sound beneficial; beyond that, however, questions remain. Almost all enteric coatings are synthetic polymers made from plastics.

Companies that chose this path do increase stability, but are left with the unrealized knowledge that plasticized polymers are being added to their products. Considering the levels of toxins we (and the planet) are subjected to (3,000 of the 70,000+ chemicals have been deliberately added to food) is something to think about.

It is also understood that many of these coating are difficult to break down. This makes it difficult for the probiotics to adhere to the mucosal lining of the GI tract and compromises proper flora growth.

Innate has a better solution. We do not use enteric coatings. All of our products typically test well beyond the label claim. This maximum potency with a diverse range of probiotics strains is your patient's best choice for repopulating intestinal flora.

We take great care to ensure our products are free of dairy, soy, gluten and additives, sourced from original and proven human strains. Innate's Flora products are gently filtered to ensure complete purity of beneficial strains. In order to maintain and achieve the best stability and purity they are bottled in recyclable glass amber bottles.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## Flora by Innate is your best choice

Crafted to effectively repopulate and propagate the growth of beneficial bacteria in the mucosal membranes, and the complete digestive tract. Flora by Innate is a synergistic union of 5, 20, 50 or 200 billion cells of 14 non-competing bacterial strains to promote immune health, digestion and detoxification.

- Clinical Strength – Professional Use Only
- Exceptionally Pure
- Nothing Artificial or Synthetic
- Suitable for Vegetarians
- Tested Free of Gluten, Dairy and Soy
- Selected Only from Viable Strains Naturally Present in the Human Intestinal Tract

# Flora 5-14™ Complete Care

5 billion viable cells of 14 bacterial strains

## Serving Size 1 Vegetarian Capsule

Amount per Serving	% Daily Value
--------------------	---------------

**Each Capsule Contains a Total of 5 Billion Active\* Cells**

**Consisting of:**

<i>Bifidobacterium longum</i>	**
<i>Lactobacillus acidophilus</i>	**
<i>Bifidobacterium infantis (B. lactis)</i>	**
<i>Lactobacillus lactis</i>	**
<i>Lactobacillus acidophilus DDS-1</i>	**
<i>Lactobacillus reuteri</i>	**
<i>Lactobacillus salivarius</i>	**
<i>Streptococcus thermophilus</i>	**
<i>Lactobacillus plantarum</i>	**
<i>Lactobacillus brevis</i>	**
<i>Bifidobacterium bifidum</i>	**
<i>Lactobacillus bulgaricus</i>	**
<i>Lactobacillus casei</i>	**
<i>Lactobacillus rhamnosus</i>	**

\* Guaranteed at time of manufacture

\*\* % Daily Value (DV) not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic.**  
**Does not contain Sugar or Gelatin**

**Other Ingredients:** Cellulose, Rice Bran and Water

Cultivating and maintaining a balance of beneficial microflora is a foundational element in supporting the integrity of digestion. Probiotic supplementation supplies the beneficial microflora that work with the body in digestive processes, detoxification, elimination, nutrient production and absorption. Flora 5-14 is formulated to repopulate and promote the growth of beneficial bacteria in the small and large intestine. Supporting the beneficial microflora of the digestive system, Flora 5-14 contains only naturally occurring non-competing flora in a non-dairy food base. Innate guarantees 5 billion viable cells, providing 14 different clinically researched strains.

1 or more capsules as needed or as directed by your healthcare practitioner

product #	count
40129.....	60



Digestive

# Flora 20-14™ Ultra Strength

20 billion viable cells of 14 bacterial strains

Cultivating and maintaining a balance of beneficial microflora is a foundational element in supporting the integrity of digestion.

Probiotic supplementation supplies the beneficial microflora that work with the body in digestive processes, detoxification, elimination, nutrient production and absorption. Raw foods contain enzymes that are destroyed in cooking and processing; supplementation with plant-based digestive enzymes supports proper digestion and supplies enzymes missing from the diet.

Flora 20-14 is formulated to repopulate and promote the growth of beneficial bacteria in the small and large intestine. Supporting the beneficial microflora of the digestive system, Flora 20-14 contains only naturally occurring non-competing flora in a non-dairy food base. Innate guarantees 20 billion viable cells, providing 14 different clinically researched strains.

1 or more capsules as needed or as directed by your healthcare practitioner

product #	count
41006.....	60

## Serving Size 1 Vegetarian Capsule

Amount per Serving	% Daily Value
--------------------	---------------

**Each Capsule Contains a Total of 20 Billion Active\* Cells**

**Consisting of:**

<i>Bifidobacterium longum</i>	**
<i>Lactobacillus acidophilus</i>	**
<i>Bifidobacterium infantis (B. lactis)</i>	**
<i>Lactobacillus lactis</i>	**
<i>Lactobacillus acidophilus DDS-1</i>	**
<i>Lactobacillus reuteri</i>	**
<i>Lactobacillus salivarius</i>	**
<i>Streptococcus thermophilus</i>	**
<i>Lactobacillus plantarum</i>	**
<i>Lactobacillus brevis</i>	**
<i>Bifidobacterium bifidum</i>	**
<i>Lactobacillus bulgaricus</i>	**
<i>Lactobacillus casei</i>	**
<i>Lactobacillus rhamnosus</i>	**

\* Guaranteed at time of manufacture

\*\* % Daily Value (DV) not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic.**  
**Does not contain Sugar or Gelatin**

**Other Ingredients:** Ascorbyl Palmitate (Vitamin C), Rice Bran, Cellulose and Water

# Flora 50-14™ Clinical Strength

50 billion viable cells of 14 bacterial strains

## Serving Size 1 Vegetarian Capsule

Amount per Serving	% Daily Value
--------------------	---------------

**Each Capsule Contains a Total of 50 Billion Active\* Cells Consisting of:**

<i>Lactobacillus acidophilus</i>	**
<i>Lactobacillus salivarius</i>	**
<i>Lactobacillus plantarum</i>	**
<i>Bifidobacterium bifidum</i>	**
<i>Bifidobacterium infantis (B. lactis)</i>	**
<i>Lactobacillus lactis</i>	**
<i>Lactobacillus acidophilus DDS-1</i>	**
<i>Streptococcus thermophilus</i>	**
<i>Bifidobacterium longum</i>	**
<i>Lactobacillus brevis</i>	**
<i>Lactobacillus reuteri</i>	**
<i>Lactobacillus bulgaricus</i>	**
<i>Lactobacillus casei</i>	**
<i>Lactobacillus rhamnosus</i>	**

\* Guaranteed at time of manufacture

\*\* % Daily Value (DV) not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic.  
Does not contain Sugar or Gelatin**

**Other Ingredients:** Ascorbyl Palmitate (Vitamin C), Rice Bran, Cellulose and Water

Cultivating and maintaining a balance of beneficial microflora is a foundational element in supporting the integrity of digestion. Probiotic supplementation supplies the beneficial microflora that work with the body in digestive processes, detoxification, elimination, nutrient production and absorption. Flora 50-14 is formulated to repopulate and promote the growth of beneficial bacteria in the small and large intestine. Supporting the beneficial microflora of the digestive system, Flora 50-14 contains only naturally occurring non-competing flora in a non-dairy food base. Innate guarantees 50 billion viable cells, providing 14 different clinically researched strains.

1 or more capsules as needed or as directed by your healthcare practitioner

product #	count
40128.....	30



Digestive

# Flora 200-14™ 7 Day Intensive

200 billion viable cells of 14 bacterial strains

Flora 200-14 is an intensive probiotic program designed to repopulate flora populations effectively in 7 days. This formula is a complete synergistic union of 200 billion cells from 14 non-competing bacterial strains. Flora 200-14 provides effective higher potencies of *bifidobacteria* strains and balanced additions of *lactobacilli* strains including inflammation support from the well-documented *Lactobacillus salivarius* strain. In total, all 14 strains have been clinically researched as the best combination of probiotic strains to effectively repopulate the transient and resident probiotic populations of the complete digestive tract and mucosal membranes. With 200 billion cells and 14 strains Flora 200-14 will provide immediate support for detoxification programs, digestive issues, compromised immunity and inflammatory conditions.

- Clinical strength – professional use only
- Easy to administer vegetarian capsule
- Exceptionally pure
- Nothing artificial or synthetic
- Suitable for vegetarians
- Tested free of gluten, dairy and soy
- Selected only from viable strains naturally present in the human intestinal tract

1 or more capsules as needed or as directed by your healthcare practitioner

product # count  
40140.....07

## Serving Size 1 Vegetarian Capsule

Amount per Serving	% Daily Value
--------------------	---------------

**Each Capsule Contains a Total of 200 Billion Active\* Cells Consisting of:**

<i>Lactobacillus plantarum</i>	**
<i>Bifidobacterium bifidum</i>	**
<i>Lactobacillus acidophilus</i>	**
<i>Lactobacillus salivarius</i>	**
<i>Bifidobacterium infantis (B. lactis)</i>	**
<i>Lactobacillus lactis</i>	**
<i>Lactobacillus reuteri</i>	**
<i>Lactobacillus brevis</i>	**
<i>Streptococcus thermophilus</i>	**
<i>Bifidobacterium longum</i>	**
<i>Lactobacillus bulgaricus</i>	**
<i>Lactobacillus acidophilus DDS-1</i>	**
<i>Lactobacillus casei</i>	**
<i>Lactobacillus rhamnosus</i>	**

\* Guaranteed at time of manufacture

\*\* % Daily Value (DV) not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic.  
Does not contain Sugar or Gelatin**

**Other Ingredients:** Ascorbyl Palmitate (Vitamin C), Rice Bran, Cellulose and Water

# Foundational Formulas



Core to any nutritional foundation is a whole food diet. Unfortunately, most diets are inadequate at best. Organic foods are picked before they are ripe, trace minerals are lacking from our soils, and the “on the go” world challenges our patients’ ability to eat right. Starting with the premise that a whole food diet is optimal it only makes sense to supplement with a whole food multivitamin from Innate.

## Why?

Typical vitamins only provide, give or take, 45 nutrients. These nutrients are relegated to strictly isolated vitamin and minerals. Many thought that

by supplementing with these isolated multivitamins patients could replace what is missing from their diets.

Studies and research continue to find this is clearly not the case.

## Take a Look at These Studies...

Oxford University has completed a long-term study with an amazing 20,000 subjects. This study reported no substantial beneficial effects from high potency vitamins C, E and beta carotene. Conversely, adherence to a whole food diet had a strong correlation with positive outcomes.

*The Journal of Diabetes Care* published a study clearly concluding that isolated vitamin E had no effects; however foods rich in vitamin E did.

Northwestern University Cancer Center states,

*“Carotenoids and other secondary plant compounds evolved as sets of interacting compounds, and because of this complexity it limits the usefulness of reductionist approaches that seek to identify single protective compounds.”*

Journal of the National Cancer Institute 2003;95:1578-86

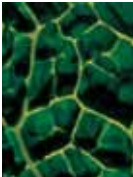
The list goes on...countless studies on pharmaceutical vitamin C, E and beta carotene are questioning their effectiveness.

The overwhelming conclusion from all of these studies state the same thing; it is the multi-component nature of whole food that is responsible for the effective health benefits.

Look at the constituents of an orange as found on Dr. James Duke’s ethnobotanical database (see page 82).

<http://www.ars-grin.gov/duke>

As of right now, Dr. Duke’s database lists 173 constituents that have been identified in an orange. As you take a look at this list, it is difficult to imagine the 45 constituents that are typically found in a multivitamin would substitute the utter complexity of an orange — or any food for that matter. Would you pick out 45 nutrients and strip them from the orange to create a multivitamin? Common sense says, eat the orange. Just consider some of the constituents of an orange. It is comprised of sugars, fats, proteins, vitamins and thousands of phytochemicals. Many refined foods are made up of these same sugars, fats and enriched with isolated vitamins, yet lacking is the phytochemistry that complete whole foods. Isolated refined constituents make up the majority of the standard American diet. A diet already plagued with too many refined foods.



	Iron Free	Free of Vitamin K Iodine & Copper	Botanicals	Enzymes	Tested Free of Gluten, Dairy & Soy	Per Day
Food Multi II	Yes	Yes	No	Yes	Yes	3
Food Multi III	No	No	No	Yes	Yes	3
Food Multi IV	No	No	Yes	Yes	Yes	6
Maximum Foods	No	No	Yes	Yes	Yes	3
Men’s Multi	Yes	No	Yes	Yes	Yes	3
Women’s Multi	No	No	Yes	Yes	Yes	3
Men over 40	Yes	No	Yes	Yes	Yes	6
Women over 40	No	No	Yes	Yes	Yes	6

# Foundational Formulas

It is easy to see that refined foods are not part of an optimal diet. Unfortunately, it is much harder to see until now, the challenges we must overcome when taking refined vitamins.

## Short-Term vs Long-Term

Originally isolated vitamins were used to treat *short-term* nutritional deficiencies, such as scurvy, beriberi and rickets. This inevitably leads to a quandary...How many patients have walked through your door with one of these health challenges? With refined foods came refined vitamins that helped to prevent many of these nutritional diseases. While it is true that many patients may have vitamin deficiencies, such as low vitamin D, and possibly a broad range of other nutrients for which they can use supplementation, but actual vitamin deficiencies that cause short-term diseases are quite rare.

Conversely, all of us are well aware of the unprecedented levels of long-term nutritional deficiencies, such as metabolic syndrome, insulin resistance and cardiovascular issues. It is these long-term challenges that bring patients to your office, having developed over a long term of unhealthy eating habits and inadequate exercise, taking several years to develop. These long-term nutritional challenges are what need to be addressed.

Unfortunately, countless studies prove that isolated vitamins do not nutritionally support long-term nutritional diseases. Yet, virtually every study shows an inverse correlation with whole food consumption. In the DASH study, it was found that for every increase in servings of fruits or vegetables there was a 4% reduction in the risk of cardiovascular disease.

This is what is lacking in the diet. This is what should be supplemented...whole food nutrition. Innate has the answer to your patient's whole food multivitamin needs. Our multivitamins are 100% whole food. They are tested free of dairy, gluten and soy. They contain nothing artificial and are GMP compliant, delivering a broad range of whole foods and organic botanicals.

The vitamins and minerals in each formula are not in an isolated state, but rather, exist within a biodynamic, whole food concentrate. True Active™ FoodState® concentrates not only deliver essential vitamins and minerals, but also numerous other vital constituents as well, including the bioactive peptides, enzymes, food compounds, micro and macronutrients that inherently comprise whole food. The food constituents delivered with each whole food vitamin and mineral have irreplaceable roles as co-factors in key metabolic functions, and as bio-carriers that govern nutrient delivery to the cells. True Active FoodState nutrients, therefore, have a higher rate of utilization and are also retained longer in the body compared to all other forms of nutrients, particularly pure, isolated forms. Innate provides the key phytochemistry that is lacking from your patients' diet.



	Iron Free	Free of Vitamin K Iodine & Copper	Botanicals	Enzymes	Tested Free of Gluten, Dairy & Soy	Per Day
One Daily	No	No	No	Yes	Yes	1
One Daily Iron Free	Yes	No	No	Yes	Yes	1
Men's One Daily	Yes	No	Yes	Yes	Yes	1
Men +40 One Daily	Yes	No	Yes	Yes	Yes	1
Women's One Daily	No	No	Yes	Yes	Yes	1
Women+40 One Daily	No	No	Yes	Yes	Yes	1

# Baby & Me™ Trimester I & II

complete nutritional support from whole foods for trimester I and II

## Serving Size 4 Tablets

**Amount per Serving** **% DV for Pregnant and Lactating Women**

### 100% Whole Food Nutrients\*

Vitamin A (Carrots*; 100 mg)	5000 IU	63
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 300 mg)	75 mg	125
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 120 mg)	30 IU	100
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 5 mg)	50 mcg	***
Thiamine (B1) ( <i>S. cerevisiae</i> *; 8 mg)	2 mg	118
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 20 mg)	2 mg	100
Niacinamide ( <i>S. cerevisiae</i> *; 80 mg)	20 mg	100
Vitamin B6 ( <i>S. cerevisiae</i> *; 20 mg)	4 mg	160
Folate (Broccoli*; 80 mg)	800 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 4 mg)	20 mcg	250
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	100
Calcium ( <i>S. cerevisiae</i> *; 1500 mg)	75 mg	6
Iron ( <i>S. cerevisiae</i> *; 360 mg)	18 mg	100
Iodine ( <i>S. cerevisiae</i> *; 10 mg)	150 mcg	100
Magnesium ( <i>S. cerevisiae</i> *; 1500 mg)	75 mg	17
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
Selenium ( <i>S. cerevisiae</i> *; 50 mg)	50 mcg	***
Copper ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	25
Manganese ( <i>S. cerevisiae</i> *; 100 mg)	5 mg	***
GTF† Chromium ( <i>S. cerevisiae</i> *; 43 mg)	85 mcg	***
Molybdenum ( <i>S. cerevisiae</i> *; 15 mg)	30 mcg	***
Potassium ( <i>S. cerevisiae</i> *; 4238 mg)	17 mg	***
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***

### Phenolics\*

Orange, Wild Blueberry & Cranberry 115 mg \*\*\*  
(*Citrus sinensis*, *Vaccinium angustifolium*, *Vaccinium macrocarpon*)

**Immune Blend** 4243 mg \*\*\*

*S. cerevisiae*, Broccoli, Cabbage, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

**Bioactive Enzymes & Proteins** 1102 mg \*\*\*

Amylase, Cellulase, Protease, Lipase, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant.

Baby & Me Trimester I & II is a comprehensive foundational formula crafted exclusively from 100% whole food nutrients, designed specifically for use prior to and throughout pregnancy. Carefully formulated, this herb-free formula meets the special challenges of prenatal nutrition support with a combination of select nutrient-dense whole foods. Iron is an important mineral for pregnant women with which to supplement, but regular forms of iron have been implicated in contributing to discomfort; Innate solves this by supplying iron from True Active™ FoodState®, which is not only gentle on the stomach, but also non-binding. This formula is well-tolerated by women experiencing nausea, and suggested use fulfills 100% of the daily value of key nutrients with 800 mcg of folate and with 18 mg of iron. Baby & Me Trimester I & II provides balanced nutritional support throughout one of the most nutritionally demanding periods of a woman's life.

4 tablets daily, or as directed by your healthcare practitioner

product #	count
40008.....	120

# Baby & Me™ Trimester III & Post

complete nutritional support from whole foods and botanicals for trimester III and postpartum

Baby & Me Trimester III & Post is a comprehensive foundational formula crafted exclusively from 100% whole food nutrients, designed specifically for use in the last trimester of pregnancy, throughout postpartum and lactation. Dandelion leaf and root are included to help reduce swelling and water retention, conditions often experienced by women in their last trimester and postpartum; chamomile helps to tone and relax the nervous system. Iron is an important mineral for pregnant women with which to supplement, but regular forms of iron have been implicated in contributing to discomfort; Innate solves this by supplying iron from True Active™ FoodState®, which is not only gentle on the stomach, but also non-binding. Baby & Me Trimester III provides balanced nutritional support throughout one of the most nutritionally demanding periods of a woman's life.\*

4 tablets daily, or as directed by your healthcare practitioner

product #	count
40009.....	120

## Serving Size 4 Tablets

Amount per Serving	% DV for Pregnant and Lactating Women	
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 100 mg)	5000 IU	63
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 300 mg)	75 mg	125
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 120 mg)	30 IU	100
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 5 mg)	50 mcg	***
Thiamine (B1) ( <i>S. cerevisiae</i> *; 8 mg)	2 mg	118
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 20 mg)	2 mg	100
Niacinamide ( <i>S. cerevisiae</i> *; 80 mg)	20 mg	100
Vitamin B6 ( <i>S. cerevisiae</i> *; 20 mg)	4 mg	160
Folate (Broccoli*; 80 mg)	800 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 4 mg)	20 mcg	250
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	100
Calcium ( <i>S. cerevisiae</i> *; 1500 mg)	75 mg	6
Iron ( <i>S. cerevisiae</i> *; 360 mg)	18 mg	100
Iodine ( <i>S. cerevisiae</i> *; 10 mg)	150 mcg	100
Magnesium ( <i>S. cerevisiae</i> *; 1500 mg)	75 mg	17
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
Selenium ( <i>S. cerevisiae</i> **; 50 mg)	50 mcg	***
Copper ( <i>S. cerevisiae</i> **; 50 mg)	500 mcg	25
Manganese ( <i>S. cerevisiae</i> **; 100 mg)	5 mg	***
GTF† Chromium ( <i>S. cerevisiae</i> **; 43 mg)	85 mcg	***
Molybdenum ( <i>S. cerevisiae</i> **; 15 mg)	30 mcg	***
Potassium ( <i>S. cerevisiae</i> **; 4238 mg)	17 mg	***
Boron ( <i>S. cerevisiae</i> **; 50 mg)	500 mcg	***
<b>Phenolics*</b>		
Orange, Wild Blueberry, Cranberry	115 mg	***
<i>(Citrus sinensis, Vaccinium angustifolium, Vaccinium macrocarpon)</i>		
<b>Organic Botanical Blend</b>	240 mg	***
Organic Red Raspberry Leaf, Organic Ginger Root, Organic Chamomile Flower, Organic Spinach, Organic Dandelion Leaf & Root		
<b>Immune Blend</b>	4243 mg	***
<i>S. cerevisiae</i> *, Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals*, Probiotics**		
<b>Bioactive Enzymes &amp; Proteins</b>	1102 mg	***
Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Food Multi II™ without Copper, Iodine, Iron & K

free of common contraindications

## Serving Size 3 Tablets

### Amount per Serving %Daily Value

#### 100% Whole Food Nutrients\*

Vitamin A (Carrots*; 100 mg) As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	5000 IU	100
Vitamin C (Oranges*; 400 mg)	100 mg	167
Vitamin D3 ( <i>S. cerevisiae</i> **; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 60 mg) Tocopherols (d-alpha, d-beta, d-gamma, d-delta) Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)	15 IU	50
Thiamine (B1) ( <i>S. cerevisiae</i> *; 20 mg)	5 mg	333
Riboflavin (B2) ( <i>S. cerevisiae</i> **; 50 mg)	5 mg	294
Niacinamide ( <i>S. cerevisiae</i> **; 100 mg)	25 mg	125
Vitamin B6 ( <i>S. cerevisiae</i> **; 75 mg)	15 mg	750
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> **; 9 mg)	45 mcg	750
Biotin (Brown Rice*; 30 mg)	150 mcg	50
Pantothenate ( <i>S. cerevisiae</i> **; 80 mg)	20 mg	200
Calcium ( <i>S. cerevisiae</i> **; 1000 mg)	50 mg	5
Magnesium ( <i>S. cerevisiae</i> **; 1000 mg)	50 mg	13
Zinc ( <i>S. cerevisiae</i> **; 300 mg)	15 mg	100
Selenium ( <i>S. cerevisiae</i> **; 20 mg)	20 mcg	29
Manganese ( <i>S. cerevisiae</i> **; 40 mg)	2 mg	100
GTF† Chromium ( <i>S. cerevisiae</i> **; 15 mg)	30 mcg	25
Molybdenum ( <i>S. cerevisiae</i> **; 15 mg)	30 mcg	40
Potassium ( <i>S. cerevisiae</i> **; 2822 mg)	11 mg	<1

Boron (*S. cerevisiae*\*; 50 mg) 500 mcg \*\*\*

#### Phenolics\*

Orange, Wild Blueberry & Cranberry 130 mg \*\*\*  
(*Citrus sinensis*, *Vaccinium angustifolium*, *Vaccinium macrocarpon*)

Immune Blend 2822 mg \*\*\*

*S. cerevisiae*, Broccoli, Cabbage, Polysaccharides\*\*, CoQ10\*\*,  
SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace  
Minerals\*\*, Probiotics\*\*

Bioactive Enzymes & Proteins 745 mg \*\*\*

Amylase, Cellulase, Protease, Lipase, Peptides\*\*, RNA/DNA\*\*,  
Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Vegetable Cellulose.

Food Multi II was designed specifically to meet the nutritional challenges faced by individuals taking prescription medication(s). Copper, iodine, iron, herbs and vitamin K, as well as high amounts of vitamin E are the most common nutrients in supplements and foods that can interfere with drug absorption and/or drug function in the physiology. Food Multi II was crafted exclusively from select whole food concentrates without these nutrients, and with an acceptable small amount of vitamin E, to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health. Food Multi II is a safe, herb-free formula supplying the 100% whole food solution helping individuals to prevent an avoidable nutritional gap.

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40077.....	90
40078.....	180

# Food Multi III™ BioMax®

cornerstone formula complete with plant enzymes

Food Multi III is a nutritionally superior cornerstone formula crafted exclusively from select whole food concentrates to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health. Suitable for a wide variety of nutritional needs, this foundational formula delivers superior support for the human physiology by providing not only essential nutrients and macronutrients but also the complex, synergistic compounds inherent in whole foods. Bioavailability of this comprehensive formula is further enhanced by the inclusion of plant-sourced enzymes, an additional benefit, particularly for individuals with impaired digestive function. Providing 100% whole food vitamins and minerals, Food Multi III is the perfect foundation for daily nourishment.

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40061.....	90
40062.....	180

## Serving Size 3 Tablets

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 100 mg)	5000 IU	100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 320 mg)	80 mg	133
Vitamin D3 ( <i>S. cerevisiae</i> *; 20 mg)	1000 IU	250
Vitamin E (Rice Bran*; 120 mg)	30 IU	100
Tocopherols (d-alpha, d-beta, d-gamma, d-delta) Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 8 mg)	80 mcg	100
Thiamine (B1) ( <i>S. cerevisiae</i> *; 20 mg)	5 mg	333
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 50 mg)	5 mg	294
Niacinamide ( <i>S. cerevisiae</i> *; 120 mg)	30 mg	150
Vitamin B6 ( <i>S. cerevisiae</i> *; 30 mg)	6 mg	300
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 3 mg)	15 mcg	250
Biotin (Rice Bran*; 30 mg)	150 mcg	50
Pantothenate ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	100
Calcium ( <i>S. cerevisiae</i> *; 2000 mg)	100 mg	10
Iron ( <i>S. cerevisiae</i> *; 100 mg)	5 mg	28
Iodine ( <i>S. cerevisiae</i> *; 5 mg)	75 mcg	50
Magnesium ( <i>S. cerevisiae</i> *; 800 mg)	40 mg	10
Zinc ( <i>S. cerevisiae</i> *; 100 mg)	5 mg	33
Selenium ( <i>S. cerevisiae</i> *; 25 mg)	25 mcg	36
Copper ( <i>S. cerevisiae</i> *; 20 mg)	200 mcg	10
Manganese ( <i>S. cerevisiae</i> *; 20 mg)	1 mg	50
GTF† Chromium ( <i>S. cerevisiae</i> *; 30 mg)	60 mcg	50
Molybdenum ( <i>S. cerevisiae</i> *; 15 mg)	30 mcg	40
Potassium ( <i>S. cerevisiae</i> *; 3488 mg)	14 mg	<1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
<b>Phenolics*</b>		
Orange, Wild Blueberry & Cranberry	119 mg	***
<i>(Citrus sinensis, Vaccinium angustifolium, Vaccinium macrocarpon)</i>		
<b>Immune Blend</b>	3496 mg	***
<i>S. cerevisiae, Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**</i>		
<b>Bioactive Enzymes &amp; Proteins</b>	941 mg	***
<i>Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**</i>		

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Silica, Vegetable Cellulose, Vegetable Lubricant, Organic Brown Rice .

# Food Multi IV™

enriched with a broad spectrum of whole foods and botanicals

## Serving Size 6 Tablets

Amount per Serving	%Daily Value	
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### 100% Whole Food Nutrients\*

Vitamin A (Carrots*; 100 mg)	5000 IU	100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 800 mg)	200 mg	333
Vitamin D3 (S. cerevisiae*; 12 mg)	600 IU	150
Vitamin E* (Brown Rice*; 400 mg)	100 IU	333
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 6 mg)	60 mcg	75
Thiamine (B1) (S. cerevisiae*; 88 mg)	22 mg	1467
Riboflavin (B2) (S. cerevisiae*; 180 mg)	18 mg	1059
Niacinamide (S. cerevisiae*; 160 mg)	40 mg	200
Vitamin B6 (S. cerevisiae*; 100 mg)	20 mg	1000
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 (S. cerevisiae*; 18 mg)	90 mcg	1500
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate (S. cerevisiae*; 800 mg)	200 mg	2000
Calcium (S. cerevisiae*; 2000 mg)	100 mg	10
Iron (S. cerevisiae*; 180 mg)	9 mg	50
Iodine (S. cerevisiae*; 10 mg)	150 mcg	100
Magnesium (S. cerevisiae*; 2000 mg)	100 mg	25
Zinc (S. cerevisiae*; 300 mg)	15 mg	100
Selenium (S. cerevisiae*; 70 mg)	70 mcg	100
Copper (S. cerevisiae*; 20 mg)	200 mcg	10
Manganese (S. cerevisiae*; 60 mg)	3 mg	150
GTF† Chromium (S. cerevisiae*; 63 mg)	125 mcg	104
Molybdenum (S. cerevisiae*; 15 mg)	30 mcg	40
Potassium (S. cerevisiae*; 6114 mg)	26 mg	1

Boron (S. cerevisiae\*; 50 mg) 500 mcg \*\*\*

### Phenolics\*

Orange, Wild Blueberry & Cranberry 230 mg \*\*\*  
(*Citrus sinensis*, *Vaccinium angustifolium*, *Vaccinium macrocarpon*)

**Organic Herbal Blend** 290 mg \*\*\*

Organic Astragalus Root, Organic Eleuthero Root, Organic Schizandra Berry, Organic Hawthorne Berry, Organic Ginkgo Leaf, Organic Milk Thistle Seed, Organic Nettle Leaf, Organic Spring Horsetail Leaf, Organic Dandelion Leaf & Root

**Protective Antioxidant Blend** 105 mg \*\*\*

Organic Blueberry, Organic Ginger Root, Organic Turmeric Root, Organic Cranberry, Organic Rosemary Leaf, Organic Amla Fruit

**Organic Whole Food Blend** 105 mg \*\*\*

Organic Broccoli, Organic Carrot, Organic Beet Root, Organic Tomato, Papaya Fruit

**Therapeutic Mushroom Blend** 40 mg \*\*\*

Organic Reishi Mushroom, Organic Shiitake Mushroom

**Immune Blend** 6172 mg \*\*\*

S. cerevisiae, Broccoli, Cabbage, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

**Bioactive Enzymes & Proteins** 1703 mg \*\*\*

Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica.

Food Multi IV is a multi-dimensional cornerstone whole food formula crafted exclusively from select whole food concentrates and a nourishing combination of select organic botanicals. This foundational formula includes organic fruit and vegetable concentrates, as well as organic herbs, each chosen for their ability to target and promote the health of every body system. Organic botanicals provided in the quantities consistent with traditional tonic use of herbs include those revered for their roles in the body, such as astragalus, eleuthero, schizandra and ginkgo. A therapeutic mushroom blend providing the well-documented support of organic reishi and shiitake is also included, completing this formula rich in protective compounds to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health. Food Multi IV provides 100% whole food vitamins, minerals and concentrated tonic whole herbs for a full, dynamic formula.

6 tablets daily, or as directed by your healthcare practitioner

product #	count
40033.....	180

Maximum Foods is a dynamic cornerstone whole food formula crafted exclusively from select whole food concentrates to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health. Complete with a complex of mixed vegetarian carotenoids, this powerful combination of daily nutrients is packed with the phytochemistry of a broad range of organic fruits and vegetables. This formula delivers superior support for the human physiology by providing not only essential nutrients and macronutrients, but also the complex, synergistic compounds inherent in whole foods, as well as a therapeutic mushroom blend providing the well-documented support of organic reishi, *Cordyceps sinensis* and shiitake. Rich in protective compounds to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health, Maximum Foods provides 100% whole food vitamins and minerals for the ultimate nutrient-dense foundational formula.

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40136.....	90
40137.....	180

## Serving Size 3 Tablets

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 70 mg) As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	3500 IU	70
Vitamin C (Oranges*; 320 mg)	80 mg	133
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 80 mg) Tocopherols (d-alpha, d-beta, d-gamma, d-delta) Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)	20 IU	67
Vitamin K (Cabbage*; 5 mg)	45 mcg	56
Thiamine (B1) ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	667
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 80 mg)	8 mg	471
Niacinamide ( <i>S. cerevisiae</i> *; 80 mg)	20 mg	100
Vitamin B6 ( <i>S. cerevisiae</i> *; 40 mg)	8 mg	400
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 9 mg)	45 mcg	750
Biotin (Brown Rice*; 30 mg)	150 mcg	50
Pantothenate ( <i>S. cerevisiae</i> *; 60 mg)	15 mg	150
Calcium ( <i>S. cerevisiae</i> *; 1000 mg)	50 mg	5
Iron ( <i>S. cerevisiae</i> *; 70 mg)	3.5 mg	19
Iodine ( <i>S. cerevisiae</i> *; 3 mg)	45 mcg	30
Magnesium ( <i>S. cerevisiae</i> *; 1000 mg)	50 mg	13
Zinc ( <i>S. cerevisiae</i> *; 160 mg)	8 mg	53
Selenium ( <i>S. cerevisiae</i> *; 33 mg)	33 mcg	47
Copper ( <i>S. cerevisiae</i> *; 5 mg)	50 mcg	3
Manganese ( <i>S. cerevisiae</i> *; 40 mg)	2 mg	100
GTF† Chromium ( <i>S. cerevisiae</i> *; 50 mg)	100 mcg	83
Molybdenum ( <i>S. cerevisiae</i> *; 13 mg)	25 mcg	33
Potassium ( <i>S. cerevisiae</i> *; 2781 mg)	11 mg	<1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
<b>Organic Whole Food Blend</b>	230 mg	***
Organic Broccoli, Organic Spinach, Organic Tomato, Organic Carrot, Organic Kale, Organic Beet Root, Organic Parsley, Organic Onion, Papaya Fruit		
<b>Phenolics*</b>		
Orange, Wild Blueberry & Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	180 mg	***
<b>Organic Antioxidant Blend</b>	110 mg	***
Organic Blueberry, Organic Amla Fruit, Organic Ginger Root, Organic Rosemary Leaf, Organic Turmeric Root, Organic Cranberry		
<b>Mushroom Extracts</b>	75 mg	***
Organic Shiitake Mushroom, <i>Cordyceps sinensis</i> , Reishi Mycelia		
<b>Immune Blend</b>	2785 mg	***
<i>S. cerevisiae</i> , Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**		
<b>Bioactive Enzymes &amp; Proteins</b>	731 mg	***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica

# Men's Multi

with whole foods and strengthening botanicals

## Serving Size 3 Tablets

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 200 mg) As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	10000 IU	200
Vitamin C (Oranges*; 480 mg)	120 mg	200
Vitamin D3 ( <i>S. cerevisiae</i> *; 20 mg)	1000 IU	250
Vitamin E (Brown Rice*; 300 mg) Tocopherols (d-alpha, d-beta, d-gamma, d-delta) Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)	75 IU	250
Vitamin K Cabbage*; 6 mg)	60 mcg	75
Thiamine (B1) ( <i>S. cerevisiae</i> *; 44 mg)	11 mg	733
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 100 mg)	10 mg	588
Niacinamide ( <i>S. cerevisiae</i> *; 100 mg)	25 mg	125
Vitamin B6 ( <i>S. cerevisiae</i> *; 60 mg)	12 mg	600
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 4 mg)	20 mcg	333
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 92 mg)	23 mg	230
Calcium ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	2
Iodine ( <i>S. cerevisiae</i> *; 7 mg)	100 mcg	67
Magnesium ( <i>S. cerevisiae</i> *; 400 mg)	20 mg	5
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
Selenium ( <i>S. cerevisiae</i> *; 70 mg)	70 mcg	100
Copper ( <i>S. cerevisiae</i> *; 10 mg)	100 mcg	5
Manganese ( <i>S. cerevisiae</i> *; 40 mg)	2 mg	100
GTF† Chromium ( <i>S. cerevisiae</i> *; 25 mg)	50 mcg	42
Molybdenum ( <i>S. cerevisiae</i> *; 5 mg)	10 mcg	13
Potassium ( <i>S. cerevisiae</i> *; 1667 mg)	7 mg	<1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
<b>Phenolics*</b>		
Orange, Wild Blueberry & Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	170 mg	***
<b>Organic Botanical Blend</b> 290 mg ***		
Organic Eleuthero Root, Organic Fo-Ti Root, Organic Schizandra Berry, Organic Ginkgo Leaf, Organic Hawthorne Berry, Organic Ginger Root, Organic Nettle Leaf, Organic Saw Palmetto Berry, Organic Dandelion Leaf & Root		
<b>Immune Blend</b> 1708 mg ***		
<i>S. cerevisiae</i> , Organic Astragalus Root, Organic Shiitake Mushroom, Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**		
<b>Bioactive Enzymes &amp; Proteins</b> 611 mg ***		
Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		
* True Active™ FoodState® 100% Food Concentrates		
** Naturally occurring		
*** Daily Value not established		
† Glucose Tolerance Factor		

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Silica, Vegetable Lubricant

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Men's Multi is crafted exclusively from nutrient-rich whole foods to support and promote the health and vigor of men. Organic botanicals known to help restore and strengthen the male reproductive and cardiovascular systems are included to help meet the demands of the male physiology.\* Provided in the quantities consistent with the traditional tonic use of herbs, the organic botanicals include those known to supply cardiovascular support, such as hawthorne and ginkgo; prostate support, such as saw palmetto; as well as endocrine and immune restoratives such as ashwagandha, eleuthero, schizandra and astragalus.\* Providing a select combination of whole food vitamins and minerals, and concentrated tonic whole herbs, Men's Multi offers the nutritional support for every system in the male physiology.\*

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40046.....	30
40047.....	90

# Men Over 40™ without Iron

helps restore vitality and promote health\*

Men Over 40 is a multi-dimensional formula designed specifically to promote optimal health in men over the age of forty, or for men who require additional nutritional support. Drawing on research demonstrating that certain phytonutrients in plants are advantageous during this time of a man's life, select organic botanicals with nourishing and adaptogenic properties help to safely promote the health of the genitourinary, cardiovascular and nervous systems.\* Provided in the quantities consistent with the traditional tonic use of herbs, the organic botanicals include those known to supply cardiovascular support, such as hawthorne and ginkgo; prostate support, such as saw palmetto; as well as endocrine and immune restoratives such as ashwagandha, eleuthero, schizandra and astragalus.\* Organic rosemary, oregano and ashwagandha, as well as organic berries revered for their anti-aging properties, are also included for their exceptional attributes particularly supportive for men over 40.\* Providing an extraordinary union of nutrients, concentrated adaptogenic herbs, superior foods and powerful antioxidants, Men Over 40 offers unparalleled support.\*

6 tablets daily, or as directed by your healthcare practitioner

product #	count
40049.....	90
40050.....	180

## Serving Size 6 Tablets

Amount per Serving	%Daily Value
<b>100% Whole Food Nutrients*</b>	
Vitamin A (Carrots*; 200 mg) As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	10000 IU 200
Vitamin C (Oranges*; 400 mg)	100 mg 167
Vitamin D3 ( <i>S. cerevisiae</i> *; 20 mg)	1000 IU 250
Vitamin E (Brown Rice*; 240 mg) Tocopherols (d-alpha, d-beta, d-gamma, d-delta) Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)	60 IU 200
Vitamin K (Cabbage*; 7 mg)	65 mcg 81
Thiamine (B1) ( <i>S. cerevisiae</i> *; 24 mg)	6 mg 400
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 60 mg)	6 mg 353
Niacinamide ( <i>S. cerevisiae</i> *; 120 mg)	30 mg 150
Vitamin B6 ( <i>S. cerevisiae</i> *; 50 mg)	10 mg 500
Folate (Broccoli*; 40 mg)	400 mcg 100
Vitamin B12 ( <i>S. cerevisiae</i> *; 10 mg)	50 mcg 833
Biotin (Brown Rice*; 60 mg)	300 mcg 100
Pantothenate ( <i>S. cerevisiae</i> *; 80 mg)	20 mg 200
Calcium ( <i>S. cerevisiae</i> *; 2000 mg)	100 mg 10
Iodine ( <i>S. cerevisiae</i> *; 7 mg)	100 mcg 67
Magnesium ( <i>S. cerevisiae</i> *; 2000 mg)	100 mg 25
Zinc ( <i>S. cerevisiae</i> *; 400 mg)	20 mg 133
Selenium ( <i>S. cerevisiae</i> *; 70 mg)	70 mcg 100
Copper ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg 25
Manganese ( <i>S. cerevisiae</i> *; 40 mg)	2 mg 100
GTF† Chromium ( <i>S. cerevisiae</i> *; 60 mg)	120 mcg 100
Molybdenum ( <i>S. cerevisiae</i> *; 25 mg)	50 mcg 67
Potassium ( <i>S. cerevisiae</i> *; 5106 mg)	20 mg 1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg ***
<b>Phenolics*</b>	
Orange, Wild Blueberry & Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	220 mg ***
<b>Men's Organic Botanical Blend</b> 470 mg ***	
Organic Saw Palmetto Berry, Organic Eleuthero Root, Organic Ashwagandha Root, Organic Ginger Root, Organic Schizandra Berry, Organic Blueberry, Organic Hawthorne Berry, Organic Ginkgo Leaf, Organic Rosemary Leaf, Organic Nettle Leaf, Organic Turmeric Root, Organic Dandelion Root & Leaf, Organic Oregano Leaf	
<b>Immune Blend</b> 5152 mg ***	
<i>S. cerevisiae</i> , Organic Astragalus Root, Organic Shiitake Mushroom, Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	
<b>Bioactive Enzymes &amp; Proteins</b> 1335 mg ***	
Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	
* True Active™ FoodState® 100% Food Concentrates	
** Naturally occurring	
*** Daily Value not established	
† Glucose Tolerance Factor	

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Vegetable Cellulose.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Foundational

# Men's One Daily Iron Free

provides nourishing whole foods and strengthening botanicals

## Serving Size 1 Tablet

### Amount per Serving % Daily Value

#### 100% Whole Food Nutrients\*

Vitamin A (Carrots*; 50 mg)	2500 IU	50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 240 mg)	60 mg	100
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 60 mg)	15 IU	50
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 3 mg)	32 mcg	40
Thiamine (B1) ( <i>S. cerevisiae</i> *; 16 mg)	4 mg	267
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 30 mg)	3 mg	176
Niacinamide ( <i>S. cerevisiae</i> *; 80 mg)	20 mg	100
Vitamin B6 ( <i>S. cerevisiae</i> *; 15 mg)	3 mg	150
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B1 ( <i>S. cerevisiae</i> *; 3 mg)	15 mcg	250
Biotin (Brown Rice*; 24 mg)	120 mcg	40
Pantothenate ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	100
Calcium ( <i>S. cerevisiae</i> *; 40 mg)	2 mg	<1
Iodine ( <i>S. cerevisiae</i> *; 4 mg)	60 mcg	40
Magnesium ( <i>S. cerevisiae</i> *; 40 mg)	2 mg	1
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
Selenium ( <i>S. cerevisiae</i> *; 32 mg)	32 mcg	46
Copper ( <i>S. cerevisiae</i> *; 5 mg)	50 mcg	3
Manganese ( <i>S. cerevisiae</i> *; 20 mg)	1 mg	50
GTF† Chromium ( <i>S. cerevisiae</i> *; 30 mg)	60 mcg	50
Molybdenum ( <i>S. cerevisiae</i> *; 10 mg)	20 mcg	27
Potassium ( <i>S. cerevisiae</i> *; 763 mg)	4 mg	<1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***

#### Phenolics\*

Orange, Wild Blueberry & Cranberry	63 mg	***
( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )		

#### Men's Organic Botanical Blend

Organic Eleuthero Root, Organic Fo-Ti Root, Organic Ginger Root, Organic Nettle Leaf, Organic Saw Palmetto Berry, Organic Schizandra Berry, Organic Dandelion Leaf & Root	70 mg	***
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#### Immune Blend

<i>S. cerevisiae</i> , Organic Astragalus Root, Organic Shiitake Mushroom, Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	781 mg	***
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#### Bioactive Enzymes & Proteins

Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	275 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica.

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Men's One Daily is selectively designed to provide dynamic nutritional support to promote the health and vigor of men. Provided in the quantities consistent with the traditional tonic use of herbs, the organic botanicals known to help restore and strengthen the male reproductive and cardiovascular systems are included to help meet the demands of the male physiology.\* Organic botanicals include those known to energize, such as fo-ti; supply prostate support, such as saw palmetto; as well as endocrine and immune restoratives, such as eleuthero, schizandra and astragalus.\* This balanced one daily formula also supports healthy digestion and enhances bioavailability with a gentle digestive enzyme blend. Formulated exclusively from 100% whole food vitamins and minerals, iron-free Men's One Daily is the perfect one daily foundation to support the male physiology.♦

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40054.....	60

# Men Over 40™ One Daily

targeted support from whole foods and strengthening botanicals

Men Over 40 One Daily is designed specifically to provide a dynamic and complete nutritional foundation for men. As men age, the requirements of the male physiology shift. Provided in the quantities consistent with the traditional tonic use of herbs, the organic botanicals include adaptogenic herbs to strengthen and promote wellbeing; cardiovascular support, such as hawthorne and ginkgo; prostate supporting herbs, such as saw palmetto; as well as endocrine and immune restoratives such as ashwagandha, eleuthero, schizandra and astragalus.\* This balanced one daily formula also supports healthy digestion and enhances bioavailability with a gentle digestive enzyme blend. Men Over 40 One Daily is iron-free and provides a complete spectrum of 100% whole food nutrients for extraordinary nutritional support.\*

1 tablet daily, or as directed by your healthcare practitioner

product # count  
40125..... 60

## Serving Size 1 Tablet

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 45 mg)	2250 IU	45
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 240 mg)	60 mg	100
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 72 mg)	18 IU	60
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 2 mg)	15 mcg	19
Thiamine (B1) ( <i>S. cerevisiae</i> *; 16 mg)	4 mg	267
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 30 mg)	3 mg	176
Niacinamide ( <i>S. cerevisiae</i> *; 80 mg)	20 mg	100
Vitamin B6 ( <i>S. cerevisiae</i> *; 15 mg)	3 mg	150
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 3 mg)	15 mcg	250
Biotin (Brown Rice*; 16 mg)	80 mcg	27
Pantothenate ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	100
Calcium ( <i>S. cerevisiae</i> *; 20 mg)	1 mg	<1
Iodine ( <i>S. cerevisiae</i> *; 10 mg)	150 mcg	100
Magnesium ( <i>S. cerevisiae</i> *; 20 mg)	1 mg	<1
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
Selenium ( <i>S. cerevisiae</i> *; 14 mg)	14 mcg	20
Copper ( <i>S. cerevisiae</i> *; 30 mg)	300 mcg	15
Manganese ( <i>S. cerevisiae</i> *; 20 mg)	1 mg	50
GTF† Chromium ( <i>S. cerevisiae</i> *; 30 mg)	60 mcg	50
Molybdenum ( <i>S. cerevisiae</i> *; 20 mg)	40 mcg	53
Potassium ( <i>S. cerevisiae</i> *; 746 mg)	4 mg	<1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
<b>Men's Organic Botanical Blend</b>	95 mg	***
Organic Saw Palmetto Berry, Organic Ashwagandha Root, Organic Eleuthero Root, Organic Ginkgo Leaf, Organic Hawthorne Berry, Organic Schisandra Berry, Organic Nettle Leaf, Organic Turmeric Root, Organic Ginger Root, Organic Dandelion Leaf & Dandelion Root, Organic Oregano Leaf		
<b>Phenolics*</b>		
Orange, Wild Blueberry & Cranberry	65 mg	***
<i>(Citrus sinensis, Vaccinium angustifolium, Vaccinium macrocarpon)</i>		
<b>Immune Blend</b>		
<i>S. cerevisiae</i> , Organic Astragalus Root, Organic Shiitake Mushroom, Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	763 mg	***
<b>Bioactive Enzymes &amp; Proteins</b>		
Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	275 mg	***

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# One Daily

whole food formula with plant enzymes and whole food iron

## Serving Size 1 Tablet

### Amount per Serving % Daily Value

#### 100% Whole Food Nutrients\*

Vitamin A (Carrots*; 100 mg)	5000 IU	100
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 240 mg)	60 mg	100
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 60 mg)	15 IU	50
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 7 mg)	65 mcg	81
Thiamine (B1) ( <i>S. cerevisiae</i> *; 20 mg)	5 mg	333
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 50 mg)	5 mg	294
Niacinamide ( <i>S. cerevisiae</i> *; 80 mg)	20 mg	100
Vitamin B6 ( <i>S. cerevisiae</i> *; 30 mg)	6 mg	300
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 3 mg)	15 mcg	250
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	100
Calcium ( <i>S. cerevisiae</i> *; 40 mg)	2 mg	<1
Iron ( <i>S. cerevisiae</i> *; 90 mg)	4.5 mg	25
Iodine ( <i>S. cerevisiae</i> *; 5 mg)	75 mcg	50
Magnesium ( <i>S. cerevisiae</i> ; 40 mg)	2 mg	<1
Zinc ( <i>S. cerevisiae</i> *; 120 mg)	6 mg	40
40Selenium ( <i>S. cerevisiae</i> *; 25 mg)	25 mcg	36
Copper ( <i>S. cerevisiae</i> *; 10 mg)	100 mcg	5
Manganese ( <i>S. cerevisiae</i> *; 24 mg)	1.2 mg	60
GTF† Chromium ( <i>S. cerevisiae</i> *; 23 mg)	45 mcg	38
Molybdenum ( <i>S. cerevisiae</i> *; 10 mg)	20 mcg	27
Potassium ( <i>S. cerevisiae</i> *; 708 mg)	4 mg	<1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***

#### Phenolics\*

Orange, Wild Blueberry & Cranberry	70 mg	***
( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )		

#### Immune Blend

<i>S. cerevisiae</i> , Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	714 mg	***
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#### Bioactive Enzymes & Proteins

Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	290 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica.

One Daily is crafted exclusively from select whole food concentrates to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health. Suitable for a wide variety of nutritional needs, this foundational one daily formula delivers superior support for the human physiology by providing not only essential nutrients and macronutrients but also the complex, synergistic compounds inherent in whole foods. Bioavailability of this comprehensive formulation is further enhanced by the inclusion of plant-sourced enzymes, an additional benefit particularly for individuals with impaired digestive function. Iron is an important mineral with which to supplement; One Daily supplies iron from True Active™ FoodState®, which is not only gentle on the stomach, but also non-binding. Providing 100% whole food vitamins and minerals, One Daily is the perfect one daily foundation to support optimal health and vitality.

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40000.....	30
40002.....	90
40003.....	180

### ALSO AVAILABLE IN AN IRON-FREE FORMULATION

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40051.....	30
40055.....	90
40056.....	180

# Vitamin Only

specialized nutritional support for detoxification\*

Vitamin Only was specially crafted to provide ideal support for individuals on a detoxification program. Safely accomplishing the goal of cleansing the body of environmental and/or dietary toxins requires careful and thorough consideration.\* Specifically formulated to be free of minerals and herbs, this formula was selectively designed from whole food concentrates to provide a comprehensive spectrum of essential nutrients and other vital food constituents necessary for optimal health. As with all Innate formulas, Vitamin Only contains nothing artificial or synthetic, is tested to be free of gluten, dairy and soy, and is suitable for vegetarians. Vitamin Only is a safe mineral-free and herb-free formula providing the simple, rich nutrition sought after to support the process of restoring and rejuvenating the body's systems.

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40030.....	.90

## Serving Size 3 Tablets

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 100 mg) As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	5000 IU	100
Vitamin C (Oranges*; 2000 mg)	500 mg	833
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 600 mg) Tocopherols (d-alpha, d-beta, d-gamma, d-delta) Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)	150 IU	500
Vitamin K (Cabbage*; 14 mg)	140 mcg	175
Thiamine (B1) ( <i>S. cerevisiae</i> *; 72 mg)	18 mg	1200
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 150 mg)	15 mg	882
Niacinamide ( <i>S. cerevisiae</i> *; 360 mg)	90 mg	450
Vitamin B6 ( <i>S. cerevisiae</i> *; 90 mg)	18 mg	900
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 6 mg)	30 mcg	500
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 144 mg)	36 mg	360

### Phenolics\*

Orange, Wild Blueberry & Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	600 mg	***
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### Immune Blend

<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotic**	884 mg	***
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### Bioactive Enzymes & Proteins

Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	719 mg	***
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- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Silica, Vegetable Lubricant

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Women's Multi

with whole food iron and balancing botanicals

## Serving Size 3 Tablets

Amount per Serving	%Daily Value	
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### 100% Whole Food Nutrients\*

Vitamin A (Carrots*; 200 mg) As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	10000 IU	200
Vitamin C Oranges*; 480 mg)	120 mg	200
Vitamin D3 ( <i>S. cerevisiae</i> *; 20 mg)	1000 IU	250
Vitamin E Brown Rice*; 120 mg)	30 IU	100
Tocopherols (d-alpha, d-beta, d-gamma, d-delta) Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 8 mg)	80 mcg	100
Thiamine (B1) ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	667
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 100 mg)	10 mg	588
Niacinamide ( <i>S. cerevisiae</i> *; 120 mg)	30 mg	150
Vitamin B6 ( <i>S. cerevisiae</i> *; 50 mg)	10 mg	500
Folate (Broccoli*; 80 mg)	800 mcg	200
Vitamin B12 ( <i>S. cerevisiae</i> *; 4 mg)	20 mcg	333
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 100 mg)	25 mg	250
Calcium ( <i>S. cerevisiae</i> *; 600 mg)	30 mg	3
Iron ( <i>S. cerevisiae</i> *; 360 mg)	18 mg	100
Iodine ( <i>S. cerevisiae</i> *; 10 mg)	150 mcg	100
Magnesium ( <i>S. cerevisiae</i> *; 600 mg)	30 mg	8
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
Selenium ( <i>S. cerevisiae</i> *; 70 mg)	70 mcg	100
Copper ( <i>S. cerevisiae</i> *; 10 mg)	100 mcg	5
Manganese ( <i>S. cerevisiae</i> *; 40 mg)	2 mg	100
GTF† Chromium ( <i>S. cerevisiae</i> *; 60 mg)	120 mcg	100
Molybdenum ( <i>S. cerevisiae</i> *; 15 mg)	30 mcg	40
Potassium ( <i>S. cerevisiae</i> *; 2629 mg)	12 mg	<1

Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
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### Phenolics\*

Orange, Wild Blueberry & Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	192 mg	***
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<b>Organic Botanical Blend</b>	370 mg	***
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Organic Eleuthero Root, Organic Fo-Ti Root, Organic Schizandra Berry, Organic Ginkgo Leaf, Organic Hawthorne Berry, Organic Ginger Root, Organic Nettle Leaf, Organic Saw Palmetto Berry, Organic Dandelion Leaf & Root

<b>Immune Blend</b>	2672 mg	***
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*S. cerevisiae*, Organic Astragalus Root, Organic Shiitake Mushroom, Broccoli, Cabbage, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

<b>Bioactive Enzymes &amp; Proteins</b>	806 mg	***
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Amylase, Cellulase, Protease, Lipase, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Silica, Vegetable Lubricant

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Women's Multi is crafted exclusively from nutrient-rich whole foods to support and promote the health of women in their reproductive years. Organic botanicals known to help balance and support the reproductive, endocrine and nervous systems were included to help meet the demands of a woman's cycle.\* Provided in the quantities consistent with the traditional tonic use of herbs, the organic botanicals include those revered as gentle cleansers, such as dandelion and milk thistle, as well as endocrine and immune restoratives such as ashwagandha, eleuthero, schizandra and astragalus.\* Iron is an important mineral with which to supplement, particularly for women during the reproductive years; Women's Multi supplies iron from True Active™ FoodState®, which is not only gentle on the stomach, but also non-binding. Providing a select combination of whole food vitamins and minerals, and concentrated tonic whole herbs, Women's Multi offers the nutritional support to enhance overall vitality.\*

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40043.....	30
40044.....	90

Women Over 40 is a multi-dimensional formula designed specifically for women in the climacteric years. Drawing on research demonstrating that certain phytonutrients and phyto-hormones in plants are advantageous during this time of change and onward, select organic botanicals with estrogenic and balancing properties help to safely restore and promote the health of the endocrine and reproductive systems.\* Provided in the quantities consistent with the traditional tonic use of herbs, the organic botanicals include those revered as gentle cleansers, such as dandelion and milk thistle, as well as endocrine and immune restoratives such as ashwagandha, eleuthero, schizandra and astragalus. Organic holy basil and hawthorne, as well as organic berries revered for their anti-aging properties, are also included for their exceptional attributes particularly supportive for women over 40. Providing an extraordinary union of nutrients, concentrated adaptogenic herbs, superior foods and powerful antioxidants, Women Over 40 offers unparalleled support.\*

6 tablets daily, or as directed by your healthcare practitioner

product #	count
40038 .....	90
40041 .....	180

## Serving Size 6 Tablets

Amount per Serving	%Daily Value
<b>100% Whole Food Nutrients*</b>	
Vitamin A (Carrots*; 200 mg)	10000 IU 200
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	
Vitamin C (Oranges*; 320 mg)	80 mg 133
Vitamin D3 ( <i>S. cerevisiae</i> *; 20 mg)	1000 IU 250
Vitamin E (Brown Rice*; 120 mg)	30 IU 100
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)	
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)	
Vitamin K (Cabbage*; 8 mg)	80 mcg 100
Thiamine (B1) ( <i>S. cerevisiae</i> *; 36 mg)	9 mg 600
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 90 mg)	9 mg 529
Niacinamide ( <i>S. cerevisiae</i> *; 120 mg)	30 mg 150
Vitamin B6 ( <i>S. cerevisiae</i> *; 60 mg)	12 mg 600
Folate (Broccoli*; 40 mg)	400 mcg 100
Vitamin B12 ( <i>S. cerevisiae</i> *; 6 mg)	30 mcg 500
Biotin (Brown Rice*; 60 mg)	300 mcg 100
Pantothenate ( <i>S. cerevisiae</i> *; 80 mg)	20 mg 200
Calcium ( <i>S. cerevisiae</i> *; 2000 mg)	100 mg 10
Iron ( <i>S. cerevisiae</i> *; 180 mg)	9 mg 50
Iodine ( <i>S. cerevisiae</i> *; 6 mg)	90 mcg 60
Magnesium ( <i>S. cerevisiae</i> *; 2000 mg)	100 mg 25
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg 100
Selenium ( <i>S. cerevisiae</i> *; 70 mg)	70 mcg 100
Copper ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg 25
Manganese ( <i>S. cerevisiae</i> *; 50 mg)	2.5 mg 125
GTF† Chromiu ( <i>S. cerevisiae</i> *; 60 mg)	120 mcg 100
Molybdenum ( <i>S. cerevisiae</i> *; 25 mg)	50 mcg 67
Potassium ( <i>S. cerevisiae</i> *; 5243 mg)	21 mg 1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg ***
<b>Phenolics*</b>	
Orange, Wild Blueberry & Cranberry	224 mg ***
( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	
<b>Women's Organic Botanical Blend</b>	525 mg ***
Organic Chaste Tree Berry, Organic Red Clover Flower, Organic Ashwagandha Root, Organic Eleuthero Root, Organic Blueberry, Organic Cranberry, Organic Schizandra Berry, Organic Saw Palmetto Berry, Organic Hawthorne Berry, Organic Holy Basil Leaf, Organic Ginkgo Leaf, Organic Nettle Leaf, Organic Turmeric Root, Organic Milk Thistle Seed, Organic Ginger Root, Organic Spring Horsetail Leaf	
<b>Immune Blend</b>	5291 mg ***
<i>S. cerevisiae</i> , Organic Astragalus Root, Organic Shiitake Mushroom, Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	
<b>Bioactive Enzymes &amp; Proteins</b>	1328 mg ***
Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Vegetable Cellulose, Silica

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Women's One Daily

provides nourishing whole foods and balancing botanicals

## Serving Size 1 Tablet

Amount per Serving		% Daily Value
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### 100% Whole Food Nutrients\*

Vitamin A (Carrots*; 50 mg)	2500 IU	50
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 240 mg)	60 mg	100
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 60 mg)	15 IU	50
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 8 mg)	75 mcg	94
Thiamine (B1) ( <i>S. cerevisiae</i> *; 6 mg)	1.5 mg	100
Riboflavin (B2) ( <i>S. cerevisiae</i> **; 17 mg)	1.7 mg	100
Niacinamide ( <i>S. cerevisiae</i> **; 80 mg)	20 mg	100
Vitamin B6 ( <i>S. cerevisiae</i> **; 20 mg)	4 mg	200
Folate (Broccoli*; 80 mg)	800 mcg	200
Vitamin B12 ( <i>S. cerevisiae</i> **; 2 mg)	10 mcg	167
Biotin (Brown Rice*; 30 mg)	150 mcg	50
Pantothenate ( <i>S. cerevisiae</i> **; 40 mg)	10 mg	100
Calcium ( <i>S. cerevisiae</i> **; 80 mg)	4 mg	<1
Iron ( <i>S. cerevisiae</i> **; 180 mg)	9 mg	50
Iodine ( <i>S. cerevisiae</i> **; 7 mg)	100 mcg	67
Magnesium ( <i>S. cerevisiae</i> **; 40 mg)	2 mg	<1
Zinc ( <i>S. cerevisiae</i> **; 180 mg)	9 mg	60
Selenium ( <i>S. cerevisiae</i> **; 18 mcg)	18 mcg	26
Copper ( <i>S. cerevisiae</i> **; 4 mg)	35 mcg	2
Manganese ( <i>S. cerevisiae</i> **; 40 mg)	2 mg	100
GTF† Chromium ( <i>S. cerevisiae</i> **; 19 mg)	37 mcg	31
Molybdenum ( <i>S. cerevisiae</i> **; 19 mg)	37 mcg	49
Potassium ( <i>S. cerevisiae</i> **; 888 mg)	4 mg	<1

Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
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### Phenolics\*

Orange, Wild Blueberry & Cranberry	75 mg	***
<i>(Citrus sinensis, Vaccinium angustifolium, Vaccinium macrocarpon)</i>		

<b>Women's Organic Botanical Blend</b>	65 mg	***
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Organic Chaste Tree Berry, Organic Eleuthero Root, Organic Ashwagandha Root, Organic Ginger Root, Organic Nettle Leaf, Organic Schizandra Berry, Organic Yellowdock Root, Organic Dandelion Leaf & Root, Organic Red Raspberry Leaf, Organic Rosemary Leaf, Organic Spring Horsetail Leaf

<b>Immune Blend</b>	911 mg	***
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*S. cerevisiae*, Organic Astragalus Root, Organic Shiitake Mushroom, Broccoli, Cabbage, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

<b>Bioactive Enzymes &amp; Proteins</b>	317 mg	***
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Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
Nothing Artificial or Synthetic

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica.

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Women's One Daily is crafted exclusively from nutrient-rich whole foods to support and promote the health of women in their reproductive years. Organic botanicals known to help balance and support the reproductive, endocrine and nervous systems were included to help meet the demands of a woman's cycle.\* Provided in the quantities consistent with the traditional tonic use of herbs, the organic botanicals include those revered as gentle cleansers, such as dandelion, as well as endocrine and immune restoratives such as ashwagandha, eleuthero, schizandra and astragalus. Iron is an important mineral with which to supplement, particularly for women during the reproductive years; Women's One Daily supplies iron from True Active™ FoodState®, which is not only gentle on the stomach, but also non-binding. Providing 100% whole food vitamins and minerals, Women's One Daily is the perfect one daily foundation to support the female physiology.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40052 .....	60

# Women Over 40™ One Daily

targeted support from whole foods and balancing botanicals

Women Over 40 One Daily provides a balanced and complete nutritional foundation for women in the climacteric phase of life and beyond. This foundational formula provides a broad spectrum of nutrients, including 100% whole food B vitamins, as well as rejuvenating and immune-boosting herbs to promote energy levels and a sense of wellbeing. Provided in the quantities consistent with the traditional tonic use of herbs, the organic botanicals include those known to help soothe and support women through the different phases of menopause, such as chaste tree berry, red clover and saw palmetto.\* The organic botanicals also include those revered as gentle cleansers, such as milk thistle, as well as endocrine and immune restoratives such as ashwagandha, eleuthero and astragalus. Supporting healthy digestion and enhancing bioavailability with a gentle digestive enzyme blend, this select combination of 100% whole food vitamins, minerals and organic herbs makes Women Over 40 One Daily a powerful ally.†

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40124.....	60

## Serving Size 1 Tablet

Amount per Serving		%Daily Value
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 45 mg)	2250 IU	45
As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)		
Vitamin C (Oranges*; 240 mg)	60 mg	100
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
Vitamin E (Brown Rice*; 64 mg)	16 IU	53
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin K (Cabbage*; 3 mg)	30 mcg	38
Thiamine (B1) ( <i>S. cerevisiae</i> *; 12 mg)	3 mg	200
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 20 mg)	2 mg	118
Niacinamide ( <i>S. cerevisiae</i> *; 80 mg)	20 mg	100
Vitamin B6 ( <i>S. cerevisiae</i> *; 20 mg)	4 mg	200
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 2 mg)	10 mcg	167
Biotin (Brown Rice*; 21 mg)	105 mcg	35
Pantothenate ( <i>S. cerevisiae</i> *; 40 mg)	10 mg	100
Calcium ( <i>S. cerevisiae</i> *; 20 mg)	1 mg	<1
Iron ( <i>S. cerevisiae</i> *; 90 mg)	4.5 mg	25
Iodine ( <i>S. cerevisiae</i> *; 10 mg)	150 mcg	100
Magnesium ( <i>S. cerevisiae</i> *; 20 mg)	1 mg	<1
Zinc ( <i>S. cerevisiae</i> *; 280 mg)	14 mg	93
Selenium ( <i>S. cerevisiae</i> *; 15 mg)	15 mcg	21
Copper ( <i>S. cerevisiae</i> *; 20 mg)	200 mcg	10
Manganese ( <i>S. cerevisiae</i> *; 20 mg)	1 mg	50
GTF† Chromium ( <i>S. cerevisiae</i> *; 30 mg)	60 mcg	50
Molybdenum ( <i>S. cerevisiae</i> *; 15 mg)	30 mcg	40
Potassium ( <i>S. cerevisiae</i> *; 792 mg)	4 mg	<1
Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
<b>Women's Organic Botanical Blend</b>	95 mg	***
Organic Chaste Tree Berry, Organic Red Clover Flower, Organic Saw Palmetto Berry, Organic Eleuthero Root, Organic Ashwagandha Root, Organic Ginkgo Leaf, Organic Hawthorne Berry, Organic Sacred Basil Leaf, Organic Schizandra Berry, Organic Turmeric Root, Organic Milk Thistle Seed, Organic Ginger Root, Organic Nettle Leaf		
<b>Phenolics*</b>		
Orange, Wild Blueberry & Cranberry	65 mg	***
<i>(Citrus sinensis, Vaccinium angustifolium, Vaccinium macrocarpon)</i>		
<b>Immune Blend</b>		
<i>S. cerevisiae</i> , Organic Astragalus Root, Organic Shiitake Mushroom, Broccoli, Cabbage, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	810 mg	***
<b>Bioactive Enzymes &amp; Proteins</b>		
Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	287 mg	***

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica.

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Foundational

# Functional Foods – Multi-Care Greens



Research and studies are pointing the finger at the Standard American Diet (S.A.D.) for a countless range of conditions. Frequently processed, prepared or fast “foods” laden with chemicals, preservatives and GMOs, the S.A.D. consists of fiberless carbohydrates, poor quality and/or unnatural fats, and refined proteins. The S.A.D. is calorie excessive, and is also glaringly deficient in the vast array of whole foods abundant with the micronutrients and phytochemistry that, until recent history, comprised the majority of human nutrition for millennia.

It is a striking fact: cultures that eat the reverse of the standard American diet – i.e. plant-based, low in saturated fat, and high in complex carbohydrates and fiber – have a lower incidence of cancer and coronary artery disease (CAD). The dietary imbalances and nutritional deficiencies of the S.A.D. are directly linked to many of the challenges facing our patients today. The majority of S.A.D. patients are starving; not for calories, but rather for balanced and complete nutrition.

## Standard American Diet

- High in protein
- High in unhealthy fats: saturated, hydrogenated
- Low in fiber
- High in processed foods
- Low in complex carbohydrates
- Low in plant-based foods

## Average American Consumes

- 1.5 servings of vegetables and less than one serving of fruit daily. A far cry from the 5 to 9 servings daily suggested by many leading health organizations.
- Between 1.5 to 2 times the daily recommended intake of protein (*Journal of Nutrition*).
- Over 300% below the need for whole grains (fiber).
- Over 200% below for green foods, orange foods and legumes.

Not only does the S.A.D. patient typically consume fewer servings of fruits and vegetables than they need, but also lack the biodiversity of a broad range of fruit and vegetable consumption. In fact, about 17% of plant species account for 90% of the world’s food supply today, most of this representing grains. In a telling fact of the twelve micronutrients in wheat, almost 90% of the nutrition is removed (Levin, 2006).

Many researchers have stated that the associated erosion of agro-biodiversity and the resulting simplification of the human diet have contributed to the current state of the S.A.D. patient. Compounding the problem further is the state of conventional produce available. Conventional foods have been shown countless times to have less nutrition than certified organic fruits and vegetables.

The foods in the S.A.D. are refined so it comes as no surprise that they are devoid of three essential elements: fiber, the omega oils, and the diverse array of phytochemicals from whole foods; these keys to optimal health are stripped away through refining and modern processing methods. These nutritional deficiencies are taxing the physiology of S.A.D. patients, and are the inadequacies and excesses at the root

## Ideal Nutrition

Renewal MetaCore™ stands apart from other green food formulas for a multitude of reasons, and our commitment to organic whole foods is just the beginning. This line of superior certified organic green food formulas was developed over the course of nearly two years of diligent research, trial formulations and thorough input from healthcare and nutrition professionals. Designed to nutritionally support body composition, anti-aging, healthy detoxification, immune and cardiovascular health, as well as healthy cholesterol and blood sugar levels, Renewal MetaCore is a multi-care formula that replaces several products by providing in each serving:

- 25 certified organic, nutrient-dense fruits, vegetables and botanicals
- Anti-aging, antioxidant whole food vitamin blend
- Gender specific adaptogenic botanical blends
  - Endocrine blends for men and women
  - Detoxifying and rejuvenating blends
- 3 billion probiotics
- 2 grams of hemp protein providing:
  - Soluble and insoluble fiber
  - Omega oils in the perfect ratio
  - Bioactive proteins with all essential amino acids
- 3.5 grams of greens
- Digestive enzymes, featuring CereCalase®

Renewal MetaCore is the only green food available that specifically and thoroughly addresses the needed solutions to the S.A.D. dilemma.

CereCalase® is a registered trademark of National Enzyme Company, Inc.

# Functional Foods – Multi-Care Greens

of S.A.D. patients' health; nutrition must be authentically addressed in order to reestablish the basis for optimal health.

The shortcomings of food choices, conventional produce and refinement of typical foods consumed are all factors contributing to the S.A.D. dilemma. Up until now, the whole food solution for S.A.D. patients has been difficult to achieve.

This is the challenge we meet with Renewal Metacore.

Each low glycemic multi-care formula is crafted with researched dosages of over 25 certified organic fruits, vegetables and botanicals, including gender specific adaptogenic herbs, all designed to work in unison for a complete solution. Providing whole food sources of protein, fiber and omega oils from hemp, macro and micronutrients, and the complex and diverse mixture of plant compounds, Renewal MetaCore delivers the nutrition for which S.A.D. patients are starving.

## Packed with Fruits and Vegetables

Renewal MetaCore features the PhytoDynamic™ Anti-Age blend to deliver the ultimate physical and mental anti-aging support. Far beyond that which high ORAC supplements claim to provide, the PhytoDynamic Anti-Age blend features the unadulterated phytochemistry of a broad spectrum of the whole foods to which the physiology dramatically responds. Each serving provides the powerful nutrition that supports optimal health, each certified organic: apple, blueberry, broccoli, carrot, cranberry, kale, lemon peel, onion, parsley, pomegranate, spinach, strawberry, raspberry, tomato. These certified organic whole foods were carefully selected for their potent antioxidant and free radical scavenging properties and the nutritional support they provide for cardiovascular

and immune health, and cholesterol and blood sugar levels. Providing superior nutrition found in organic whole foods was central to our mission; through diligent and painstaking analysis, we identified the consummate and truly certified organic whole food ingredients to provide the extraordinary healing power of nature.



## Gender Specific Botanical Support

Central to any gender specific formula is a core group of adaptogenic botanicals that assist the physiology in its adaptation to stress and hence, encourage balanced endocrine and immune function. Renewal MetaCore features:

- Ashwagandha** – adaptogen supporting a healthy response to stressors\*
- Astragalus** – immune support; effective nutritional botanical support for adrenal dysfunction\*
- Eleuthero** – antioxidant; supports cardiovascular and immune health and a healthy inflammation response\*
- Holy Basil** – supportive to a healthy stress response and adaptive energy\*
- Schizandra** – supports the body's response to stress, immune function, the adrenal glands, energy and stamina\*

These botanicals function synergistically to support the HPA axis as well as the thyroid axis. Together these plants also support immune and overall health. Each gender specific blend is crafted with additional botanicals to support gender specific and lifestyle challenges.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Detoxifying Greens Blend

**Barley Grass** - Incredibly detoxifying to the body and provides the proper nutritional elements in a form readily absorbed by the body. Barley leaves contain all the vitamins, minerals and proteins necessary for the human diet, as well as thousands of live enzymes, including superoxide dismutase (SOD). Research has shown extracted compounds to have support for a healthy inflammation response, antioxidant properties and to support cardiovascular health.

**Spirulina** - One of the most concentrated natural sources of nutrition known. With an entirely unique nutritional profile, spirulina boasts a 62% amino acid content. Spirulina contains all the essential amino acids, is rich in chlorophyll, beta-carotene and co-factors, as well as other natural phytochemicals, and is the only green food rich in GLA. Studies have shown spirulina supports the immune system, and when added to diet, increases beneficial intestinal flora.

**Chlorella** - Known as nature's greatest cleanser; a powerful detoxifier, several studies have shown chlorella to nutritionally support the liver and can also support cleansing of the digestive system. The richest plant source of chlorophyll, chlorella also provides high levels of protein, iron, vitamin C, beta carotene and 19 amino acids. Studies have also shown chlorella can help to enhance the immune system, cardiovascular health and to support already healthy blood sugar levels.



# Men's Renewal Metacore™

certified organic clinical multi-care greens

## Serving Size 12 grams (1 scoop)

### Amount per Serving

**Calories 35** **Calories from fat 3**

		% Daily Value†
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %

Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
Folate*	80 mcg	20 %
Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %

**Detoxifying Greens Blend\*** **3,500 mg** \*\*  
Organic Barley Grass, Organic Spirulina, Chlorella

**Cold-Milled Organic Raw Hemp Seed Protein** **2,000 mg** \*\*

**Organic Inulin Soluble Fiber** **1,350 mg** \*\*

**PhytoDynamic™ Anti-Age Blend\*** **1,345 mg** \*\*

Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion

**Balanced Omega Oils (from Organic Hemp Seed)** **180 mg** \*\*

**Men's Rejuvenative Blend\*** **160 mg** \*\*

Organic Eleuthero Root, Organic Fo-Ti Root, Organic Milk Thistle Seed, Organic Nettle Leaf

**Men's Endocrine Restorative Blend\*** **105 mg** \*\*

Organic Eleuthero Root, Organic Ashwagandha Root, Organic Holy Basil Leaf, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Schizandra Berry

**Digestive Enzyme Blend** **78 mg** \*\*

(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)

**CereCalase® Enzymatic Nutrient BioRelease™ Blend** **15 mg** \*\*

(Hemicellulase, Beta-glucanase, Phytase)

**Non-Dairy Probiotics** **3 Billion Cells††** \*\*

(*Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, *Lactobacillus rhamnosus*, *Lactobacillus casei*)

† Percent Daily Values are based on 2,000 calorie diet

\*\* Daily Value not established

CereCalase® is a registered trademark of National Enzyme Company, Inc.

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*, Organic Lemon Peel\*, Organic Carrot\*, *Saccharomyces Cerevisiae*\*, Organic Broccoli\*

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Great Tasting Renewal MetaCore** – A low glycemic, certified organic, clinical strength multi-care green food. Renewal MetaCore features the nutrition of 25 organic fruits, vegetables and botanicals, cold-milled raw hemp protein providing omega oils, soluble and insoluble fiber, utilization-enhancing CereCalase® enzymes, a blend of 3 billion probiotics, and a complete whole food multivitamin. Easy to mix, easily digested Men's Renewal MetaCore provides rejuvenative endocrine support from a synergistically formulated adaptogenic botanical blend.\*

**Optimal Protein** – Raw hemp protein provides fiber, omega oils and has a complete amino acid profile.\*

**Detoxifying Weight Management** – Low glycemic and formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll and organic milk thistle.\*

**Cardiovascular & Cholesterol Support** – Helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Additional cardio-protective support provided from omega oils in raw hemp protein.\*

**Low Glycemic Blood Sugar Support** – Provides soluble and insoluble fiber, as well as key nutrients such as GTF (Glucose Tolerance Factor) chromium to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Balancing thyroid support provided from endocrine adaptogenic botanicals.\*

**Anti-Aging Blend of Organic Fruits, Vegetables and Greens** – PhytoDynamic™ Anti-Age delivers the ultimate physical and mental anti-aging support that high ORAC supplements cannot provide.\*

**Complete Immunity Blend** – 3 billion multi-strain viable probiotics crafted to effectively repopulate in the digestive tract. Also includes soluble and insoluble fiber, organic shiitake, organic astragalus and organic schizandra.\*

**Restorative and Revitalizing Men's Adaptogenic Botanicals** – Crafted with the understanding that when whole foods are artfully combined with botanicals, the synergy of nutritive and active constituents created can have a profound effect on the body. Select botanicals known to support men's health are included to help rejuvenate the health of the endocrine system and restore detoxification processes.\*

### Net Carb Count

Net Carbs: 8  
Fiber: 4

NET CARBS: 4

Blend or stir one level scoop of Men's Renewal MetaCore™ into 8 fl oz of water, fruit juice, milk or milk substitute. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

product # count  
44003..... 360G

Functional Foods

# Men+40 Renewal Metacore™

certified organic clinical multi-care greens

**Great Tasting Renewal MetaCore** – A low glycemic, certified organic, clinical strength multi-care green food. Renewal MetaCore features the nutrition of 27 organic fruits, vegetables and botanicals, cold-milled raw hemp protein providing omega oils, soluble and insoluble fiber, utilization-enhancing CereCalase® enzymes, a blend of 3 billion probiotics, and a complete whole food multivitamin. Easy to mix, easily digested Men+40 Renewal MetaCore provides rejuvenative endocrine, cardiovascular and prostate support from a synergistically formulated adaptogenic botanical blend.♦

**Optimal Protein** – Raw hemp protein provides fiber, omega oils and has a complete amino acid profile.

**Detoxifying Weight Management** – Low glycemic and formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll and organic milk thistle.♦

**Cardiovascular & Cholesterol Support** – Helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Additional cardio-protective support provided from omega oils in raw hemp protein.♦

**Low Glycemic Blood Sugar Support** – Provides soluble and insoluble fiber, as well as key nutrients such as GTF (Glucose Tolerance Factor) chromium to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Balancing thyroid support provided from endocrine adaptogenic botanicals.♦

**Anti-Aging Blend of Organic Fruits, Vegetables and Greens** – PhytoDynamic™ Anti-Age blend delivers the ultimate physical and mental anti-aging support that high ORAC supplements cannot provide.♦

**Complete Immunity Blend** – 3 billion multi-strain viable probiotics crafted to effectively repopulate in the digestive tract. Also includes soluble and insoluble fiber, organic shiitake, organic astragalus and organic schizandra.♦

**Restorative and Revitalizing Men+40 Adaptogenic Botanicals**  
Crafted with the understanding that when whole foods are artfully combined with botanicals, the synergy of nutritive and active constituents created can have a profound effect on the body. Select botanicals known to support men's health are included to help rejuvenate the health of the endocrine system and restore detoxification processes.

The Men+40 blend also provides cardiovascular support from hawthorne and ginkgo as well as prostate support from saw palmetto.

### Net Carb Count

Net Carbs: 8  
Fiber: 4

NET CARBS: 4

Blend or stir one level scoop of Men+40 Renewal MetaCore™ into 8 fl oz of water, fruit juice, milk or milk substitute. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

product # count  
44002..... 360G

### Serving Size 12 grams (1 scoop)

#### Amount per Serving

Calories 35	Calories from fat 3	
	% Daily Value†	
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %
Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
Folate*	80 mcg	20 %
Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %
<b>Detoxifying Greens Blend*</b>	<b>3,500 mg</b>	<b>**</b>
Organic Barley Grass, Organic Spirulina, Chlorella		
<b>Cold-Milled Organic Raw Hemp Seed Protein</b>	<b>2,000 mg</b>	<b>**</b>
<b>PhytoDynamic™ Anti-Age Blend*</b>	<b>1,345 mg</b>	<b>**</b>
Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion		
<b>Organic Inulin Soluble Fiber</b>	<b>1,300 mg</b>	<b>**</b>
<b>Balanced Omega Oils (from Organic Hemp Seed)</b>	<b>180 mg</b>	<b>**</b>
<b>Men+40 Rejuvenative Blend*</b>	<b>170 mg</b>	<b>**</b>
Organic Saw Palmetto Berry, Organic Hawthorne Berry, Organic Ginkgo Biloba Leaf, Organic Milk Thistle Seed, Organic Nettle Leaf		
<b>Men+40 Endocrine Restorative Blend*</b>	<b>140 mg</b>	<b>**</b>
Organic Eleuthero Root, Organic Ashwagandha Root, Organic Holy Basil Leaf, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Schizandra Berry		
<b>Digestive Enzyme Blend</b>	<b>78 mg</b>	<b>**</b>
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)		
<b>CereCalase® Enzymatic Nutrient BioRelease™ Blend</b>	<b>15 mg</b>	<b>**</b>
(Hemicellulase, Beta-glucanase, Phytase)		
<b>Non-Dairy Probiotics</b>	<b>3 Billion Cells††</b>	<b>**</b>
<i>(Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei)</i>		

† Percent Daily Values are based on 2,000 calorie diet

\*\* Daily Value not established

CereCalase® is a registered trademark of National Enzyme Company, Inc.

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*, Organic Lemon Peel\*, Organic Carrot\*, *Saccharomyces Cerevisiae*\*, Organic Broccoli\*

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Functional Foods

# Women's Renewal Metacore™

certified organic clinical multi-care greens

## Serving Size 12 grams (1 scoop)

### Amount per Serving

	Calories 35	Calories from fat 3
	% Daily Value†	
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %
Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
Folate*	80 mcg	20 %
Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %
<b>Detoxifying Greens Blend*</b>	<b>3,500 mg</b>	<b>**</b>
Organic Barley Grass, Organic Spirulina, Chlorella		
<b>Cold-Milled Organic Raw Hemp Seed Protein</b>	<b>2,000 mg</b>	<b>**</b>
<b>Organic Inulin Soluble Fiber</b>	<b>1,350 mg</b>	<b>**</b>
<b>PhytoDynamic™ Anti-Age Blend*</b>	<b>1,345 mg</b>	<b>**</b>
Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion		
<b>Balanced Omega Oils (from Organic Hemp Seed)</b>	<b>180 mg</b>	<b>**</b>
<b>Women's Rejuvenative Blend*</b>	<b>160 mg</b>	<b>**</b>
Organic Eleuthero Root, Organic Milk Thistle Seed, Organic Yellow Dock Root, Organic Dandelion Root		
<b>Women's Endocrine Restorative Blend*</b>	<b>105 mg</b>	<b>**</b>
Organic Ashwagandha Root, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Holy Basil Leaf, Organic Schizandra Berry		
<b>Digestive Enzyme Blend</b>	<b>78 mg</b>	<b>**</b>
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)		
<b>CereCalase® Enzymatic Nutrient BioRelease™ Blend</b>	<b>15 mg</b>	<b>**</b>
(Hemicellulase, Beta-glucanase, Phytase)		
<b>Non-Dairy Probiotics</b>	<b>3 Billion Cells††</b>	<b>**</b>
(Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei)		

† Percent Daily Values are based on 2,000 calorie diet

\*\* Daily Value not established

CereCalase® is a registered trademark of National Enzyme Company, Inc.

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*, Organic Lemon Peel\*, Organic Carrot\*, *Saccharomyces Cerevisiae*\*, Organic Broccoli\*

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Great Tasting Renewal MetaCore** – A low glycemic, certified organic, clinical strength multi-care green food. Renewal MetaCore features the nutrition of 25 organic fruits, vegetables and botanicals, cold-milled raw hemp protein providing omega oils, soluble and insoluble fiber, utilization-enhancing CereCalase® enzymes, a blend of 3 billion probiotics, and a complete whole food multivitamin. Easy to mix, easily digested Women's Renewal MetaCore provides rejuvenative endocrine support from a synergistically formulated adaptogenic botanical blend.\*

**Optimal Protein** – Raw hemp protein provides fiber, omega oils and has a complete amino acid profile.\*

**Detoxifying Weight Management** – Low glycemic and formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll, organic milk thistle, organic yellow dock and organic dandelion.\*

**Cardiovascular & Cholesterol Support** – Helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Additional cardio-protective support provided from omega oils in raw hemp protein.\*

**Low Glycemic Blood Sugar Support** – Provides soluble and insoluble fiber, as well as key nutrients such as GTF (Glucose Tolerance Factor) chromium to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Balancing thyroid support provided from endocrine adaptogenic botanicals.\*

**Anti-Aging Blend of Organic Fruits, Vegetables and Greens** – PhytoDynamic™ Anti-Age delivers the ultimate physical and mental anti-aging support that high ORAC supplements cannot provide.\*

**Complete Immunity Blend** – 3 billion multi-strain viable probiotics crafted to effectively repopulate in the digestive tract. Also includes soluble and insoluble fiber, organic shiitake, organic astragalus and organic schizandra.\*

**Restorative and Revitalizing Women's Adaptogenic Botanicals** – Crafted with the understanding that when whole foods are artfully combined with botanicals, the synergy of nutritive and active constituents created can have a profound effect on the body. Select botanicals known to support women's health are included to help rejuvenate the health of the endocrine system and restore detoxification processes.\*

### Net Carb Count

Net Carbs: 8  
Fiber: 4

NET CARBS: 4

Blend or stir one level scoop (12g scoop included) of Women's Renewal MetaCore™ into 8 fl oz of water, fruit juice, milk or milk substitute. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

product #	count
44001	360G

# Women+40 Renewal MetaCore™

certified organic clinical multi-care greens

**Great Tasting Renewal MetaCore** – A low glycemic, certified organic, clinical strength multi-care green food. Renewal MetaCore features the nutrition of 27 organic fruits, vegetables and botanicals, cold-milled raw hemp protein providing omega oils, soluble and insoluble fiber, utilization-enhancing CereCalase® enzymes, a blend of 3 billion probiotics, and a complete whole food multivitamin.

Easy to mix, easily digested Women+40 Renewal MetaCore provides rejuvenative endocrine and cardiovascular support from a synergistically formulated adaptogenic botanical blend.\*

**Optimal Protein** – Raw hemp protein provides fiber, omega oils and has a complete amino acid profile.

**Detoxifying Weight Management** – Low glycemic and formulated with balanced sources of soluble and insoluble fiber, as well as a complete detoxifying combination of certified organic greens rich in chlorophyll, organic milk thistle and organic dandelion.\*

**Cardiovascular & Cholesterol Support** – Helps maintain cholesterol levels already within a normal range by providing 4 grams of fiber per serving. Additional cardio-protective support provided from omega oils in raw hemp protein.\*

**Low Glycemic Blood Sugar Support** – Provides soluble and insoluble fiber, as well as key nutrients such as GTF (Glucose Tolerance Factor) chromium to slow the digestion of consumed carbohydrates and help maintain normal blood sugar levels. Balancing thyroid support provided from endocrine adaptogenic botanicals.\*

**Anti-Aging Blend of Organic Fruits, Vegetables and Greens** – PhytoDynamic™ Anti-Age blend delivers the ultimate physical and mental anti-aging support that high ORAC supplements cannot provide.\*

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**Restorative and Revitalizing Women+40 Adaptogenic Botanicals**  
Crafted with the understanding that when whole foods are artfully combined with botanicals, the synergy of nutritive and active constituents created can have a profound effect on the body. Select botanicals known to support women's health are included to help rejuvenate the health of the endocrine system and restore detoxification processes. The Women+40 blend also provides cardiovascular support from red clover, ginkgo and hawthorne.\*

Net Carb Count	
Net Carbs:	8
Fiber:	4
<b>NET CARBS:</b>	<b>4</b>

Blend or stir one level scoop (12g scoop included) of Women+40 Renewal MetaCore™ into 8 fl oz of water, fruit juice, milk or milk substitute. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

product #	count
44000.....	360G

## Serving Size 12 grams (1 scoop)

### Amount per Serving

<b>Calories</b> 35	<b>Calories from fat</b> 3	
	<b>% Daily Value†</b>	
<b>Total Fat</b>	<1 g	1 %
<b>Total Carbohydrate</b>	8 g	3 %
Dietary Fiber	4 g	16 %
Soluble Fiber	1 g	
Sugars	4 g	
<b>Protein</b>	2 g	4 %
Vitamin A* (Beta Carotene)	1000 IU	20 %
Vitamin C*	30 mg	50 %
Vitamin D*	30 IU	8 %
Vitamin E*	15 IU	50 %
Thiamine (B1)*	1 mg	66 %
Riboflavin (B2)*	1 mg	58 %
Niacinamide*	3 mg	15 %
Vitamin B6*	1 mg	50 %
Folate*	80 mcg	20 %
Vitamin B12*	2.5 mcg	42 %
Pantothenate*	2 mg	20 %
Calcium	30 mg	3 %
Magnesium	20 mg	5 %
Manganese	300 mcg	15 %
GTF Chromium*	35 mcg	29 %

**Detoxifying Greens Blend\*** **3,500 mg** \*\*  
Organic Barley Grass, Organic Spirulina, Chlorella

**Cold-Milled Organic Raw Hemp Seed Protein** **2,000 mg** \*\*

**PhytoDynamic™ Anti-Age Blend\*** **1,345 mg** \*\*  
Organic Broccoli, Organic Spinach, Organic Kale, Organic Apple, Organic Tomato, Organic Lemon Peel, Organic Carrot, Organic Strawberry, Organic Parsley, Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Pomegranate, Organic Onion

**Organic Inulin Soluble Fiber** **1,300 mg** \*\*

**Balanced Omega Oils (from Organic Hemp Seed)** **180 mg** \*\*

**Women+40 Rejuvenative Blend\*** **170 mg** \*\*  
Organic Red Clover Leaf, Organic Hawthorne Berry, Organic Milk Thistle Seed, Organic Dandelion Root, Organic Ginkgo Biloba Leaf

**Women+40 Endocrine Restorative Blend\*** **140 mg** \*\*  
Organic Ashwagandha Root, Organic Eleuthero Root, Organic Holy Basil Leaf, Organic Astragalus Root, Organic Shiitake Mushroom, Organic Schizandra Berry

**Digestive Enzyme Blend** **78 mg** \*\*  
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)

**CereCalase® Enzymatic Nutrient BioRelease™ Blend** **15 mg** \*\*  
(Hemicellulase, Beta-glucanase, Phytase)

**Non-Dairy Probiotics** **3 Billion Cells††** \*\*  
(*Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, *Lactobacillus rhamnosus*, *Lactobacillus casei*)

† Percent Daily Values are based on 2,000 calorie diet

\*\* Daily Value not established

CereCalase® is a registered trademark of National Enzyme Company, Inc.

**Other Ingredients:** Organic Milled Evaporated Cane Juice, Organic Whole Brown Rice\*, Organic Lemon Peel\*, Organic Carrot\*, *Saccharomyces Cerevisiae*\*, Organic Broccoli\*

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Functional Foods – Multi-Care Meal



## Clinical MetaCore Meal Replacements

Providing over 50% of the daily requirement for fiber, low glycemic, clinical-strength Clinical MetaCore is the first meal replacement designed to support both the macro and micronutritional deficits of the S.A.D. Also the first meal replacement to be certified organic, Clinical MetaCore is designed from this simple premise: whole food = real results

Each multi-care formula is crafted with researched dosages of certified organic seeds, legumes and a powerful combination of certified organic whole foods, including clinical levels of whole food flavors, all designed to work in unison for a complete solution. Providing whole food sources of protein, fiber and omega oils from hemp, macro and micronutrients, and the complex and diverse mixture of plant compounds, Clinical MetaCore delivers the nutrition for which S.A.D. patients are starving.

A divergence from high protein meal replacements, Clinical MetaCore is designed to rebalance the diet of the S.A.D patient. Clinical MetaCore goes beyond other meal replacements by providing the fiber, omega oils and clinical dosages of whole foods that S.A.D. patients require for optimal health.

According to the *Journal of Clinical Nutrition*, Americans consume 1.5 to 2 times the amount of protein on a daily basis that is required, often meeting their daily protein requirements in one meal!

The typical diet is way out of balance, lacking enough fiber, healthy fats, phytochemistry and omega oils as well.

When a meal replacement is given for detox, weight control or metabolic syndrome, the protein source should be as raw as possible. The protein should also be whole, not the commonly refined sources that are used in most protein powders today.

## Optimal Protein Source

Derived from the Greek *proteios* meaning “holding first place”, protein performs countless cellular functions. Given that the S.A.D. patient already receives ample amounts of refined protein, and is deficient in fiber and omega oils, the solution clearly has to come from complete and whole foods. Most shakes available are high in protein and low in fiber, and are typically made from whey and soy protein. Whey is the by-product of cheese production, and is refined to 34 to 90% protein isolates. A paint manufacturer is the world’s leading seller of soy protein as it is a by-product of the production of soy-based inks. Furthermore, soy protein contains high amounts of enzyme inhibitors that block soy protein digestion. Refined from their original sources, whey and soy lack both fiber and omega oils.

Already in abundance in the S.A.D. diet, more refined protein is clearly not the answer. Clinical MetaCore is a divergence from the standard meal replacement formula. In researching all of the protein available, our search for the perfect whole food source of protein revealed hemp seed.

Truly the only minimally processed protein source, hemp

## Provides Nutritional Support for:

- Appetite control
- Body composition
- Cardiovascular health
- Cholesterol health
- Detoxification
- Immune health
- Low glycemic blood sugar support

Clinical MetaCore stands apart from other meal replacements for a multitude of reasons, and our commitment to organic whole foods is just the beginning. This line of superior certified organic meal replacements was developed over the course of nearly two years of diligent research, trial formulations and thorough input from healthcare and nutrition professionals. Designed to be a synergistic multi-care system Clinical MetaCore replaces several products in each serving.

# Functional Foods – Multi-Care Meal



seeds are cold-milled and nothing more. Considered the king of the plant kingdom, hemp seeds are raw, and deliver an interwoven matrix of protein, fiber and omega oils providing the ultimate macronutrient balance. A complete and balanced source of all ten of the essential amino acids, including glutathione precursors, hemp seeds are also one of nature's richest sources of bioactive globular proteins, delivering 100% high-quality proteins from edestin and albumin (65% and 35% respectively). The structure of edestin globular proteins resembles the globulin in blood plasma and is easily taken up by the digestive system; edestin has the unique ability to stimulate the production of antibodies vital to the maintenance of a healthy immune system. Albumin, also manufactured by the liver, is supportive to detoxification and is essential for regulating body fluid and tissues. Gluten free, hemp seeds also provide antioxidants, vitamins, minerals and chlorophyll.

## Clinical Flavors

Honoring our commitment to whole, organic ingredients, Clinical MetaCore is the first meal replacement to use whole foods for flavor. These carefully selected ingredients not only taste great, but also add clinical strength to nutritionally support S.A.D. patients' health. Unfortunately, almost all meal replacement formulas are made with just "chocolate flavor" or "vanilla flavor", simple flavors missing the vital constituents that make these foods beneficial. Utilizing whole food sources of these ingredients is an opportunity to offer more. The vibrant phytochemical array of compounds in cacao beans,

cinnamon, vanilla beans and berries are at the center of many clinical research studies with important benefits that are missing from the S.A.D.. Every ingredient of Clinical MetaCore is a carefully selected element of the solutions to the S.A.D. dilemma. With real health-promoting advantages, MetaCore's clinical flavors are more than simply great tasting.

- Cacao Chocolate with 3 grams of organic cacao beans, is rich in flavonols, including epicatechins and catechins, to support cardiovascular health.
- Berry Vanilla provides 590 mg of an array of organic berries (blueberries, cranberries, raspberries and strawberries), powerful antioxidants and the ultimate anti-aging foods.
- Cinnamon Chai is created with 550 mg of organic cinnamon, rich in polyphenols and cinnamaldehydes, perfect for nutritionally supporting healthy blood sugar levels.
- Vanilla Bean is crafted from 575 mg of organic vanilla beans that are phenomenal antioxidants, rich in flavonols.



## Replaces Several Products by Providing in Each Serving:

- 15 grams raw hemp seeds
- 1.3 grams omega oils
- 13-15 grams fiber, including:
  - Soluble prebiotic fiber from inulin
  - Insoluble fiber from hemp
  - Hydrocolloid fiber from guar gum
- 5 grams live, raw protein rich in:
  - Glutathione precursors
  - Albumin protein – immune system support
  - Edestin protein – detoxification support
- Appetite control from 1 grams guar gum
- Food-based multivitamin
- 3 billion probiotics
- Polyphenols from clinical strength flavors:
  - 3 grams cacao beans
  - 550 mg cinnamon
  - 590 mg berries
  - 575 mg vanilla bean
- Nutraceuticals
  - Green tea
  - Polyphenols
- Digestive enzymes, featuring CereCalase®

Clinical MetaCore is the only meal replacement available that specifically and thoroughly addresses the need for solutions to the S.A.D. dilemma.

# Clinical Metacore™ Berry Vanilla

certified organic clinical multi-care meal

## Serving Size 32 grams (2 scoop)

Amount per Serving	with 8 fl oz	with 8 fl oz
	Water	Hemp Milk
<b>Calories</b>	100	230
Calories from fat	18	48
	<b>% Daily Value†</b>	
<b>Total Fat</b> 2 g	3 %	8 %
Saturated Fat 0.3 g	1 %	4 %
Trans Fat 0 g		
Polyunsaturated Fat 1.5 g		
Monounsaturated Fat 0.3 g		
<b>Cholesterol</b> 0 mg	0 %	0 %
<b>Sodium</b> 6 mg	0 %	5 %
<b>Potassium</b> 250 mg	7 %	10 %
<b>Total Carbohydrate</b> 23 g	8 %	14 %
Dietary Fiber 14 g	56 %	60 %
Soluble Fiber 7 g		
Insoluble Fiber 7 g		
Sugars 9 g		
<b>Protein</b> 5 g	10 %	18 %
Vitamin A (as beta carotene)	25 %	45 %
Vitamin C	50 %	50 %
Calcium	2 %	50 %
Iron	15 %	30 %
Vitamin D3	25 %	50 %
Vitamin E	50 %	60 %
Thiamine (B1)	70 %	80 %
Riboflavin (B2)	60 %	90 %
Niacinamide	30 %	35 %
Vitamin B6	50 %	50 %
Folate	25 %	30 %
Vitamin B12	40 %	70 %
Biotin	35 %	35 %
Pantothenic Acid	25 %	25 %
Phosphorus	0 %	45 %
Iodine	25 %	25 %
Magnesium	25 %	40 %
Zinc	35 %	40 %
Selenium	35 %	35 %
Copper	25 %	25 %
Manganese	80 %	80 %
Chromium	100 %	100 %
Molybdenum	50 %	50 %

† Percent Daily Values are based on 2,000 calorie diet

Do not use as sole source of nutrition. Eat at least 1,200 calories a day.

†† At time of manufacture

\* Amino Acid Chelate

CereCalase® is a registered trademark of National Enzyme Company, Inc.

**INGREDIENTS:** ORGANIC HEMP SEED PROTEIN POWDER, ORGANIC EVAPORATED CANE JUICE, ORGANIC INULIN, ORGANIC GUAR GUM, ORGANIC VANILLA FLAVOR, ORGANIC CRANBERRIES, ORGANIC STRAWBERRY FLAVOR, ORGANIC RASPBERRIES, ORGANIC STRAWBERRIES, ORGANIC VANILLA BEAN POWDER, DIGESTIVE ENZYMES & PROBIOTIC BLEND, ORGANIC BLUEBERRIES, ORGANIC GREEN TEA, ORGANIC BANANA FLAVOR

**VITAMINS AND MINERALS:** POTASSIUM AAC\*, MAGNESIUM CITRATE, ZINC AAC\*, VITAMIN C (ASCORBIC ACID), NATURAL SOURCE VITAMIN E (D-ALPHA TOCOPHERYL), MOLYBDENUM AAC\*, SELENIUM (YEAST), BETA CAROTENE, VITAMIN B3 (NIACINAMIDE), COPPER AAC\*, PANTOTHENIC ACID, VITAMIN B6 (PYRIDOXINE HCL), CHROMIUM AAC\*, VITAMIN B1 (THIAMINE HCL), VITAMIN B2 (RIBOFLAVIN), IODINE AAC\*, VITAMIN B12 (CYANOCOBALAMIN), VITAMIN D3, FOLIC ACID, BIOTIN.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Great Tasting MetaCore™** – A low glycemic, certified organic, clinical strength multi-care meal replacement. Easy to mix, easily digested Berry Vanilla MetaCore offers additional antioxidant support from 590 mg per serving of certified organic blueberries, organic cranberries, organic raspberries and organic strawberries.

**Body Composition & Appetite Control** – MetaCore provides CarboSlow™, a high viscosity fiber blend, which slows glycemic response while expanding in the digestive tract for a comfortable, long-lasting feeling of being full.\*

**Support a Healthy Heart** – MetaCore can promote a healthy heart and circulatory system by providing 14 grams of fiber, 1 gram of guar gum hydrocolloids, 50 mg organic green tea and 1.3 grams of omega oils.\*

**Low Glycemic** – MetaCore contains soluble and insoluble fiber, which slows digestion, as well as key nutrients such as chromium, to help maintain already normal blood sugar levels.\*

**Antioxidants** – Berry Vanilla MetaCore features excellent antioxidant support with 590 mg per serving of certified organic blueberries, organic cranberries, organic raspberries and organic strawberries. Berries are a whole food source of flavanol antioxidant compounds.

**Detoxification & Immune System Health** – 70% of the immune system is in the digestive tract. MetaCore has 3 billion probiotics, inulin (a prebiotic), and 15 grams of organic hemp protein providing glutathione precursors.\*

### Each Serving of Berry Vanilla MetaCore Also Contains:

Cold-Milled Organic Raw Hemp Seed	15,000 mg
CarboSlow™ Fiber Blend (Organic Inulin, Organic Guar Gum)	7,310 mg
Balanced Omega Oils (from Organic Hemp Seed)	1,300 mg
Glutathione Precursors (from Organic Hemp Seed)	
Glutamic Acid	730 mg
Glycine	190 mg
Cysteine	70 mg
Concentrated Organic Berry Blend (Organic Raspberry, Organic Cranberry, Organic Blueberry, Organic Strawberry)	590 mg
Organic Green Tea Leaf	50 mg
Digestive Enzyme Blend (Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)	78 mg
CereCalase® Enzymatic Nutrient BioRelease™ Blend (Hemicellulase, Beta-glucanase, Phytase)	15 mg
Non-Dairy Probiotics (Bifidobacterium bifidum, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus rhamnosus, Lactobacillus casei)	3 Billion Units††

### Net Carb Count

Net Carbs: 23  
Fiber: 14

NET CARBS: 9

Blend or stir two level scoops (32g) of MetaCore™ into 8 fl oz of cold milk or milk substitute for a meal replacement, or with water or fruit juice as a meal balancer/snack. Refrigeration is recommended after opening. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

product #	count
44007	454G

Functional Foods

# Clinical Metacore™ Cacao Bean

certified organic clinical multi-care meal

**Great Tasting MetaCore™** – A low glycemic, certified organic, clinical strength multi-care meal replacement. Easy to mix, easily digested Cacao Bean MetaCore offers additional healthy heart support from 3 grams per serving of organic cacao beans.

**Body Composition & Appetite Control** – MetaCore provides CarboSlow™, a high viscosity fiber blend, which slows glycemic response while expanding in the digestive tract for a comfortable, long-lasting feeling of being full.\*

**Support a Healthy Heart** – MetaCore can promote a healthy heart and circulatory system by providing 13 grams of fiber, 1 gram of guar gum hydrocolloids, 50 mg organic green tea and 1.3 grams of omega oils. Cacao Bean MetaCore features 3 grams per serving of organic cacao beans which provides 75 mg of flavanols, including epicatechins and catechins.\*

**Low Glycemic** – MetaCore contains soluble and insoluble fiber, which slows digestion, as well as key nutrients such as chromium, to help maintain already normal blood sugar levels.\*

**Detoxification & Immune System Health** – 70% of the immune system is in the digestive tract. MetaCore has 3 billion probiotics, inulin (a prebiotic), and 15 grams of organic hemp protein providing glutathione precursors.\*

**Each Serving of Cacao Bean MetaCore Also Contains:**

- Cold-Milled Organic Raw Hemp Seed . . . . . 15,000 mg
- CarboSlow™ Fiber Blend (Organic Inulin, Organic Guar Gum) .4,760 mg
- Organic Cacao Beans . . . . . 3,065 mg
- Polyphenols (from Organic Cacao Beans) . . . . . 75 mg
- Balanced Omega Oils (from Organic Hemp Seed) . . . . . 300 mg
- Glutathione Precursors (from Organic Hemp Seed)
- Glutamic Acid . . . . . 730 mg
- Glycine . . . . . 190 mg
- Cysteine . . . . . 70 mg
- Organic Green Tea Leaf . . . . . 50 mg
- Digestive Enzyme Blend . . . . . 78 mg  
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)
- CereCalase® Enzymatic Nutrient BioRelease™ Blend . . . . . 15 mg  
(Hemicellulase, Beta-glucanase, Phytase)
- Non-Dairy Probiotics . . . . . 3 Billion Units††  
(*Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, *Lactobacillus rhamnosus*, *Lactobacillus casei*)

Net Carb Count	
Net Carbs:	23
Fiber:	13
<b>NET CARBS:</b>	<b>10</b>

Blend or stir two level scoops (32g) of MetaCore™ into 8 fl oz of cold milk or milk substitute for a meal replacement, or with water or fruit juice as a meal balancer/snack. Refrigeration is recommended after opening. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

product # count  
44004 . . . . . 454G

Serving Size 32 grams (2 scoop)		
Amount per Serving	with 8 fl oz	with 8 fl oz
	Water	Hemp Milk
<b>Calories</b>	100	230
Calories from fat	18	48
	<b>% Daily Value†</b>	
<b>Total Fat</b> 2 g	3 %	8%
Saturated Fat 0.4 g	2 %	5%
Trans Fat 0 g		
Polyunsaturated Fat 1.2 g		
Monounsaturated Fat 0.4 g		
<b>Cholesterol</b> 0 mg	0 %	0 %
<b>Sodium</b> 6 mg	0 %	5 %
<b>Potassium</b> 275 mg	8 %	11 %
<b>Total Carbohydrate</b> 23 g	8 %	14 %
Dietary Fiber 13 g	52 %	56 %
Soluble Fiber 5 g		
Insoluble Fiber 8 g		
Sugars 10 g		
<b>Protein</b> 5 g	10 %	18 %
Vitamin A (as beta carotene)	25 %	45 %
Vitamin C	50 %	50 %
Calcium	2 %	50 %
Iron	15 %	30 %
Vitamin D3	25 %	50 %
Vitamin E	50 %	60 %
Thiamine (B1)	70 %	80 %
Riboflavin (B2)	60 %	90 %
Niacinamide	30 %	35 %
Vitamin B6	50 %	50 %
Folate	25 %	30 %
Vitamin B12	40 %	70 %
Biotin	35 %	35 %
Pantothenic Acid	25 %	25 %
Phosphorus	0 %	45 %
Iodine	25 %	25 %
Magnesium	25 %	40 %
Zinc	35 %	40 %
Selenium	35 %	35 %
Copper	25 %	25 %
Manganese	80 %	80 %
Chromium	100 %	100 %
Molybdenum	50 %	50 %

† Percent Daily Values are based on 2,000 calorie diet

Do not use as sole source of nutrition. Eat at least 1,200 calories a day. †† At time of manufacture \* Amino Acid Chelate CereCalase® is a registered trademark of National Enzyme Company, Inc.

**INGREDIENTS:** ORGANIC HEMP SEED PROTEIN POWDER, ORGANIC EVAPORATED CANE JUICE, ORGANIC INULIN, ORGANIC CACAO BEAN POWDER, ORGANIC GUAR GUM, ORGANIC CHOCOLATE FLAVOR, DIGESTIVE ENZYMES & PROBIOTIC BLEND, ORGANIC VANILLA BEAN POWDER, ORGANIC VANILLA FLAVOR, ORGANIC GREEN TEA

**VITAMINS AND MINERALS:** POTASSIUM AAC\*, MAGNESIUM CITRATE, ZINC AAC\*, VITAMIN C (ASCORBIC ACID), NATURAL SOURCE VITAMIN E (D-ALPHA TOCOPHERYL), MOLYBDENUM AAC\*, SELENIUM (YEAST), BETA CAROTENE, VITAMIN B3 (NIACINAMIDE), COPPER AAC\*, PANTOTHENIC ACID, VITAMIN B6 (PYRIDOXINE HCL), CHROMIUM AAC\*, VITAMIN B1 (THIAMINE HCL), VITAMIN B2 (RIBOFLAVIN), IODINE AAC\*, VITAMIN B12 (CYANOCOBALAMIN), VITAMIN D3, FOLIC ACID, BIOTIN.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Clinical Metacore™ Cinnamon Chai

certified organic clinical multi-care meal

## Serving Size 32 grams (2 scoop)

Amount per Serving	with 8 fl oz	
	Water	Hemp Milk
<b>Calories</b>	100	230
Calories from fat	18	48
	<b>% Daily Value†</b>	
<b>Total Fat</b> 2 g	3 %	8 %
Saturated Fat 0.3 g	1 %	4 %
Trans Fat 0 g		
Polyunsaturated Fat 1.5 g		
Monounsaturated Fat 0.3 g		
<b>Cholesterol</b> 0 mg	0 %	0 %
<b>Sodium</b> 6 mg	0 %	5 %
<b>Potassium</b> 250 mg	7 %	10 %
<b>Total Carbohydrate</b> 23 g	8 %	14 %
Dietary Fiber 15 g	60 %	64 %
Soluble Fiber 8 g		
Insoluble Fiber 7 g		
Sugars 8 g		
<b>Protein</b> 5 g	10 %	18 %
Vitamin A (as beta carotene)	25 %	45 %
Vitamin C	50 %	50 %
Calcium	2 %	50 %
Iron	15 %	30 %
Vitamin D3	25 %	50 %
Vitamin E	50 %	60 %
Thiamine (B1)	70 %	80 %
Riboflavin (B2)	60 %	90 %
Niacinamide	30 %	35 %
Vitamin B6	50 %	50 %
Folate	25 %	30 %
Vitamin B12	40 %	70 %
Biotin	35 %	35 %
Pantothenic Acid	25 %	25 %
Phosphorus	0 %	45 %
Iodine	25 %	25 %
Magnesium	25 %	40 %
Zinc	35 %	40 %
Selenium	35 %	35 %
Copper	25 %	25 %
Manganese	80 %	80 %
Chromium	100 %	100 %
Molybdenum	50 %	50 %

† Percent Daily Values are based on 2,000 calorie diet

Do not use as sole source of nutrition. Eat at least 1,200 calories a day. ††  
 At time of manufacture \* Amino Acid Chelate  
 CereCalase® is a registered trademark of National Enzyme Company, Inc.

**INGREDIENTS:** ORGANIC HEMP SEED PROTEIN POWDER, ORGANIC EVAPORATED CANE JUICE, ORGANIC INULIN, ORGANIC GUAR GUM, ORGANIC CINNAMON, ORGANIC VANILLA BEAN POWDER, ORGANIC VANILLA FLAVOR, ORGANIC CACAO BEAN POWDER, ORGANIC CARDOMON, ORGANIC GINGER, DIGESTIVE ENZYMES & PROBIOTIC BLEND, ORGANIC GREEN TEA, ORGANIC CLOVES, ORGANIC NUTMEG

**VITAMINS AND MINERALS:** POTASSIUM AAC\*, MAGNESIUM CITRATE, ZINC AAC\*, VITAMIN C (ASCORBIC ACID), NATURAL SOURCE VITAMIN E (D-ALPHA TOCOPHERYL), MOLYBDENUM AAC\*, SELENIUM (YEAST), BETA CAROTENE, VITAMIN B3 (NIACINAMIDE), COPPER AAC\*, PANTOTHENIC ACID, VITAMIN B6 (PYRIDOXINE HCL), CHROMIUM AAC\*, VITAMIN B1 (THIAMINE HCL), VITAMIN B2 (RIBOFLAVIN), IODINE AAC\*, VITAMIN B12 (CYANOCOBALAMIN), VITAMIN D3, FOLIC ACID, BIOTIN.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Great Tasting MetaCore™** – A low glycemic, certified organic, clinical strength multi-care meal replacement. Easy to mix, easily digested Cinnamon Chai MetaCore offers additional glycemic support from 550 mg of organic cinnamon per serving.

**Body Composition & Appetite Control** – MetaCore provides CarboSlow™, a high viscosity fiber blend, which slows glycemic response while expanding in the digestive tract for a comfortable, long-lasting feeling of being full.\*

**Support a Healthy Heart** – MetaCore can promote a healthy heart and circulatory system by providing 15 grams of fiber, 1 gram of guar gum hydrocolloids, 50 mg organic green tea and 1.3 grams of omega oils.\*

**Low Glycemic** – MetaCore contains soluble and insoluble fiber, which slows digestion, as well as key nutrients such as chromium, to help maintain already normal blood sugar levels.\* Cinnamon Chai MetaCore features 550 mg of organic cinnamon per serving. Organic cinnamon is a whole food source of polyphenols and cinnamaldehydes.\*

**Detoxification & Immune System Health** – 70% of the immune system is in the digestive tract. MetaCore has 3 billion probiotics, inulin (a prebiotic), and 15 grams of organic hemp protein providing glutathione precursors.\*

### Each Serving of Cinnamon Chai MetaCore Also Contains:

Cold-Milled Organic Raw Hemp Seed . . . . . 15,000 mg  
 CarboSlow™ Fiber Blend (Organic Inulin, Organic Guar Gum) 7,850 mg  
 Balanced Omega Oils (from Organic Hemp Seed) . . . . . 1,300 mg  
 Glutathione Precursors (from Organic Hemp Seed)  
 Glutamic Acid . . . . . 730 mg  
 Glycine . . . . . 190 mg  
 Cysteine . . . . . 70 mg  
 Organic Cinnamon . . . . . 550 mg  
 Organic Chai Blend . . . . . 430 mg  
 (Organic Cacao, Organic Cardomon, Organic Ginger, Organic Cloves, Organic Nutmeg, Organic Vanilla Bean)  
 Organic Green Tea Leaf . . . . . 50 mg  
 Polyphenols . . . . . 40 mg  
 Digestive Enzyme Blend . . . . . 78 mg  
 (Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)  
 CereCalase® Enzymatic Nutrient BioRelease™ Blend . . . . . 15 mg  
 (Hemicellulase, Beta-glucanase, Phytase)  
 Non-Dairy Probiotics . . . . . 3 Billion Units ††  
 (*Bifidobacterium bifidum*, *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, *Lactobacillus rhamnosus*, *Lactobacillus casei*)

### Net Carb Count

Net Carbs: 23  
 Fiber: 14

NET CARBS: 9

Blend or stir two level scoops (32g) of MetaCore™ into 8 fl oz of cold milk or milk substitute for a meal replacement, or with water or fruit juice as a meal balancer/snack. Refrigeration is recommended after opening. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

product # . . . . . count  
 44006 . . . . . 454G

Functional Foods

# Clinical Metacore™ Vanilla Bean

certified organic clinical multi-care meal

**Great Tasting MetaCore™** – A low glycemic, certified organic, clinical strength multi-care meal replacement. Easy to mix, easily digested Vanilla Bean MetaCore offers additional antioxidant support from 575 mg of organic vanilla beans per serving.

**Body Composition & Appetite Control** – MetaCore provides CarboSlow™, a high viscosity fiber blend, which slows glycemic response while expanding in the digestive tract for a comfortable, long-lasting feeling of being full.\*

**Support a Healthy Heart** – MetaCore can promote a healthy heart and circulatory system by providing 14 grams of fiber, 1 gram of guar gum hydrocolloids, 50 mg organic green tea and 1.3 grams of omega oils.

**Low Glycemic** – MetaCore contains soluble and insoluble fiber, which slows digestion, as well as key nutrients such as chromium, to help maintain already normal blood sugar levels.\*

**Antioxidants** – Vanilla Bean MetaCore features 575 mg of organic vanilla beans per serving. Organic vanilla beans are a whole food source of flavanol antioxidant compounds.

**Detoxification & Immune System Health** – 70% of the immune system is in the digestive tract. MetaCore has 3 billion probiotics, inulin (a prebiotic), and 15 grams of organic hemp protein providing glutathione precursors.\*

**Each Serving of Vanilla Bean MetaCore Also Contains:**

Cold-Milled Organic Raw Hemp Seed	15,000 mg
CarboSlow™ Fiber Blend (Organic Inulin, Organic Guar Gum)	7,310 mg
Balanced Omega Oils (from Organic Hemp Seed)	1,300 mg
Glutathione Precursors (from Organic Hemp Seed)	
Glutamic Acid	730 mg
Glycine	190 mg
Cysteine	70 mg
Organic Vanilla Bean	575 mg
Organic Green Tea Leaf	50 mg
Digestive Enzyme Blend	78 mg
(Amylase, Cellulase, Pectinase, Glucoamylase, Lipase, Protease, Invertase)	
CereCalase® Enzymatic Nutrient BioRelease™ Blend	15 mg
Non-Dairy Probiotics	3 Billion Units††
( <i>Bifidobacterium bifidum</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus rhamnosus</i> , <i>Lactobacillus casei</i> )	

Net Carb Count	
Net Carbs:	23
Fiber:	14
<b>NET CARBS:</b>	<b>9</b>

Blend or stir two level scoops (32g) of MetaCore™ into 8 fl oz of cold milk or milk substitute for a meal replacement, or with water or fruit juice as a meal balancer/snack. Refrigeration is recommended after opening. USE UNDER THE SUPERVISION OF A HEALTHCARE PRACTITIONER ONLY.

product #	count
44005	454G

**Serving Size 32 grams (2 scoop)**

Amount per Serving	with 8 fl oz	with 8 fl oz
	Water	Hemp Milk
<b>Calories</b>	100	230
Calories from fat	18	48
<b>% Daily Value†</b>		
<b>Total Fat</b> 2 g	3 %	8 %
Saturated Fat 0.3 g	1 %	4 %
Trans Fat 0 g		
Polyunsaturated Fat 1.5 g		
Monounsaturated Fat 0.3 g		
<b>Cholesterol</b> 0 mg	0 %	0 %
<b>Sodium</b> 6 mg	0 %	5 %
<b>Potassium</b> 250 mg	7 %	10 %
<b>Total Carbohydrate</b> 23 g	8 %	14 %
Dietary Fiber 14 g	56 %	60 %
Soluble Fiber 7 g		
Insoluble Fiber 7 g		
Sugars 9 g		
<b>Protein</b> 5 g	10 %	18 %
Vitamin A (as beta carotene)	25 %	45 %
Vitamin C	50 %	50 %
Calcium	2 %	50 %
Iron	15 %	30 %
Vitamin D3	25 %	50 %
Vitamin E	50 %	60 %
Thiamine (B1)	70 %	80 %
Riboflavin (B2)	60 %	90 %
Niacinamide	30 %	35 %
Vitamin B6	50 %	50 %
Folate	25 %	30 %
Vitamin B12	40 %	70 %
Biotin	35 %	35 %
Pantothenic Acid	25 %	25 %
Phosphorus	0 %	45 %
Iodine	25 %	25 %
Magnesium	25 %	40 %
Zinc	35 %	40 %
Selenium	35 %	35 %
Copper	25 %	25 %
Manganese	80 %	80 %
Chromium	100 %	100 %
Molybdenum	50 %	50 %

† Percent Daily Values are based on 2,000 calorie diet

Do not use as sole source of nutrition. Eat at least 1,200 calories a day.

†† At time of manufacture \* Amino Acid Chelate  
CereCalase® is a registered trademark of National Enzyme Company, Inc.

**INGREDIENTS:** ORGANIC HEMP SEED PROTEIN POWDER, ORGANIC EVAPO-RATED CANE JUICE, ORGANIC INULIN, ORGANIC GUAR GUM, ORGANIC VANILLA BEAN POWDER, ORGANIC VANILLA FLAVOR, DIGESTIVE ENZYMES & PROBIOTIC BLEND, ORGANIC GREEN TEA

**VITAMINS AND MINERALS:** POTASSIUM AAC\*, MAGNESIUM CITRATE, ZINC AAC\*, VITAMIN C (ASCORBIC ACID), NATURAL SOURCE VITAMIN E (D-ALPHA TOCOPHERYL), MOLYBDENUM AAC\*, SELENIUM (YEAST), BETA CAROTENE, VITAMIN B3 (NIACINAMIDE), COPPER AAC\*, PANTOTHENIC ACID, VITAMIN B6 (PYRIDOXINE HCL), CHROMIUM AAC\*, VITAMIN B1 (THIAMINE HCL), VITAMIN B2 (RIBOFLAVIN), IODINE AAC\*, VITAMIN B12 (CYANOCOBALAMIN), VITAMIN D3, FOLIC ACID, BIOTIN.

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# Targeted Response



Innate's targeted formulas are exclusively crafted from 100% whole food nutrients. Artfully prepared with a holistic approach, each formula includes whole plant materials that have been selected to address an imbalance of a particular health system, others to stimulate a general immune response, and others as nutrient potentiators. This unique multi-dimensional approach helps to safely and effectively initiate the body's innate ability to restore itself. The vitamins and minerals in each formula are not in an isolated state, but rather, exist within a biodynamic, whole food concentrate with True

Active™ FoodState® nutrients.

## Adrenal Response®

Adrenal Response is designed to help replenish and modulate adrenal function. This botanical formula is targeted at helping to support biochemical imbalances (cortisol levels in particular) related to alterations in adrenal function. The use of non-stimulant botanical adaptogens is a safe and effective method of modulating an individual's stress response or hormonal perturbations. Crafted from a synergistic combination of botanicals, including Sensoril®, a patented extract of ashwagandha root and leaf, which has been clinically shown to strengthen the body from the deleterious effects of chronic stress, and rhodiola, an adaptogen which has been documented to help normalize the manner in which the body responds to stress triggers and maintains equilibrium within the hypothalamic-pituitary-adrenal axis (HPA).

There are many adrenal formulations available to healthcare practitioners today, most of which contain glandular tissue. We felt it was important to offer a vegetarian formula with effectiveness equal to that of a glandular.

## Primary Inclusion

Ashwagandha (*Withania somnifera*) is valued in Ayurveda for its tonic, strengthening properties, particularly for its ability to restore vitality in those suffering from overwork or nervous exhaustion. Its Sanskrit name refers to a horse's strength and is considered the "workhorse" adaptogen in Ayurvedic medicine. Ashwagandha is the perfect adaptogen to be the primary inclusion in Adrenal Response.

Sensoril, a concentrated bioactive ashwagandha extract, is the primary inclusion. The typical protocol for ashwagandha dosing for adrenal health is 1,000 to 2,000 mg. Sensoril, because it is a potent extract, is specifically shown to help improve the body's response to occasional stress and energy levels at dosages as low as 125 mg.\* In most formulas, the ashwagandha concentrations are typically very low, approximately 1.5% withanolides. Sensoril is the only form of ashwagandha that is concentrated to 8% withanolides, 5.3 times more concentrated than most ashwagandha concentrates. The active constituents of Sensoril in their patented ratios have been shown to reduce elevated levels of circulating adrenocorticotropic hormone (ACTH) and thereby stem the concurrent increase in glucocorticoid levels, returning them to normal. This activity may protect the body from the deleterious effects of chronic stress and balance metabolic function.

## Formulated by Dr. Mary Bove, ND

Adrenal Response is one of the most effective adrenal formulas available today with research and studies second to none. The key to Adrenal Response's effectiveness is a full range of adaptogens with a form of ashwagandha called Sensoril as a primary inclusion. The body of scientific research is so compelling that Sensoril has been submitted to the FDA in accordance with the requirements of the Dietary Supplement Health and Education Act. In fact, Sensoril is the only ashwagandha extract approved for structure/function claims including energy, sleep, stress and blood sugar support within a normal range.

Sensoril ashwagandha contains 8% withanolides making it 4-5 times stronger than any other ashwagandha available today. At that concentration a clinical study was done and published in *JANA*. The results were phenomenal.

Further, Sensoril was the subject of a recent 2005 multi-phase, double-blind, placebo controlled human clinical trial using both objective and subjective criteria.

The objective features showed nutritional support for:

1. Cardiovascular health
2. Stress
3. Energy
4. Blood sugar within a normal range
5. Sleep
6. Mental cognition

## Key to the Higher Concentration

The process to extract Sensoril was invented by Fulbright Scholar Dr. Shibnath Ghosal. Obtained from the northern regions of India, the roots used in Sensoril are from plants no more than two years old; roots from older plants (typically used in ashwagandha extracts) may contain very little, or no, glycowithanolides, or actives. Sensoril is produced using a patented process which guarantees optimized concentrations and ratios of key bioactive constituents to provide the most effective adaptogenic activity\*. Sensoril is a proprietary combination of withanolide glycosides (sitoindosides VII-X), oligosaccharides and withaferin-A, in optimum concentrations. These guaranteed optimized concentrations and ratios of key bioactive constituents provide the most effective adaptogenic activity\*.

## What is the Mechanism of Action

The mechanism of action for Sensoril is primarily related to effects on the neuroendocrine-immunologic axis that comprises the stress system. The main site of action is the hypothalamic–pituitary-adrenal axis or HPA. The major constituents responsible for Sensoril’s anti-stress properties are based upon the steroidal lactones called withanolides that are similar to the body’s own steroidal hormones. The active constituents of Sensoril in their patented ratios exert their anti-stress and adaptogenic activity on the body by returning the circulating ACTH and concurrent increase in blood corticosterone levels to normal. Because Sensoril’s actives structurally resemble specific corticosteroids that “shut off” or deactivate the stress response, it provides a unique and multi-

functional stress response “shield” against increased cortisol production.

Sensoril has also been shown to reduce the activity of the adenosine triphosphatase (ATPase) enzyme in liver mitochondria. The ATPase enzyme is responsible for the breakdown or destruction of ATP, which can have a direct negative effect on energy stores and energy levels in the body. By reducing the activity of the ATPase enzyme, Sensoril helps protect and restore energy levels that might otherwise be compromised. Additionally, Sensoril provides energy recovery and helps to boost sustained energy levels by bringing the body back to a place of homeostasis, or balance. Adaptogens like Sensoril work at the cellular level to balance body systems compromised by physical or emotional stressors to help increase balanced energy levels, vitality and strength. Sensoril has been shown in placebo-controlled human clinical trials to profoundly reduce levels of fatigue and lack of energy. These results are considered statistically significant when compared with the placebo group in the trial.\*

Sensoril® is protected under US Patents Nos. 6, 153, 198 and 6,713,092 and is a registered trademark of Natreon, Inc.

\* Biswajit Auddy, PhD; Jayaram Hazra, PhD; Achintya Mitra, MD; Bruce Abedon, PhD; Shibnath Ghosal, PhD. A Standardized *Withania Somnifera* Extract Significantly Reduces Stress-Related Parameters in Chronically Stressed Humans: A Double-Blind, Randomized, Placebo-Controlled Study, *Journal of the American Nutraceutical Association 2008*; Vol. 11, No. 1, 50-56

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



The subjective results showed nutritional support for:

1. Increased energy
  2. Reduction in fatigue
  3. Improved sleep
  4. Less irritability
  5. Greater levels of mental cognition
  6. Increased general feeling of overall wellbeing
  7. Reduction of stress symptoms
- (See page 55 for graphs)

Sensoril nutritionally supports a positive stress response. Human clinical trials are recognized by researchers as the Gold Standard for proving a product’s efficacy. A recent double-blind, placebo-controlled human clinical trial demonstrated Sensoril’s unprecedented ability to reduce stress.\* Subjects taking Sensoril experienced a 69.9% reduction in an overall measure of stress-related symptoms. These results indicate that Sensoril treatment leads to a substantial improvement in mood and feelings of wellbeing\* (See page 55, Figure 1).

Sensoril is clinically proven to boost energy and improve overall health without the many negatives of stimulants. Subjects taking Sensoril experienced a 79% increase in energy compared to a placebo group (See page 55, Figure 2).

Sensoril shows the true nature of an adaptogenic herb working on the HPA (hypothalamus-pituitary-adrenal axis). Many times a concentrated adaptogenic blend is a better choice for earlier stages of adrenal fatigue where the botanicals can normalize the endocrine function, instead of a glandular formula that looks to replace the hormones the body isn’t producing. With these results, it has proven to be one of the best adrenal supplements in the industry today. As a vegetarian formula, Adrenal Response is one of the most studied and validated adrenal supplement available. For adaptogens with additional nutrient support, we also offer Adrenal Response Complete Care.

# Adrenal Response®

non-glandular adaptogenic support from botanicals\*

## Serving Size 2 Tablets

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Sensoril® <sup>1</sup> Ashwagandha Root & Leaf Extract ( <i>Withania somnifera</i> )	200 mg	**
Rhodiola Extract ( <i>Rhodiola rosea</i> )	200 mg	**
Astragalus Root ( <i>Astragalus membranaceus</i> )	150 mg	**
American Ginseng Root ( <i>Panax quinquefolius</i> )	100 mg	**
Holy Basil Leaf ( <i>Ocimum sanctum</i> )	100 mg	**
Schizandra Berry ( <i>Schisandra chinensis</i> )	100 mg	**

<b>Additional Foods &amp; Extracts</b>	145 mg	**
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Indian Gooseberry (Amla), Seaweed (*Laminaria digitata* and *Ascophyllum nodosum*)

\*\* Daily Value not established

1. Sensoril® is protected under US Patents Nos. 6,153,198 and 6,713,092 and is a trademark of Natreon, Inc.

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Rice Bran, Guar Gum, Vegetable Lubricant, Silica.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Adrenal Response® is a meticulously researched adaptogenic formula using clinically proven nutrients, herbs and whole foods to assist the adrenal glands' natural response. This botanical formula is targeted at helping to support biochemical imbalances, cortisol levels in particular, related to alterations in adrenal function. The use of non-stimulant plant adaptogens is a safe and effective method of helping to modulate an individual's stress response or hormonal perturbations.\* Crafted from a synergistic combination of botanicals, the primary inclusion is Sensoril®. Sensoril is an extensively researched and proven patented extract of ashwagandha root and leaf, which has been clinically shown to strengthen the body's natural response to stress. Rhodiola, an adaptogen which has been documented to help normalize the manner in which the body responds to stress triggers and maintains equilibrium within the hypothalamic-pituitary-adrenal axis (HPA).\* Astragalus, holy basil, schizandra and American ginseng are complementary inclusions selected for their ability to help improve the body's overall resistance and vital energy. Adrenal Response is an unparalleled formulation providing an exceptional non-glandular solution to effectively support a healthy stress response in the body.\*

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40095.....	30
40096.....	60
40119.....	90

## Sensoril®

Sensoril nutritionally supports a positive stress response.

Human clinical trials are recognized by researchers as the Gold Standard for proving a product's efficacy. A recent double-blind, placebo-controlled human clinical trial demonstrated Sensoril's unprecedented ability to reduce stress.\* Subjects taking Sensoril experienced a 69.9% reduction in an overall measure of stress-related symptoms. These results indicate that Sensoril treatment leads to a substantial improvement in mood and feelings of wellbeing\* (Figure 1).

## Clinically Proven

Sensoril is clinically proven to boost energy and improve overall health without the many negatives of stimulants.

Subjects taking Sensoril experienced a 79% increase in energy compared to a placebo group (Figure 2).

Targeted Response

# Adrenal Response<sup>®</sup> Complete Care

our most comprehensive adrenal formula

Adrenal Response Complete Care is skillfully designed to provide not only the proven adaptogens of Adrenal Response, but also the additional nutrients needed to nourish the adrenal gland, including vitamin C, pantothenate, magnesium, l-serine and phenolic compounds. Crafted from a synergistic union of botanicals and foods, this winning combination of nutrients also provides a therapeutic mushroom blend, as well as supports healthy digestion and enhances bioavailability with a gentle digestive enzyme blend.

The primary inclusion in this formula is Sensoril<sup>®</sup>, a patented extract of ashwagandha root and leaf, which has been clinically shown to strengthen the body's natural response to stress. Rhodiola, an adaptogen which has been documented to help normalize the manner in which the body responds to stress triggers and maintains equilibrium within the hypothalamic-pituitary-adrenal axis (HPA).

Astragalus, holy basil, schizandra and American ginseng are complementary inclusions selected for their ability to help improve the body's overall resistance and vital energy. The botanicals, nutrients and whole foods used in Adrenal Response Complete Care have been proven, through traditional and scientific validation, to be extremely effective.\*

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40104.....	30
40105.....	90

Figure 1

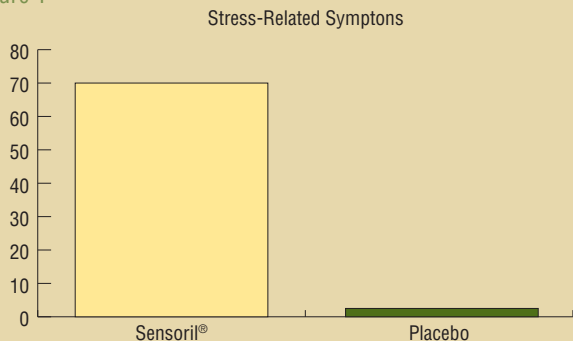
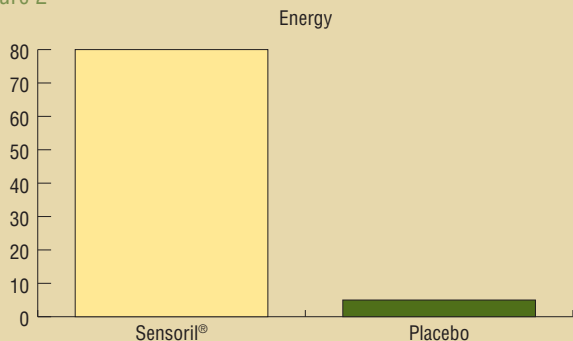


Figure 2



## Serving Size 2 Tablets

Amount per Serving	% Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin C (Oranges*; 400 mg)	100 mg	167
Pantothenate ( <i>S. cerevisiae</i> *; 200 mg)	50 mg	500
Magnesium ( <i>S. cerevisiae</i> *; 800 mg)	40 mg	10
Potassium ( <i>S. cerevisiae</i> *; 200 mg)	10 mg	<1
<b>Sensoril<sup>®</sup> Ashwagandha Root &amp; Leaf Extract</b> ( <i>Withania somnifera</i> )		
	200 mg	***
<b>Phenolics*</b>		
Orange, Wild Blueberry, Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	450 mg	***
<b>Organic &amp; Kosher Mushroom Blend</b>		
Organic Reishi ( <i>Ganoderma lucidum</i> ), Organic Cordyceps ( <i>Cordyceps sinensis</i> )	300 mg	***
<b>Botanical Extracts</b>		
Holy Basil Leaf ( <i>Ocimum sanctum</i> ), Astragalus Root ( <i>Astragalus membranaceus</i> ), Cultivated American Ginseng Root ( <i>Panax quinquefolium</i> ), Schizandra Berry ( <i>Schisandra chinensis</i> )	400 mg	***
<b>Additional Nutrients</b>		
Pine Bark OPC's	50 mg	***
<b>Amino Acids</b>		
L-Serine	200 mg	***
<b>Additional Foods &amp; Extracts</b>		
Indian Gooseberry ( <i>Amla</i> ), Seaweed ( <i>Laminaria digitata</i> & <i>Ascophyllum nodosum</i> ), Carob Pod, Lycopene (from tomato)	125 mg	***
<b>Immune Blend</b>		
<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	1000 mg	***
<b>Bioactive Enzymes &amp; Proteins</b>		
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	201 mg	***

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

1. Sensoril<sup>®</sup> is protected under US Patents Nos. 6,153,198 and 6,713,092 and is a trademark of Natreon, Inc.

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Rice Bran, Guar Gum, Vegetable Lubricant, Silica.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Bone Response<sup>®</sup>

whole food vitamins and minerals to promote skeletal health\*

## Serving Size 6 Tablets

Amount per Serving	%Daily Value	
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### 100% Whole Food Nutrients\*

Vitamin C (Oranges*; 120 mg)	30 mg	50
Vitamin D3 ( <i>S. cerevisiae</i> *; 20 mg)	1000 IU	250
Vitamin K (Cabbage*; 4 mg)	40 mcg	50
Calcium ( <i>S. cerevisiae</i> *; 6000 mg)	300 mg	30
Magnesium ( <i>S. cerevisiae</i> *; 1600 mg)	80 mg	20
Manganese ( <i>S. cerevisiae</i> *; 40 mg)	2 mg	100

Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
Silica ( <i>S. cerevisiae</i> *; 2500 mg)	25 mg	***

### Phenolics\*

<i>Citrus sinensis</i>	30 mg	***
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### Organic Botanical Blend

Organic Nettle Leaf, Organic Spring Horsetail Leaf, Organic Dandelion Leaf & Root	30 mg	***
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### Immune Blend

<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	10214 mg	***
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### Bioactive Enzymes & Proteins

Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	1779 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica

\* This statement has not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

Bone Response is specially crafted to provide all the essential skeletal nutrients as found in complex foods and herbs. A balanced combination of select whole food vitamins, minerals and organic botanicals known to help promote and maintain bone health, this comprehensive bone formula further enhances bioavailability with a gentle digestive enzyme blend. Providing 100% whole food vitamins, minerals and botanicals, comprehensive Bone Response is the superior source of nutrient-rich support promoting optimal skeletal health.\*

6 tablets daily, or as directed by your healthcare practitioner

product #	count
41244	90
41247	180



Targeted Response

# Calm Response™

helps to combat the effects of stress on the body\*

Calm Response is crafted exclusively from 100% whole food nutrients and supportive tonic botanicals known to help replenish and gently support the body during the nutritional challenges of stress.\* Stress depletes the body of essential nutrients, including vitamin C and the B vitamins. All the botanicals in this formula are provided in the quantities consistent with traditional tonic use of herbs. Skullcap, ashwagandha and chamomile are renowned nerve tonics, revered for the support they supply in strengthening and toning the nervous system.\* The inclusion of astragalus and eleuthero helps to promote the body's resistance to a wide variety of external influences. A superior synergy of nutrients, Calm Response is a unique formulation providing exceptional nutritional support during periods of stress.\*

2 tablets daily, or as directed by your healthcare practitioner

product # count  
41064..... 90

## Serving Size 2 Tablets

Amount per Serving	%Daily Value	
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<b>100% Whole Food Nutrients*</b>		
Vitamin C (Oranges*; 1000 mg)	250 mg	417
Thiamine (B1) ( <i>S. cerevisiae</i> *; 80 mg)	20 mg	1333
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 200 mg)	20 mg	1176
Niacinamide ( <i>S. cerevisiae</i> *; 240 mg)	60 mg	300
Vitamin B6 ( <i>S. cerevisiae</i> *; 125 mg)	25 mg	1250
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 24 mg)	120 mcg	2000
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 240 mg)	60 mg	600
Zinc ( <i>S. cerevisiae</i> *; 100 mg)	5 mg	33

### Phenolics\*

Orange, Wild Blueberry & Cranberry	260 mg	***
<i>(Citrus sinensis, Vaccinium angustifolium, Vaccinium macrocarpon)</i>		

<b>Organic Botanical Blend</b>	155 mg	***
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Organic Eleuthero Root, Organic Ashwagandha Root, Organic Skullcap Leaf, Organic Schizandra Berry, Organic Chamomile Flower, Organic Ginger Root

<b>Immune Blend</b>	1089 mg	***
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*S. cerevisiae*, Broccoli, Organic Astragalus Root, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

<b>Bioactive Enzymes &amp; Proteins</b>	459 mg	***
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Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Vegetable Cellulose

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Cardio Response<sup>®</sup>

protective whole foods and botanicals to promote cardiovascular health<sup>♦</sup>

## Serving Size 3 Tablets

Amount per Serving	% Daily Value	
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<b>100% Whole Food Nutrients*</b>		
Vitamin E (Brown Rice*; 400 mg)	100 IU	333
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Vitamin B6 ( <i>S. cerevisiae</i> *; 125 mg)	25 mg	1250
Folate (Broccoli*; 80 mg)	800 mcg	200
Vitamin B12 ( <i>S. cerevisiae</i> *; 25 mg)	125 mcg	2083
Magnesium (100% Amino Acid Chelate)	200 mg	50
Selenium ( <i>S. cerevisiae</i> *; 50 mg)	50 mcg	71
Potassium (100% Amino Acid Chelate)	50 mg	1
<hr/>		
Coenzyme Q-10	30 mg	***
<hr/>		
<b>Tonic Mushroom Extracts</b>	150 mg	***
Reishi Mycelia, <i>Cordyceps sinensis</i>		
<hr/>		
<b>Cardio Antioxidants</b>	70 mg	***
Pine Bark OPC's, Grape Seed & Fruit Extract ( <i>Vitis vinifera</i> )		
<hr/>		
<b>Cardio Whole Food Blend</b>	875 mg	***
BluePhenolic <sup>®</sup> Blueberry Concentrate ( <i>Vaccinium angustifolium</i> ), Garlic Bulb, Tomato, Watercress, Onion Bulb, Pomegranate Concentrate, Beet Root		
<hr/>		
<b>Cardio Botanical Blend</b>	630 mg	***
Rhodiola Rosea Root, Dandelion Leaf, Hawthorne Berry & Leaf, Cramp Bark, Linden Flower ( <i>Tilia spp.</i> ), Rosemary Leaf, Turmeric Root, Ginger Rhizome		
<hr/>		
<b>Immune Blend</b>	280 mg	***
<i>S. cerevisiae</i> , Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**		
<hr/>		
<b>Bioactive Enzymes &amp; Proteins</b>	203 mg	***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

\* True Active™ FoodState<sup>®</sup> 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Rice Bran, Silica, Guar Gum, Vegetable Lubricant

<sup>♦</sup> This statement has not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

Cardio Response is a multi-dimensional formula crafted with the understanding that the synergy created by unifying several whole plant and food ingredients can have a profound restorative effect on the body. Select whole food nutrients were chosen for their essential roles in promoting cardiovascular health. Whole foods and botanicals with the innate intelligence to target and support the cardiovascular system have been included for the broad range of protective and adaptogenic compounds they provide. The inclusion of wild blueberry, pomegranate, pine bark and grape seed provide the body with an enhanced spectrum of protective whole food compounds and promote overall health of the cardiovascular system. Cardio Response is an exceptional source of 100% whole food vitamins, minerals and botanicals providing superior support for cardiovascular health.<sup>♦</sup>

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40082	.60
40083	.90

# Cholesterol Response<sup>®</sup>

helps to maintain healthy cholesterol levels\*

Cholesterol Response is a truly unparalleled professional formula unifying select whole foods and botanicals each revered for their innate ability to support and promote the health of the cardiovascular system. Abundant in antioxidant compounds, this formulation also provides rice bran and apple pectin for further enrichment. The inclusion of guggul gum resin, pomegranate and wild blueberry complete this comprehensive solution. The result is a superior union of nutrients providing a broad range of nutraceuticals and botanicals that research has implicated to be effective in helping to maintain HDL levels already within a normal range and support cardiovascular health.\* Cholesterol Response effectively promotes cardiovascular health with 100% whole foods and botanicals.\*

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40034 .....	.30
40036 .....	.60

## Serving Size 2 Tablets

Amount per Serving	%Daily Value
<b>100% Whole Food Nutrients*</b>	
Guggul Gum Resin ( <i>Commiphora mukul</i> )	500 mg **
Garlic Bulb Freeze Dried Concentrate ( <i>Allium sativum</i> )	250 mg **
Oat Beta-Glucan Fiber	200 mg **
Pomegranate Fruit Concentrate ( <i>Punica granatum</i> )	200 mg **
Rice Bran ( <i>Oryza Sativa</i> )	100 mg **
Hawthorne Leaf ( <i>Crataegus Pinnatifida</i> )	75 mg **
Apple Pectin	50 mg **
<i>Andrographis paniculata</i> Leaf	45 mg **
Sea Vegetable ( <i>Laminaria digitata</i> )	30 mg **
Ginger Root ( <i>Zingiber officinale</i> )	25 mg **
Hawthorne Berry ( <i>Crataegus Oxyacantha</i> )	25 mg **
Turmeric Root ( <i>Curcuma longa</i> )	20 mg **
Policosanol (Rice Bran)	10 mg **
Policosanol (Sugar Cane)	10 mg **

### Phenolics\*

Orange, Wild Blueberry & Cranberry 300 mg \*\*\*  
(*Citrus sinensis*, *Vaccinium angustifolium*, *Vaccinium macrocarpon*)

\* True Active™ FoodState® 100% Food Concentrates

\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Cortisol Response<sup>®</sup>

promote endocrine function\*

## Serving Size 3 Tablets

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Vitamin C (Oranges*; 1000 mg)	250 mg	417
Vitamin B6 ( <i>S. cerevisiae</i> *; 250 mg)	50 mg	2500
Pantothenate ( <i>S. cerevisiae</i> *; 800 mg)	200 mg	2000
Potassium ( <i>S. cerevisiae</i> *; 200 mg)	10 mg	<1

### Phenolics\*

Orange, Wild Blueberry, Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	500 mg	***
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<b>Additional Nutrients</b>	200 mg	***
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L-Serine

<b>Additional Foods &amp; Extracts</b>	30 mg	***
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Carob Pod, Lycopene (from tomato)

<b>Immune Blend</b>	1250 mg	***
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*S. cerevisiae*, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

<b>Bioactive Enzymes &amp; Proteins</b>	347 mg	***
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Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Rice Bran, Vegetable Lubricant, Silica

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Cortisol Response is a supreme formula crafted exclusively from 100% whole food nutrients. This whole food formulation is specifically designed to nutritionally support the adrenal gland and to support biochemical imbalances related to alterations in adrenal function, particularly in cortisol production. Crafted to provide nutrients specifically known to help support and promote adrenal gland function, primary inclusions include vitamin C, vitamin B6, pantothenate and potassium. This winning combination goes further by also providing carob pod (a food source of l-serine) and tomato (rich in lycopene), for their revered ability to support adrenal health. Cortisol Response is an unparalleled formula targeted at promoting endocrine function.\*

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40094.....	60
40097.....	90



Targeted Response

# Immunostimulant Response™

help strengthen the immune system\*

Immunostimulant Response is crafted with nutritionally superior whole foods, including 404 Glucan Peptides™, to help activate the body's inherent ability to stimulate a healthy immune response. *Saccharomyces cerevisiae* and *Grifola frondosa* are abundant whole food sources of 1,3/1,6 and 1,6/1,3 branched beta glucan chains, respectively. Beta glucans are polysaccharide compounds that have a paramount role in nutritionally supporting the immune system. Beta glucans also have an important role in supporting the macrophages and stimulating the immune cascade, an innate physiological immune response. The inclusion of wild blueberry, one of the richest sources of anthocyanins and other protective compounds, provides additional antioxidant support. Formulated exclusively from 100% whole foods, Immunostimulant Response is the ultimate nutrient combination targeted to help strengthen the immune system.♦

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40070 .....	30
40071 .....	60

## Serving Size 1 Tablet

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin C (Oranges*; 40 mg)	10 mg	17
Beta 1,3/1,6 Glucan ( <i>S. cerevisiae</i> *; 200 mg)	50 mg	***
<b>Mushrooms</b>	265 mg	***
Maitake Whole Mushroom Powder, 404 Glucan Peptides™††		
<b>Additional Foods &amp; Extracts</b>	25 mg	***
Wild Blueberry Concentrate		
<b>Immune Blend</b>	200 mg	***
<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotic**		
<b>Bioactive Enzymes &amp; Proteins</b>	99 mg	***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

†† MaitakeGold 404® is a registered trademark of the Tradeworks Group, Inc. and is licensed under U.S. Patent #5,854,404.

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Silica, Vegetable Lubricant

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Targeted Response

# Liver Response™

targeted whole food support

## Serving Size 1 Tablet

Amount per Serving	%Daily Value	
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Organic Reishi ( <i>Ganoderma lucidum</i> )	500 mg	**
Organic Purple Kculli Corn Extract ( <i>Zea mays L., Poaceae</i> )	200 mg	**

\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Guar Gum, Silica, Vegetable Lubricant

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Liver Response is crafted specifically to promote liver health and function. This concise formulation effectively provides the revitalizing protective nourishment for healthy liver cells with the revered organic reishi antler mushroom, grown on anthocyanin-rich purple kculli corn, a non-GMO heirloom strain.♦ The additional inclusion of organic purple kculli corn further enhances the protective properties of the reishi antler mushroom. Liver Response provides unparalleled support exclusively from 100% whole foods.♦

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40138.....	30
40139.....	60



# MaitakeGold 404<sup>®</sup>

promotes cellular health and overall vitality

MaitakeGold 404 is crafted from a proprietary blend of medicinal mushrooms revered for their innate ability to promote cellular health, enhance immune function and increase overall vitality.♦ The

404 Glucan Peptides™ is a patented extract developed by

Dr. H. Nanba, the world's leading expert on the benefits and uses of the maitake mushroom. The inclusion of vitamin C provides additional support for healthy immune function and cellular health.♦

The proprietary blend of restorative organic mushrooms rounds out this comprehensive formulation with further protection and

immune support. Rich in glucan peptides, MaitakeGold 404

provides a complete spectrum of maitake activity, exclusively from 100% whole foods.♦

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40064.....	30
40065.....	60

## Serving Size 1 Tablet

Amount per Serving	%Daily Value	
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### 100% Whole Food Nutrients\*

Vitamin C (Oranges*; 40 mg)	10 mg	17
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MaitakeGold 404 <sup>®</sup> ††	5 mg	**
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<b>Multi Mycelia Mushrooms Proprietary Blend</b> †††	250 mg	**
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Shiitake (*Lentinula edodes*), Brazilian Mushroom (*Agaricus blazei*), Split Gill (*Schizophyllum commune*), Cordyceps (*Cordyceps sinensis*), White Wood Ear (*Tremella fuciformis*), Reishi (*Ganoderma lucidum*), Turkey Tail (*Coriolus versicolor*), Fu-Ling (*Poria cocos*), Lion's Mane (*Hericium erinaceus*), Maitake (*Grifola frondosa*)

\* True Active™ FoodState® 100% Food Concentrates

\*\* Daily Value not established

†† MaitakeGold 404<sup>®</sup> is a registered trademark of the Tradeworks Group, Inc. and is licensed under U.S. Patent #5,854,404.

††† Whole organically grown mushrooms extracted by a low heat drying process. It has been demonstrated that only extracted and properly processed mushrooms, with their cell walls broken, provide maximum cellular response.

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Rice Bran, Vegetable Cellulose, Guar Gum, Silica, Vegetable Lubricant

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Targeted Response

# Prostate Response<sup>®</sup>

effective whole food support

## Serving Size 2 Tablets

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
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<b>Amino Acids</b>	350 mg	***
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L-Glutamic Acid, L-Alanine, Glycine

<b>Additional Foods &amp; Extracts</b>	143 mg	***
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Broccoli Concentrate, Tomato Concentrate, Cranberry Extract, Pumpkin Seed Extract, Lycopene (from tomato)

<b>Botanical Extracts</b>	870 mg	***
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Saw Palmetto Berry (*Serenoa repens*), †Purple Corn Optimized Mycelia Biomass™, Nettle Root (*Urtica dioica*), Pygeum Bark (*Pygeum africanum*), Marshmallow Root (*Althea officinalis*), Nettle Leaf (*Urtica dioica*)

<b>Immune Blend</b>	300 mg	***
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*S. cerevisiae*, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

<b>Bioactive Enzymes &amp; Proteins</b>	162 mg	***
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Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Purple Corn Optimized Mycelia Biomass™, is a trademark of Functional Fungi, LLC.

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Rice Bran, Silica, Vegetable Lubricant, Guar Gum

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Prostate Response is a targeted response formula crafted to support the health and function of the prostate and genitourinary system. This superior mix supplies whole food zinc combined with amino acids, nutrients shown to promote prostate health and function.\* Including nettle root and leaf and marshmallow, all the foods and botanicals carefully selected provide the protective phytonutrients traditionally used to nourish the prostate and urinary tract.\* This comprehensive formula also provides an immune blend, and enhances bioavailability with the inclusion of plant-sourced enzymes. Prostate Response is an exceptional 100% whole food formulation for effective prostate and genitourinary support.\*

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40092.....	60



Targeted Response

# Skin, Hair & Nails

promotes the health and integrity of the skin, nails and hair\*

Skin, Hair & Nails is a radiant formulation of whole foods, treasured flowers and nourishing botanicals known to promote the growth, strength and radiance of the skin, hair and nails.\* Drawing on the wisdom of ancient Oriental, Indian, European and Native American traditions, the organic botanicals include spring horsetail, chaste tree and ashwagandha, provided in the quantities consistent with the traditional tonic use of herbs. Skin, Hair & Nails provides 100% whole food vitamins, minerals and botanicals for a beautifying combination.\*

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40057.....	90

## Serving Size 3 Tablets

Amount per Serving	%Daily Value	
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### 100% Whole Food Nutrients\*

Vitamin C (Oranges*; 1000 mg)	250 mg	417
Vitamin E (Brown Rice*; 400 mg)	100 IU	333
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Folate (Broccoli*; 40 mg)	400 mcg	100
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 120 mg)	30 mg	300
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
Copper ( <i>S. cerevisiae</i> *; 100 mg)	1 mg	50
Silica ( <i>S. cerevisiae</i> *; 100 mg)	1 mg	***
Sulfur ( <i>S. cerevisiae</i> *; 60 mg)	3 mg	***

### Phenolics\*

Orange, Wild Blueberry & Cranberry	307 mg	***
<i>(Citrus sinensis, Vaccinium angustifolium, Vaccinium macrocarpon)</i>		

### Organic Botanical Blend

Organic Spring Horsetail Leaf, Organic Nettle Leaf, Organic Milk Thistle Seed, Organic Chaste Tree Berry, Organic Ashwagandha Root, Organic Red Clover Flower, Organic Ginger Root, Organic Chamomile Flower, Organic Rosemary Leaf, Organic Turmeric Root, Organic Blueberry, Organic Cranberry, Organic Yellowdock Root, Organic Dandelion Leaf & Root	445 mg	***
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### Immune Blend

<i>S. cerevisiae</i> , Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotic**	720 mg	***
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### Bioactive Enzymes & Proteins

Amylase, Cellulase, Protease, Lipase, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	478 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Silica, Vegetable Lubricant

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Sleep Response™

promote relief from stress\*

## Serving Size 1 Tablet

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Lemon Balm ( <i>Melissa officinalis</i> L.)	200 mg	**
Organic Reishi ( <i>Ganoderma lucidum</i> )	500 mg	**
Sensoril®†† Ashwagandha Root & Leaf ( <i>Withania somnifera</i> )	200 mg	**
Skullcap ( <i>Scutellaria lateriflora</i> )	200 mg	**

\*\* Daily Value not established

†† Sensoril® is protected under the US Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreon, Inc

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Rice Bran, Guar Gum, Vegetable Lubricant, Silica

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Sleep Response is an unparalleled nutrient mix crafted specifically to promote a restful sleep and reduce tension related to stress. The primary inclusion is organic reishi antler mycelia, revered for its powerful adaptogenic activity. Non-GMO, reishi antler mycelia is grown on anthocyanin-rich purple kculli corn and is considered to be the most potent form of reishi mushroom available today, providing superior antioxidants to combat oxidative stress.\* This supreme combination is formulated with Sensoril®, a patented extract of ashwagandha root and leaf, clinically shown to calm and nourish the nervous system.\* The inclusion of concentrated nervine extracts of skullcap and lemon balm, traditionally used to soothe, further enhance this comprehensive formulation. Providing exceptional support, Sleep Response is crafted exclusively from 100% whole foods.\*

1-2 tablets daily, one hour prior to going to bed, or as directed by your healthcare practitioner

product #	count
40117	60
40118	90



# Thyroid Response<sup>®</sup> Complete Care

our most comprehensive thyroid formula

Thyroid Response Complete Care is a synergistic combination of nutrients, herbs and trace mineral rich foods that support thyroid health and function. Included are thyroid supportive nutrients such as iodine, selenium and the amino acid tyrosine. Selenium has been shown in research to have a role as a component in the conversion of T3; iodine and l-tyrosine are required in the production of thyroid hormones. The whole herb blend includes ashwagandha to support thyroid function; Sensoril<sup>®</sup>, an ashwagandha extract, revitalizes metabolic processes associated with stress and fatigue.

Additional whole herbs include guggul to rejuvenate the thyroid; holy basil to enhance metabolic function; bladderwrack; and coleus forskohlii root, which contains forskolin, an activator of cAMP (cyclic adenosine monophosphate). This premier thyroid formulation further includes additional foods, an immune blend and plant-sourced enzymes to enhance bioavailability. A comprehensive, non-glandular solution, Thyroid Response Complete Care effectively promotes and supports healthy thyroid function with 100% whole food nutrients.\*

2 tablets daily, or as directed by your healthcare practitioner	
product #	count
40106.....	30
40107.....	90

## Serving Size 2 Tablets

Amount per Serving	% Daily Value	
<b>100% Whole Food Nutrients*</b>		
Iodine ( <i>S. cerevisiae</i> *; 10 mg)	150 mcg	100
Selenium ( <i>S. cerevisiae</i> *; 50 mg)	50 mcg	71
<b>Sensoril<sup>®</sup>. Ashwagandha Root &amp; Leaf Extract</b> ( <i>Withania somnifera</i> )		
	200 mg	***
Gugulipid <sup>®</sup> 1. Gum Resin ( <i>Commiphora mukul</i> )	300 mg	***
Holy Basil Leaf ( <i>Ocimum sanctum</i> )	250 mg	***
<i>Coleus forskohlii</i> Root	150 mg	***
<b>Additional Nutrients</b>	225 mg	***
Bladderwrack ( <i>Fucus vesiculosus</i> ), Sea Vegetable ( <i>Laminaria digitata</i> ), Irish Moss ( <i>Chondrus crispus</i> )		
<b>Additional Foods &amp; Extracts</b>	100 mg	***
Carob Pod, Carrot		
<b>Amino Acid</b>	500 mg	***
L-Tyrosine		
<b>Immune Blend</b>	60 mg	***
<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**		
<b>Bioactive Enzymes &amp; Proteins</b>	23 mg	***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

\* True Active<sup>™</sup> FoodState<sup>®</sup> 100% Food Concentrates

\*\* Naturally occurring \*\*\* Daily Value not established

†† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

1. Gugulipid<sup>®</sup> is a registered trademark of the Sabinsa Corporation.
2. Sensoril<sup>®</sup> is protected under US Patents Nos. 6,153,198 and 6,713,092 and is a trademark of Natreon, Inc.

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Rice Bran, Guar Gum, Vegetable Lubricant, Silica.

- Sensoril<sup>®</sup> is a patented stress management extract that helps to revitalize metabolic processes associated with stress, restlessness and fatigue.††
- Iodine is provided in its True Active<sup>™</sup> FoodState<sup>®</sup> and supported with sea plants rich in essential trace elements. Iodine and the amino acid l- tyrosine are required in the production of thyroid hormones.

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Thyroid Response<sup>®</sup> Estrogen Dominance

adaptogenic support for thyroid function\*

## Serving Size 2 Tablets

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Ashwagandha Root ( <i>Withania somnifera</i> )	200 mg	***
Eleuthero Root ( <i>Eleutherococcus senticosus</i> )	200 mg	***
Gugulipid <sup>®†</sup> Gum Resin ( <i>Commiphora mukul</i> )	200 mg	***
Holy Basil Leaf ( <i>Ocimum sanctum</i> )	200 mg	***
Schizandra Berry ( <i>Schisandra chinensis</i> )	200 mg	***
Chaste Tree Berry ( <i>Vitex agnus castus</i> )	150 mg	***
Bladderwrack ( <i>Fucus vesiculosus</i> )	100 mg	***
<i>Coleus forskohli</i> Root	100 mg	***
Kudzu Root ( <i>Pueraria lobata</i> )	100 mg	***
Rosemary Leaf ( <i>Rosmarinus officinalis</i> )	100 mg	***
Turmeric Root ( <i>Curcuma longa</i> )	100 mg	***

### Additional Foods & Extracts

Beet Fiber, Wild Blueberry Concentrate*	230 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\*\* Daily Value not established

† Gugulipid<sup>®</sup> is a registered trademark of the Sabinsa Corporation

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Guar Gum, Vegetable Cellulose, Vegetable Lubricant, Silica

Thyroid Response Estrogen Dominance is designed specifically to target a thyroid response through the use of rejuvenative and adaptogenic botanicals, including ashwagandha, eleuthero root, guggul and holy basil, each known for their supportive action on thyroid gland function. This targeted combination was formulated with chaste tree berry, an herb well-known to support pituitary function and therefore hormonal production.\* Kudzu root was also included as a rich source of isoflavone compounds, including genistein and daidzein. It is known that thyroid fluctuations develop more often during pregnancy, perimenopause and menopause than at other times, suggesting that fluctuations in hormone levels may also act as a trigger. As a result, an excess of estrogen with low progesterone (estrogen dominance) is often present with sub-clinical thyroid function. Thyroid Response Estrogen Dominance is an unparalleled mix of 100% whole herbs and foods created to specifically promote balanced hormone function.\*

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40099	60
40100	90

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Targeted Response

# Thyroid Response<sup>®</sup> Nutrient Factors

nutritional support for thyroid function\*

Thyroid Response Nutrient Factors was crafted exclusively to provide optimal nutrition vital to maintaining metabolic function of the thyroid gland.\* Thyroid function is dependent on a range of nutrients, including iodine, zinc, selenium, copper and the amino acid L-tyrosine. Selenium has been shown in research to have a role as a component in the conversion of T3; iodine and L-tyrosine are required in the production of thyroid hormones. In addition to providing these vital nutrients, this concise formulation also provides additional supportive whole foods known to target and support thyroid health, as well as an immune blend, and plant-based enzymes to enhance bioavailability.\* Poor nutrition is considered one of the causes of an under-active thyroid. Thyroid Response Nutrient Factors contains the superior nutrition of 100% whole foods and minerals, specially targeted at promoting endocrine function.\*

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40102 .....	60
40103 .....	90

## Serving Size 2 Tablets

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Iodine ( <i>S. cerevisiae</i> *; 10 mg)	150 mcg	100
Zinc ( <i>S. cerevisiae</i> *; 200 mg)	10 mg	67
Selenium ( <i>S. cerevisiae</i> *; 50 mg)	50 mcg	71
Copper ( <i>S. cerevisiae</i> *; 200 mg)	2 mg	100

### Additional Nutrients

L-Tyrosine	500 mg	***
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### Additional Foods & Extracts

Irish Moss ( <i>Chondrus crispus</i> ), Sea Vegetable ( <i>Laminaria digitata</i> ), Carrot ( <i>Daucus sativus</i> )	200 mg	***
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### Immune Blend

<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	460 mg	***
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### Bioactive Enzymes & Proteins

Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	137 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Rice Bran, Guar Gum, Vegetable Lubricant, Silica

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Vision Response™

protect macular health

## Serving Size 2 Tablets

### Amount per Serving % Daily Value

#### 100% Whole Food Nutrients\*

Vitamin C (Oranges*; 500 mg)	125 mg	208
Vitamin E (Brown Rice*; 400 mg)	100 IU	333
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)		
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)		
Zinc ( <i>S. cerevisiae</i> *; 200 mg)	10 mg	67

#### Phenolics\*

Orange, Wild Blueberry, Cranberry	625 mg	***
<i>(Citrus sinensis, Vaccinium angustifolium, Vaccinium macrocarpon)</i>		

#### Antioxidants

LuteinPlus® with MZ†† Patented Carotenoid	445 mg	***
Provides: Lutein (Marigold), Meso-Zeaxanthin (Marigold), Zeaxanthin (Marigold)		
Alpha Lipoic Acid, Glutathione (Reduced)		

#### Protective Foods & Herbs

Bilberry Extract ( <i>Vaccinium myrtillus</i> ), Kale ( <i>Brassica oleracea acephala</i> ), Spinach ( <i>Spinacia oleracea</i> ), Turmeric Root ( <i>Curcuma longa</i> ), Grape Seed & Fruit Extract ( <i>Vitis vinifera</i> )	335 mg	***
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#### Immune Blend

<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	200 mg	***
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#### Bioactive Enzymes & Proteins

Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	319 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

†† LuteinPlus®- U.S. Patent Numbers: 5,523,494; 6,329,432; 6,420,614; 6,504,067 Quantum Nutritionals.

LuteinPlus® is a Trademark of Howard Foundation (Holdings) Limited

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Silica, Guar Gum, Rice Bran.

Vision Response is carefully formulated from 100% whole food nutrients to address the requirements to support optimal macular health. Lutein, meso-zeaxanthin and zeaxanthin are the three essential carotenoids for optimal vision, supporting the proper function of the retina and macula.\* Spinach and kale are rich in lutein and carotenoids that function as antioxidants and free radical scavengers. OPC's, anthocyanins, polyphenols and other flavonoids found in bilberry, blueberry and grape further support vascular health. Also providing an immune blend and plant-sourced enzymes, Vision Response is a comprehensive formula carefully created with all the nourishing and protective components to assist the eyes.\*

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40115	60
40116	90

## A Surprisingly Challenging Question

It is often the simple questions that bring about epiphanies. In my line of work, one such question to which I often bear witness is “What is a vitamin?”

While we are so in tune with the current studies and research, such as “Higher Dietary Intake of Soluble Fiber from Fruits, Vegetables and Beans May Improve Metabolic Health in Overweight Children” (the study on my desk at the moment), we are often unaware of the “what” of something we routinely use and advise patients to take every day – vitamins.

Defining a vitamin is not as easy as one might think. The common textbook answer for the definition of a vitamin is “an organic substance that cannot be manufactured by an organism that is necessary in small amounts.” Yet, this does not give a full understanding, as vitamins have a very diverse range of functions. Vitamins can be hormones, antioxidants, or act as coenzymes for many metabolic functions.

Almost all vitamins are phytonutrients since most were originally discovered in food; thus we can add phytonutrient to the definition of most vitamins. If a patient is missing the phytonutrient  $C_6H_8O_6$  (vitamin C) from their diets, for example, they will develop signs of scurvy; lack of  $C_{27}H_{44}O$  (vitamin D) will present rickets. We can therefore also say a vitamin is a phytonutrient needed in small amounts regularly in order to prevent nutritional diseases that develop over a relatively short term.

This exercise inevitably leads to a quandary. How many patients have visited you for short-term nutritional deficiencies such as scurvy or rickets? When was the last time a patient with one of these disease states walked through your door? Many patients may have vitamin deficiencies, such as low vitamin C, and possibly a broad range of other nutrients for which they can use supplementation; actual vitamin deficiencies that cause a short-term disease state are quite rare.

Today, we are well aware of unprecedented levels of long-term nutritional deficiency disease states; notably, metabolic syndrome, type II diabetes and cardiovascular disease continue to rise. It is these long-term disease states that bring patients to your office, having developed over a long-term of unhealthy eating habits and inadequate exercise, taking several years to develop. Unfortunately,

vitamins can't be defined as preventing long-term nutritional diseases; studies have proven that vitamins by themselves are incomplete for optimal long-term health.

There have been attempts to classify phytonutrients that prevent long-term nutritional deficiencies as vitamins; one that comes to mind is vitamin P. Albert Szent Gyorgyi, the scientist who discovered vitamin C, felt strongly that vitamin C is not effective without the other synergistic factors present in the original food (peppers). Shortly after his discovery of vitamin C, Albert Szent Gyorgyi discovered vitamin P. Since vitamin P wasn't shown to prevent any known short-term nutritional deficiency it lost its designation as a vitamin. Vitamin P is now known as the phenolic compounds, which are known to be crucial for the nutritional support of long-term nutritional deficiencies, including cardiovascular health. The union of phenolic compounds and vitamin C in a FoodState (interwoven as it naturally occurs in food, not simply mixed) is the best source for long- and short-term nutritional support. Beyond phenolic compounds many other phytonutrients are thought to be important in the prevention of long-term nutritional deficiencies, including organosulfur compounds, carotenoids, alkaloids, etc.

Look at the current long-term studies into these disease states; almost all of the studies with increased consumption of fruits, vegetables and whole grains show an inverse correlation with these diseases. Many of these studies point to the phytochemistry of these foods and the necessary inclusion in the diet. The studies that utilized isolated vitamins show mixed results at best. It is therefore the union of vitamin and phytonutrient in whole food that is essential for the prevention of these long-term nutritional deficiencies.

This leads to the inevitable answer: If whole food provides the phytochemistry patients so desperately need for optimal long-term health, then the best foundation for patients is a whole food multiple vitamin.

So the next time you create a supplementation foundation for your patients, consider whole food supplements. Whole food supplements provide not only the defined vitamin phytonutrients, but also all of the as yet undiscovered factors and broad array of phytochemistry for optimal long-term health.

  
Director, Innate Response Formulas

# Minerals Formulas



## Whole Food Minerals

Innate's mineral formulas are exclusively crafted from 100% whole food nutrients, and expressly designed to provide the integral trace minerals required for countless physiological functions. The vitamins and minerals in each formula are not in an isolated state, but rather, exist within a biodynamic, whole food concentrate. True Active™ FoodState® concentrates not only deliver essential vitamins and minerals, but also numerous other vital constituents as well, that inherently comprise whole food with irreplaceable roles as co-factors in key metabolic functions, and as bio-carriers that govern nutrient delivery to the cells. True Active FoodState nutrients, therefore, have a higher rate of utilization and are also retained longer in the body compared to all other forms of nutrients, particularly pure, isolated forms.

## Our Mineral Source

One plant more than any other has been researched for its extraordinary nutritional benefits.

That plant is the probiotic *Saccharomyces cerevisiae*.

*Saccharomyces cerevisiae* is the most studied plant on earth. In fact, there are over 25,000 research documents on *Saccharomyces cerevisiae*. One of the major reasons is due to the fact that if you take a *Saccharomyces cerevisiae* cell and a typical human cell and place them under an electron

microscope you would have an extremely difficult telling the two apart.

The cellular structure is almost 90% identical.

The superoxide dismutase, one of the major antioxidant systems of a cell, is almost identical to our own. Examination of SOD in *Saccharomyces cerevisiae* shows that it has similar zinc to copper ratios and the same basic molecular weight as human SOD. Further, it has been found that *Saccharomyces cerevisiae*'s own cellular structure shares many of the same metabolic pathways as ours.

Many of the major vitamin and nutrient breakthroughs came from this single cell plant. In addition to B vitamins and beta glucans, many other nutrients were first discovered in *Saccharomyces cerevisiae*. Enzymes in fact, are named for the plant in which they were discovered; the word enzyme comes from the Latin *in saccharomyces*. In addition to the abundance of nutrients that have been discovered in *Saccharomyces cerevisiae*, it is also rich in many nutrients including CoQ10, a full range of minerals and trace minerals, the master antioxidant glutathione, lipoic acid, RNA and DNA, 18 amino acids, and is one of the richest sources of GTF (Glucose Tolerance Factor) chromium. When you consider the probiotic *Saccharomyces cerevisiae* is one of the richest sources of many immune-enhancing nutrients and belongs to the same kingdom as mushrooms, it is no wonder it is often called the "immunity plant".

In Germany, *Saccharomyces cerevisiae* is the fourth most prescribed herbal monopreparation. With its immunity-

## Iron Response

Whole food iron is one of the best ways to discover the greater effectiveness of whole food minerals, especially as iron is a mineral often forgotten since studies have come out questioning its use in supplements. Truth is, based on reports from the World Health Organization, if one nutrient could be supplemented and given to the world population it would be iron. It is the most lacking nutrient in the United States and most other countries, especially for women and children. Iron gives red blood cells their ability to carry oxygen. It is by far the most lacking nutrient in the world.

Common signs of low iron are:

- Fatigue or low energy
- Brittle or grooved nails
- Constantly feeling cold
- Weakness
- Low immunity

Typical dosage for iron is 100-200 mg of ferrous fumarate, ferrous sulfate or chelate. At this dose, many patients report feeling constipated from taking these forms of iron. Also, studies have shown that iron can easily accumulate in the prostate and heart tissue making these forms of iron contraindicated for many people. It is easy to see why...

Take any form of regular iron, such as ferrous fumarate, ferrous sulfate or ferrous gluconate, and place them in a bowl...then add water. What happens when iron comes in contact with water? Quite simply, it rusts.

enhancing abilities, *Saccharomyces cerevisiae* is used for many protocols. In fact, if you look at the pharmacokinetic and pharmacology of *Saccharomyces cerevisiae* it has been shown to inhibit the growth of *candida albicans* (yeast infections) *in vivo*. Studies have shown that immune-enhancing secretory immunoglobulins (IgA and IgG) increase in the gastrointestinal tract after oral intake of *Saccharomyces cerevisiae*.

With all of these benefits wrapped up in one plant, it is clearly the ideal plant to deliver all of the minerals in our formulas.

## Mineral Potencies

By delivering minerals as whole food concentrates the potency will be lower by milligram weight. At Innate we know that milligrams are only a measurement of weight — not effectiveness. Whole food minerals from Innate provide a complete mineral that provides not only the mineral but also the active peptide that is necessary for your patients to uptake and *utilize* any mineral.

Many people do not realize that calcium carbonate or calcium citrate is nothing more than crushed rock, chalk or wall board. When any isolated mineral is supplemented, it cannot be utilized by the physiology. The mineral must first be disassociated from the participating ligand such as carbon, citrate or gluconate. After the mineral disassociates it is in an ionized form. The ionized mineral then has to find a peptide or a group of amino acids to which to attach. Once the mineral is attached to a protein, the villi in the small intestine can then pull the mineral into the blood stream for absorption.

The problem is these ionized forms of minerals are volatile and will bond with the first ligand that it is able. For instance, ionized calcium will bond with unsaturated fatty acids creating mineral soaps. Calcium can also bond with cellulose, creating a calcium complex that cannot be absorbed by the physiology.

Whole food minerals are different. They are attached to peptides and are in a form that the body can readily uptake and immediately *utilize*. So the next time you look at the potency claim, realize that there is more to a mineral's effectiveness than potency weight. When you consider using high potency mineral isolates and realize that much of the mineral is not utilized, it makes sense to look at easily absorbed whole food mineral forms for your patients.



The reaction is quite simple; an isolated form of iron such as ferrous sulfate will oxidize. As it oxidizes it reduces to iron oxide. Iron oxide is a form of iron that cannot be absorbed by the physiology. As it enters the colon, iron oxide can cause cramping and constipation.

Our bodies are 90% water, so it can be very easy to understand why many people choose iron-free supplements. Examining this reaction, it is also easy to see why many of the studies showed the results they did.

Iron Response from Innate is different. It is food.

Many plants such as spinach are high in iron. Spinach growing in a garden gets rained on or watered every day, yet doesn't rust. Spinach not rusting is common sense and something we take for granted. Nobody knows exactly how plants are able to protect minerals from oxidizing. It is theorized that the peptide attachment universally found within plants and animals protect minerals from oxidation creating mineral complexes that can be used in metabolic functions.

Iron Response is one of our most popular products. We receive more testimonials on Iron Response than any other product.

Many practitioners have documented the effectiveness of Iron Response with many of their patients reporting increased levels of blood iron levels.

Iron Response is the perfect whole food iron supplement for your practice.

# Balanced Minerals

iron-free mineral formula with enriching botanical support

## Serving Size 3 Tablets

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Calcium ( <i>S. cerevisiae</i> *; 2000 mg)	100 mg	10
Iodine ( <i>S. cerevisiae</i> *; 3 mg)	50 mcg	33
Magnesium ( <i>S. cerevisiae</i> *; 1000 mg)	50 mg	13
Zinc ( <i>S. cerevisiae</i> *; 300 mg)	15 mg	100
Selenium ( <i>S. cerevisiae</i> *; 60 mg)	60 mcg	86
Manganese ( <i>S. cerevisiae</i> *; 40 mg)	2 mg	100
GTF† Chromium ( <i>S. cerevisiae</i> *; 30 mg)	60 mcg	50
Molybdenum ( <i>S. cerevisiae</i> *; 12 mg)	23 mcg	31
Potassium ( <i>S. cerevisiae</i> *; 3495 mg)	41 mg	1

Boron ( <i>S. cerevisiae</i> *; 50 mg)	500 mcg	***
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<b>Organic Botanical Blend</b>	150 mg	***
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Organic Nettle Leaf, Organic Spring Horsetail Leaf

<b>Immune Blend</b>	3495 mg	***
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*S. cerevisiae*, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

<b>Bioactive Enzymes &amp; Proteins</b>	798 mg	***
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Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Vegetable Cellulose

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Balanced Minerals provides a balanced ratio of the essential and trace minerals from 100% whole foods. This winning combination provides an ideal blend of these nutrients (calcium and magnesium are present in a 2:1 ratio, the average ratio found in 171 fruits, vegetables and whole grains, as listed in the *Nutrition Almanac*) to support the requirements for optimal physiological function. In addition to the inclusion of an organic botanical blend and immune blend, this formula is further enhanced with a gentle digestive enzyme blend supporting healthy digestion and enhancing bioavailability. Balanced Minerals is the consummate formula to replenish the body with vital minerals and supportive nutrients.\*

3 tablets daily, or as directed by your healthcare practitioner

product #	count
40020.....	90
40021.....	180



# Calcium

superior absorption and utilization

Calcium by Innate is crafted exclusively from 100% whole food nutrients. Calcium from True Active™ FoodState® is a superior form of the essential mineral. Due to the high utilization rate of calcium from True Active FoodState, lower amounts are recommended and efficacious as compared to higher amounts of pure, isolated chelated or salt mineral forms. This formula is further enhanced with the inclusion of organic nettle leaf, an immune blend and a gentle digestive enzyme blend supporting healthy digestion and enhancing bioavailability. Calcium by Innate is an expert formula for replenishing calcium.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40072.....	90
40022.....	180

## Serving Size 1 Tablet

Amount per Serving	% Daily Value	
<b>100% Whole Food Nutrients*</b>		
Calcium ( <i>S. cerevisiae</i> *; 1000 mg)	50 mg	5
Organic Nettle Leaf	50 mg	***
<b>Immune Blend</b>	1000 mg	***
<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**		
<b>Bioactive Enzymes &amp; Proteins</b>	240 mg	***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Calcium, Magnesium & Potassium

balancing ratio of calcium, magnesium & potassium

## Serving Size 2 Tablets

Amount per Serving	%Daily Value	
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### 100% Whole Food Nutrients\*

Calcium ( <i>S. cerevisiae</i> *; 2000 mg)	100 mg	10
Magnesium ( <i>S. cerevisiae</i> *; 1000 mg)	50 mg	13
Potassium ( <i>S. cerevisiae</i> *; 3200 mg)	22 mg	1

### Organic Botanical Blend

Organic Nettle Leaf, Organic Dandelion Root, Organic Parsley Leaf	60 mg	***
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### Immune Blend

<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotic**	3200 mg	***
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### Bioactive Enzymes & Proteins

Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	722 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Vegetable Cellulose

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Calcium, Magnesium & Potassium by Innate, crafted from 100% whole food nutrients, is a superior combination that provides an ideal 2:1 ratio of calcium to magnesium. The 2:1 ratio is the average ratio found in 171 fruits, vegetables and whole grains, as listed in the *Nutrition Almanac*. Our Calcium, Magnesium & Potassium is delivered within a blend of nutrient-dense organic whole foods specifically designed to enhance the utilization and nutritional benefits of these minerals. With the synergistic inclusion of a specialized immune blend and plant-sourced enzymes, Calcium, Magnesium & Potassium is crafted to provide the optimal mineral blend.†

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40059.....	90



# GTF Chromium

biologically active form of chromium

GTF Chromium (Glucose Tolerance Factor Chromium) is the biologically active form of chromium in the body. Other than in the body, GTF chromium is found only in foods. There have been many attempts to isolate or synthesize GTF chromium; none have been successful. It has been proposed that GTF chromium is a complex of chromium, nicotinic acid and possibly the amino acids glycine, cysteine and glutamic acid. GTF chromium works closely with insulin to facilitate the uptake of glucose into cells. Biologically active GTF Chromium is crafted exclusively from 100% whole food nutrients.♦

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40023.....	90

## Serving Size 1 Tablet

Amount per Serving	% Daily Value	
<b>100% Whole Food Nutrients*</b>		
GTF† Chromium ( <i>S. cerevisiae</i> *; 50 mg)	100 mcg	83
<b>Organic Whole Food Blend</b>		
	30 mg	***
Organic Parsley, Organic Carrot, Organic Beet Root		
<b>Immune Blend</b>		
	206 mg	
*** <i>S. cerevisiae</i> , Organic Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**		
<b>Bioactive Enzymes &amp; Proteins</b>		
	75 mg	***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

† Glucose Tolerance Factor

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Organic Rice Bran

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Iron Response™

synergistic whole food vitamins & iron targeted to promote blood health♦

## Serving Size 1 Tablet

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Vitamin C (Oranges*; 60 mg)	15 mg	25
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 6 mg)	30 mcg	500
Iron ( <i>S. cerevisiae</i> *; 520 mg)	26 mg	144

### Phenolics\*

Orange (Citrus sinensis)	15 mg	***
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### Blood Building Whole Foods

Organic Beet Root	125 mg	***
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### Immune Blend

<i>S. cerevisiae</i> , Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	566 mg	***
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### Bioactive Enzymes & Proteins

Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	164 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

Iron Response is a nutritionally bioactive formula crafted from 100% whole food nutrients vital to the healthy production of red blood cells. Iron present in whole food exists within a web of protective bio-carriers and other beneficial constituents that enhance the safety and utilization of iron in the body. This superior formulation provides whole food iron, which does not exhibit the deleterious side effects associated with isolated forms of iron. Whole food iron from True Active™ FoodState® is not only gentle on the digestive system but is also non-binding. Promoting healthy blood cell production and circulation and naturally combating fatigue with whole food iron and supportive nutrients, Iron Response is a truly unparalleled nutritional combination supporting healthy iron levels in the blood.♦

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40010.....	90

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# Magnesium

replenish essential magnesium

Magnesium by Innate is a superior source of this essential mineral for nutrition. Magnesium is required for proper functioning of nearly every system in the body; among its critical roles are assisting in the production of ATP, the function of certain enzymes, and the production of protein. Studies have shown that a vast majority are deficient in this vital nutrient. This concise formulation also provides the nutrition of organic spinach, a specialized immune blend as well as plant-sourced enzymes. Magnesium by Innate is a winning formula for replenishing magnesium.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40024.....	90
40025.....	180

## Serving Size 1 Tablet

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Magnesium ( <i>S. cerevisiae</i> *, 1000 mg)	50 mg	13
Organic Spinach	50 mg	***

### Immune Blend

<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	1000 mg	***
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### Bioactive Enzymes & Proteins

Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	182 mg	***
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Rice Bran, Vegetable Lubricant, Vegetable Cellulose

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Selenium

selenium within the synergism of whole foods & botanicals

## Serving Size 1 Tablet

Amount per Serving	% Daily Value	
<b>100% Whole Food Nutrients*</b>		
Selenium ( <i>S. cerevisiae</i> *; 50 mg)	50 mcg	71
<b>Organic Botanical Blend</b>		
Organic Ginger Root, Organic Turmeric Root, Organic Rosemary Leaf, Organic Oregano Leaf, Organic Parsley Leaf	125 mg	***
<b>Organic Whole Food Blend</b>		
Organic Spinach, Organic Carrot, Organic Beet	60 mg	***
<b>Immune Blend</b>		
<i>S. cerevisiae</i> *, Organic Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	183 mg	***
<b>Bioactive Enzymes &amp; Proteins</b>		
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	67 mg	***

- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Organic Rice Bran

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Selenium by Innate is crafted exclusively from 100% whole food nutrients to provide an unparalleled source of this essential trace mineral. Among its functions in the physiology, selenium plays an important role in antioxidant function through the protection of cell membranes, and supports healthy functioning of the immune system and thyroid gland. This select formulation is further enhanced by the inclusion of organic botanical and organic whole food blends, a specialized immune blend, and plant-sourced enzymes. Selenium by Innate is designed to provide the synergy to support selenium's role in the body.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40027.....	90



Zinc by Innate is formulated exclusively from 100% whole food nutrients. This meticulous formula provides the essential trace mineral zinc within the matrix of a nutrient-dense organic whole food blend specifically designed to enrich the utilization and nutritional benefits of zinc. Among numerous physiological functions, zinc is integral to the immune system. With the inclusion of a specialized immune blend and plant-sourced enzymes, Zinc by Innate is designed to provide the synergy to support zinc's role in the body.♦

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40028.....	90

<b>Serving Size 1 Tablet</b>		
<b>Amount per Serving</b>	<b>% Daily Value</b>	
<b>100% Whole Food Nutrients*</b>		
Zinc ( <i>S. cerevisiae</i> *; 450 mg)	22.5 mg	150
<b>Organic Whole Food Blend</b>		
Organic Spinach, Organic Parsley, Organic Carrot, Organic Beet	24 mg	***
<b>Immune Blend</b>		
<i>S. cerevisiae</i> , Organic Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	471 mg	***
<b>Bioactive Enzymes &amp; Proteins</b>		
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	121 mg	***
* True Active™ FoodState® 100% Food Concentrates		
** Naturally occurring		
*** Daily Value not established		
<b>FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides Nothing Artificial or Synthetic</b>		

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Organic Rice Bran

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Vitamins & Antioxidants

As of today over 8,000 phytonutrients have been discovered and cataloged. That number is considered to be only a fraction of the potential total. Estimates vary, but it is widely believed there are over 100,000 phytonutrients and the average food probably contains 5,000 or more.

When looking at long-term studies on supplements, virtually every study shows a positive effect with whole food and optimal health. The contrary is true in long-term studies done on pharmaceutically pure vitamins and the difference is quite dramatic.

Consider this. The average multivitamin contains only 45 nutrients. New compounds are being discovered every year. In fact, just a few months ago, the National Cancer Institute recently reported the discovery of an additional class of vitamin E tocopherols. These additional compounds of vitamin E are said to “complete” the activity of vitamin E. The discovery of new compounds leads to additional healing solutions at the practitioners disposal, but can be disquieting when one realizes the lacking compounds in the vitamin E supplements used to treat patients over the years.

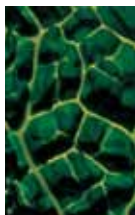
Back in the early 1980's vitamin E was launched as one of the most critical supplements for nutritional support of the cardiovascular system. Several years later that discovery was disputed; taking D-alpha tocopherol was only one of the tocopherols and the other 3 tocopherols were required to function properly. For several years most forms of vitamin E that were being used simply did not work. Years later the same questions came up. The tocopherols are good, but necessary for complete utilization of vitamin E is the tocotrienols. Today many companies sell vitamin E with the tocotrienols. Unfortunately, the new class of vitamin E compounds

that the National Cancer Institute discovered is not in “pharmaceutically pure” supplements. These compounds are only found in food. This example clearly exemplifies the challenges with the application of linear scientific discoveries for nutrition.

At Innate we take many scientific studies into account when we formulate our product, but we never forget the foundation of nutrition – food. Whole foods contain not only the nutrients that have been scientifically validated, but also many of the other as yet undiscovered phytonutrients and compounds that are so important for optimal health.

## Lower Potency - More Effective

A pertinent question we often get is about the application of lower potency whole food supplements versus higher potency isolates. Potency can be looked at in a number of ways. For example, pharmaceutically pure vitamin C delivers almost 500 mg of vitamin C for every 500 mg dose. For our whole food vitamin C, it takes almost 2,000 mg to deliver 500 mg of vitamin C — an amount that simply would not fit into one pill. With the lower potency whole food it is important to remember a couple of things. Milligram is a measurement of weight not effectiveness. Many studies have proved the effectiveness of whole food nutrient. Secondly, instead of measuring the one constituent such as the amount of vitamin C, measure the total weight of the nutrient being delivered (remember that it only takes 500 mg of ascorbic acid to deliver 500 mg of vitamin C). It takes 2,000 mg of orange extract to deliver 500 mg of vitamin C. The other 1,500 mg from the oranges provides phenolic compounds, enzymes and many other phytonutrients; these



### Constituents of an Orange

- 2'-TRANS-O-FERULOYL-GALACTARIC-ACID Pericarp: DUKE1992A
- 2'-TRANS-O-P-COUMAROYL-GALACTARIC-ACID Pericarp: DUKE1992A
- 2'-TRANS-O-P-COUMAROYL-GLUCARIC-ACID Pericarp: DUKE1992A
- 2'-TRANS-O-P-COUMAROYL-GLUCARIC-ACID Pericarp: DUKE1992A
- 2,4-TRANS,TRANS-O-FERULOYL-GLUCARIC-ACID Pericarp: DUKE1992A
- 2-METHYL-1-PROPANOL Fruit Juice 0.07 ppm; DUKE1992A
- 2-TRANS-O-FERULOYL-GLUCARIC-ACID Pericarp: DUKE1992A
- 3,3',4,5,6,7,8-HEPTAMETHOXY-FLAVONE Fruit: DUKE1992A
- 3-HYDROXY-ETHYL-HEXANOATE Fruit: DUKE1992A
- 3-METHYL-BUT-1-ENE Essential Oil: DUKE1992A
- 3-METHYL-BUTAN-1-OL Fruit: DUKE1992A
- 4-(3-METHYL-2-BUTENOXY)-ISO-NITROSO-ACETOPHENONE Pericarp 48 ppm; DUKE1992A
- 5,6-DIHYDRO-BETA-BETA-CAROTEN-3,3',5,6-TETROL Fruit Juice: DUKE1992A
- 5,8-EPOXY-5,8-DIHYDRO-8'-APO-BETA-CAROTEN-3,10-DIOL Fruit Juice: DUKE1992A
- ACETALDEHYDE Fruit Juice 3 - 15 ppm DUKE1992A
- ALANINE Fruit 30 - 3,775 ppm DUKE1992A
- ALPHA-BERGAMOTENE Fruit 6 ppm; DUKE1992A
- ALPHA-CAROTENE Fruit 0.19 - 1.9 ppm DUKE1992A
- ALPHA-COPAENE Pericarp: DUKE1992A
- ALPHA-HYDROXY-CAROTENE Pericarp: DUKE1992A
- ALPHA-LIOPENIC-ACID Fruit 70 - 528 ppm DUKE1992A
- ALPHA-PINENE Fruit 10 - 60 ppm DUKE1992A Plant: DUKE1992A
- ALPHA-SINESAL Fruit 3 ppm; DUKE1992A Pericarp: JBH
- ALPHA-TERPINOL Fruit 10 - 50 ppm DUKE1992A Fruit Juice 0.09 - 1.1 ppm DUKE1992A
- ALPHA-TOCOPHEROL Fruit 4 - 29 ppm DUKE1992A
- ALUMINIUM Fruit 1 - 165 ppm DUKE1992A
- ANTHRAXANTHIN Fruit: DUKE1992A
- APOVIOLAXANTH-10'-AL Pericarp: DUKE1992A
- ARABAN Fruit: DUKE1992A
- ARGININE Fruit 230 - 4,908 ppm DUKE1992A
- ARSENIC Fruit 0.001 - 0.154 ppm DUKE1992A
- ASCORBIC-ACID Fruit 500 - 4,071 ppm DUKE1992A
- ASH Fruit 4,100 - 36,920 ppm DUKE1992A
- ASPARAGINE Fruit 200 - 1,800 ppm DUKE1992A
- ASPARTIC-ACID Fruit 70 - 8,607 ppm DUKE1992A
- AURAPTENE Fruit: DUKE1992A
- AURAXANTHIN Fruit 4 ppm; DUKE1992A
- BARIUM Fruit 0.54 - 16.5 ppm DUKE1992A
- BERGAPTOL Fruit: DUKE1992A
- BETA-APO-8'-CAROTINAL Pericarp: DUKE1992A
- BETA-APO-CAROTEN-8-AL Pericarp: DUKE1992A
- BETA-CAROTENE Fruit 1 - 28 ppm DUKE1992A
- BETA-CITRAURIN Pericarp: DUKE1992A
- BETA-CRYTOXANTHIN Fruit: JBH
- BETA-CUBEENE Fruit 10 ppm; DUKE1992A
- BETA-ELEMENE Fruit 5 ppm; DUKE1992A
- BETA-SINESAL Fruit 6 ppm; DUKE1992A Pericarp: JBH
- BETA-SITOSTEROL Fruit: DUKE1992A
- BETA-ZEACAROTENE Pericarp: DUKE1992A
- BETAININE Fruit 390 - 630 ppm DUKE1992A
- BORON Fruit 1.89 - 27.5 ppm DUKE1992A
- BROMINE Fruit: DUKE1992A
- BUTYRIC-ACID Fruit: DUKE1992A
- CADMIUM Fruit 0.001 - 0.138 ppm DUKE1992A
- CAFFEIC-ACID Fruit 36 - 50 ppm DUKE1992A
- CALCIUM Fruit 210 - 5,615 ppm DUKE1992A
- CAMPESTEROL Fruit: DUKE1992A
- CAPRIC-ACID Fruit: DUKE1992A
- CAPROIC-ACID Fruit: DUKE1992A
- CAPRYLIC-ACID Fruit: DUKE1992A
- CARBOHYDRATES Fruit 99,000 - 887,125 ppm DUKE1992A
- CAROTENOIDS Fruit 12 - 35 ppm DUKE1992A
- CAROTENE Fruit 2 - 10 ppm DUKE1992A
- CARYOPHYLLENE Pericarp: DUKE1992A
- CHLORINE Fruit 12 - 32 ppm DUKE1992A
- CHOLESTEROL Fruit: DUKE1992A
- CHOLINE Fruit 70 - 160 ppm DUKE1992A
- CHROMIUM Fruit 0.005 - 0.385 ppm DUKE1992A
- CITRABASINE Root Bark 14 ppm; DUKE1992A
- CITRACRIDONE-1 Root Bark 400 ppm; DUKE1992A
- CITRIC-ACID Fruit 5,600 - 9,800 ppm DUKE1992A
- CITRONELLAL Fruit 55 ppm; DUKE1992A
- COBALT Fruit 0.001 - 0.055 ppm DUKE1992A
- COINIFERIN Pericarp: DUKE1992A
- COPPER Fruit 0.44 - 5.5 ppm DUKE1992A
- CRENULATIN Root Bark 60 ppm; DUKE1992A
- CRYPTOXANTHIN Pericarp: DUKE1992A
- CRYPTOXANTHIN Fruit: DUKE1992A
- CRYPTOXANTHIN-5,5',6,6'-DIEPOXIDE Pericarp: DUKE1992A
- CYANIDIN-3-GLUCOSIDE Fruit: DUKE1992A
- CYSTINE Fruit 100 - 75 ppm DUKE1992A
- DEACETYL-NOMILIN Seed: DUKE1992A
- DECANAL Fruit 10 - 60 ppm DUKE1992A Fruit Juice 0.15 ppm; DUKE1992A
- DELPHINIDIN-3-GLUCOSIDE Fruit: DUKE1992A
- DELTA-CADINENE Pericarp: DUKE1992A
- DIHYDROKAMPFEROL-4-METHYL-ETHER-7-O-RHAMNOSIDE Fruit: DUKE1992A
- DIOSMIN Pericarp: DUKE1992A
- DODECANAL Fruit 5 - 20 ppm DUKE1992A
- EO Fruit 10,000 ppm; DUKE1992A
- EPOXY-NOOTKATONE Pericarp: DUKE1992A
- EPOXY-VALENENE Fruit: DUKE1992A
- ETA-CAROTENE Pericarp: DUKE1992A
- ETHANOL Fruit Juice 64 - 900 ppm DUKE1992A
- ETHYL-ACETATE Fruit Juice 0.01 - 0.58 ppm DUKE1992A
- ETHYL-BUTYRATE Fruit Juice 0.08 - 1.02 ppm DUKE1992A
- FARNESENE Fruit 2 - 7 ppm DUKE1992A
- FAT Fruit 1,100 - 16,000 ppm DUKE1992A
- FERULIC-ACID Fruit 10 - 19 ppm DUKE1992A
- FERULOYL-PUTRESCINE Fruit 5 ppm; DUKE1992A
- FIBER Fruit 3,740 - 47,000 ppm DUKE1992A
- FLAVOXANTHIN Pericarp: DUKE1992A
- FLUORINE Fruit 0.04 - 0.76 ppm DUKE1992A
- FOLACIN Fruit 2 ppm; DUKE1992A
- FR Juice: DUKE1992A
- FRUCTOSE Fruit 23,800 ppm; DUKE1992A
- GALACTAN Fruit: DUKE1992A
- GALACTOSE Fruit: DUKE1992A
- GALACTURONIC-ACID Fruit: DUKE1992A
- GAMMA-AMINOBUTYRIC-ACID Fruit 40 - 730 ppm DUKE1992A
- GAMMA-TERPINENE Fruit 10 ppm; DUKE1992A Fruit Juice 0.04 - 0.46 ppm DUKE1992A
- GERANIOL Fruit 6 - 350 ppm DUKE1992A
- GERANIOL Fruit 50 ppm; DUKE1992A
- GERANYLOXY-PYRANOCUMARIN Root: DUKE1992A
- GLUCOSAN Fruit: DUKE1992A
- GLUCOSE Fruit 23,600 ppm; DUKE1992A
- GLUTAMIC-ACID Fruit 60 - 7,097 ppm DUKE1992A
- GLUTAMINE Fruit 30 - 630 ppm DUKE1992A
- GLYCINE Fruit 50 - 7,097 ppm DUKE1992A
- HEPTANAL Fruit 3 - 5 ppm DUKE1992A
- HEPTULOSE Fruit: DUKE1992A
- HESPERIDIN Pericarp 40,800 - 63,500 ppm DUKE1992A
- HESPERIDIN-7-O-ALPHA-L-RHAMNO-GLUCOSIDE Fruit: DUKE1992A
- HEXANAL Fruit 1 - 2 ppm DUKE1992A Fruit Juice 0.02 - 0.65 ppm DUKE1992A
- HEXANOL Fruit Juice 0.02 - 0.22 ppm DUKE1992A
- HISTIDINE Fruit 180 - 1,359 ppm DUKE1992A
- HORDENINE Fruit: DUKE1992A
- IRON Fruit 1 - 8 ppm DUKE1992A
- ISOCAPROIC-ACID Fruit: DUKE1992A
- ISOLEUCINE Fruit 250 - 1,888 ppm DUKE1992A
- ISOLUTEIN Pericarp: DUKE1992A
- ISOPENTENYL-PSORALENS Fruit: DUKE1992A
- ISOPRENE Essential Oil: DUKE1992A
- ISORHOIFOLIN Pericarp: DUKE1992A

other constituents have incredible value. As published in the *American Journal of Clinical Nutrition*, researchers from Cornell University discovered that *less than 1%* of the total antioxidant activity of apples comes from ascorbic acid. Most of the antioxidant activity of fruits and vegetables come from phenolic and flavonoids in the apples.

It is the cumulative and synergistic effects of phytochemicals that create the antioxidant balance required to quench reactive oxygen species such as free radicals. The researchers go as far as to say that isolated vitamins do not have the same health benefits as whole foods because taken alone the individual antioxidants studied in clinical trials do not appear to have consistent effects. The isolated pure vitamin either loses its bioactivity or may not behave the same way as the compound in whole foods.

## Vitamin C

Vitamin C is the number one selling vitamin in the industry today. In a study done at Cornell University and published in the *Journal of Nature*, it was found that 5.7 mg of vitamin C - from whole foods—is equal to 1,500 mg from isolated ascorbic acid. This is a tremendous difference to say the least. The reason for the difference is not solely the form of vitamin C. When you isolate out vitamin C from any food, the chemical structure is almost identical. The difference is vitamin C in whole food is attached to a multitude of phytochemistry, specifically phenolic compounds. These phenolic compounds make up over 90% of the antioxidant activity of vitamin C rich foods. It is known when isolated vitamin C forms, such as ascorbic acid, quench reactive oxygen species it will oxidize into dehydroascorbic acid as it donates an electron and quenches the free radical. The same reaction happens when whole food vitamin C quenches a free radical. The difference?

It has been proposed that the phenolic compounds are able to regenerate the oxidized ascorbic acid back to its active antioxidant state. This regeneration of the vitamin C molecule provides a form of vitamin C that can be utilized over and over again. This is why whole food forms of vitamin C can be more effective than isolated forms such as ascorbic acid.

The University of Milan also published a very compelling study in the *Journal of Nature* echoing the same results. This study had three separate groups of vitamin C supplementation. The first group was administered 150 mg of vitamin C from oranges. The second group was given 150 mg of vitamin C from ascorbic acid. The final group was given a sugar pill as a control group. Blood plasma samples were taken. Both samples showed elevated levels of vitamin C. These blood plasma samples were then exposed to hydrogen peroxide, a known inducer of RNA and DNA damage (free radical). The group that was administered the vitamin C from oranges showed protective effectiveness; the vitamin C from oranges was inhibiting the free radical damage. The group that was given the ascorbic acid had no protective effects. This study clearly demonstrates that even though vitamin C from ascorbic acid can be absorbed into the blood stream it doesn't mean that it is effective in protecting cells from RNA and DNA damage.

Many studies have echoed the effectiveness of vitamin C from whole food. The best forms of vitamins are whole food. Innate provides vitamin C products that are guaranteed 100% whole food. Our vitamin C formulas provide not only the vitamin C, but also the extremely critical phenolic, flavonoid and other cofactors as well.

- ISOSAKURANETIN Fruit: DUKE1992A
- JASMONIC-ACID Fruit: DUKE1992A
- LEAD Fruit 0.02 - 1.1 ppm DUKE1992A
- LEUCINE Fruit 230 - 1.136 ppm DUKE1992A
- LIMONENE Fruit 8.300 - 9.700 ppm DUKE1992A Fruit Juice 1 - 278 ppm DUKE1992A
- LIMONEXIC-ACID Fruit: DUKE1992A
- LIMONIN Fruit: DUKE1992A
- LIMONOATE-A-RING-LACTONE Fruit: DUKE1992A
- LINALOL Fruit 30 - 530 ppm DUKE1992A Fruit Juice 0.15 - 4.69 ppm DUKE1992A
- LINOLEIC-ACID Fruit 180 - 1.359 ppm DUKE1992A
- LITHIUM Fruit 0.108 - 1.54 ppm DUKE1992A
- LOCHNOCARPOLA Root: DUKE1992A
- LUTEIN Fruit 3 ppm: DUKE1992A
- LUTECOLIN-7-O-ALPHA-L-RHAMNO-GLUCOSIDE Fruit: DUKE1992A
- LUTECOLIN-7-O-BETA-D-RUTINOSIDE Leaf: DUKE1992A
- LUTEOXANTHIN Fruit 6 ppm: DUKE1992A
- LYSINE Fruit 470 - 3.548 ppm DUKE1992A
- MAGNESIUM Fruit 98 - 1.075 ppm DUKE1992A
- MALIC-ACID Fruit 600 - 2.000 ppm DUKE1992A
- MALONIC-ACID Plant: DUKE1992A
- MANGANESE Fruit 8 ppm: DUKE1992A
- MANNANOSE Fruit: DUKE1992A
- MERAMINE Fruit: DUKE1992A
- MERCURY Fruit 0.001 ppm: DUKE1992A
- METHANOL Fruit Juice 0.8 - 80 ppm DUKE1992A
- METHIONINE Fruit 200 - 1.510 ppm DUKE1992A
- METHYL-BUTYRATE Fruit Juice 0.01 - 0.1 ppm DUKE1992A
- MEVALONIC-ACID Fruit 0.5 ppm: DUKE1992A Pericarp 6 ppm: DUKE1992A
- MOLYBDENUM Fruit 0.1 - 0.385 ppm DUKE1992A
- MUTATOCHROME Fruit: JBH
- MUTATOXANTHIN Fruit 2 ppm: DUKE1992A
- MYRCENE Fruit 69 - 210 ppm DUKE1992A
- N-METHYL-TYRAMINE Fruit 2 ppm: DUKE1992A
- NARINGENIN Pericarp 35,000 - 45,800 ppm DUKE1992A
- NARINGENIN-4-BETA-D-GLUCOSIDE Plant: DUKE1992A
- NARINGENIN-RUTINOSIDE Fruit: DUKE1992A
- NARINGENIN-RUTINOSIDE-4-BETA-D-GLUCOSIDE Fruit: DUKE1992A
- NARINGIN Fruit: DUKE1992A
- NARINGIN-7-O-ALPHA-L-RHAMNO-GLUCOSIDE Fruit: DUKE1992A
- NARIRUTIN Pericarp: DUKE1992A
- NEO-BETA-CAROTENE Pericarp: DUKE1992A
- NEOCHROME-A Pericarp: DUKE1992A
- NEOCHROME-B Pericarp: DUKE1992A
- NEOHESPERIDIN Pericarp 28,000 ppm: DUKE1992A
- NEOHESPERIDIN-DIHYDROCHALCONE Pericarp: DUKE1992A
- NEOPONCIRIN Pericarp: DUKE1992A
- NEOXANTHIN-A Pericarp: DUKE1992A
- NEOXANTHIN-B Pericarp: DUKE1992A
- NERAL Fruit 1 - 20 ppm DUKE1992A
- NEROLIDOL Flower: JBH
- NERYL-ACETATE Fruit 10 ppm: DUKE1992A
- NERYL-FORMATE Fruit 10 ppm: DUKE1992A
- NEUROSPORIN Pericarp: DUKE1992A
- NIACIN Fruit: DUKE1992A
- NICKEL Fruit 0.01 - 0.55 ppm DUKE1992A
- NITROGEN Fruit 500 - 13,845 ppm DUKE1992A
- NOBELITIN Fruit: DUKE1992A
- NONANAL Fruit 6 - 20 ppm DUKE1992A
- NONANOL Fruit 10 ppm: DUKE1992A
- NOOTKATOL Fruit: DUKE1992A
- NOOTKATONE Fruit 1 ppm: DUKE1992A
- OCTAN-1-AL Fruit: DUKE1992A
- OCTANAL Fruit 20 - 280 ppm DUKE1992A Fruit Juice 0.28 ppm: DUKE1992A
- OCTOPAMINE Fruit 1 ppm: DUKE1992A
- OCTYL-ACETATE Fruit 10 ppm: DUKE1992A
- OLEIC-ACID Fruit 20 - 1.510 ppm DUKE1992A
- OXALIC-ACID Fruit 87 ppm: DUKE1992A
- P-COUMARIC-ACID Fruit 5 - 17 ppm DUKE1992A
- P-CYMENE Fruit 20 ppm: DUKE1992A
- PALMITIC-ACID Fruit 130 - 982 ppm DUKE1992A
- PALMITOLEIC-ACID Fruit 30 - 226 ppm DUKE1992A
- PANTOTHENIC-ACID Fruit 2 - 19 ppm DUKE1992A
- PECTIN Fruit 1.300 - 5.800 ppm DUKE1992A
- PECTINESTERASE Fruit: DUKE1992A
- PERILLALDEHYDE Fruit 2 ppm: DUKE1992A
- PHENYLALANINE Fruit 310 - 2.340 ppm DUKE1992A
- PHOSPHORUS Fruit 136 - 1.980 ppm DUKE1992A
- PHYTOENE Fruit 2 ppm: DUKE1992A
- PHYTOFLUENE Fruit 4 ppm: DUKE1992A
- POLYGALECTURONIC-ACID Fruit: DUKE1992A
- POTASSIUM Fruit 1,400 - 13,772 ppm DUKE1992A
- PROLINE Fruit 60 - 3,473 ppm DUKE1992A
- PROTEIN Fruit 9,260 - 78,000 ppm DUKE1992A
- QUINIC-ACID Fruit: DUKE1992A
- RIBOFLAVIN Fruit 3 ppm: DUKE1992A
- RUBIDIUM Fruit 0.1 - 7.7 ppm DUKE1992A
- SABINENE Fruit 10 - 60 ppm DUKE1992A Fruit Juice 0.15 ppm: DUKE1992A
- SCUTELLAREIN Fruit: DUKE1992A
- SILENIUM Fruit 0.002 ppm: DUKE1992A
- SERINE Fruit 40 - 2,410 ppm DUKE1992A
- SILICON Fruit: DUKE1992A
- SILVER Fruit 0.027 - 0.055 ppm DUKE1992A
- SINAPIC-ACID Fruit 7 - 19 ppm DUKE1992A
- SINENSEIN Fruit: DUKE1992A
- SINENSAXANTHIN Fruit: DUKE1992A
- SODIUM Fruit 29 ppm: DUKE1992A
- STACHYDRINE Fruit: DUKE1992A
- STIGMASTEROL Fruit: DUKE1992A
- STRONTIUM Fruit 0.054 - 110 ppm DUKE1992A
- SUBAPHYLIN Fruit: JBH Leaf: JBH
- SUCCINIC-ACID Fruit: DUKE1992A
- SUCROSE Fruit 47,000 ppm: DUKE1992A
- SUGARS Fruit 39,600 - 119,800 ppm DUKE1992A
- SULFUR Fruit 46 - 1,000 ppm DUKE1992A
- SYNEPHRINE Fruit 15 - 43 ppm DUKE1992A
- TANGERETIN Fruit: DUKE1992A
- TAU-CAROTENE Pericarp: DUKE1992A
- TERPINOLENE Fruit 10 ppm: DUKE1992A
- TERPINOLENE-4-OL Fruit 6 - 550 ppm DUKE1992A
- TETRADECANAL Fruit 5 - 9 ppm DUKE1992A
- TETRA-O-METHYL-SCUTELLAREIN Fruit: DUKE1992A
- THIAMIN Fruit 1 - 7 ppm DUKE1992A
- THREONINE Fruit 150 - 1,132 ppm DUKE1992A
- TITANIUM Fruit 0.135 - 3.85 ppm DUKE1992A
- TRANS-2-HEXENOL Fruit Juice 0.1 ppm: DUKE1992A
- TRYPTOPHAN Fruit 90 - 680 ppm DUKE1992A
- TYRAMINE Fruit 1 ppm: DUKE1992A
- TYROSINE Fruit 160 - 1,208 ppm DUKE1992A
- URONIC-ACID Fruit: DUKE1992A
- VALENCENE Fruit 10 - 20 ppm DUKE1992A Fruit Juice 0.04 - 15.3 ppm DUKE1992A
- VALENCAXANTHIN Fruit 3 ppm: DUKE1992A
- VALINE Fruit 100 - 3,020 ppm DUKE1992A
- VIOLAXANTHIN Fruit: DUKE1992A
- VIT-B-6 Fruit 1 - 5 ppm DUKE1992A
- VITEXIN-XYLOSE Fruit: DUKE1992A
- WATER Fruit 839,000 - 898,000 ppm DUKE1992A
- XYLAN Fruit: DUKE1992A
- XYLOSE Fruit: DUKE1992A
- ZEAXANTHIN Fruit 2 ppm: DUKE1992A
- ZETA-CAROTENE Fruit 2 ppm: DUKE1992A
- ZINC Fruit 0.9 - 13 ppm DUKE1992A
- ZIRCONIUM Fruit 0.5 - 1.1 ppm DUKE1992A

# Antioxidants

promotes cellular health with protective whole foods & botanicals\*

## Serving Size 2 Tablets

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin A (Carrots*; 100 mg) As Alpha & Beta Carotene with Mixed Carotenoids (Cryptoxanthin, Lutein, Zeaxanthin, Lycopene)	5000 IU	100
Vitamin C (Oranges*; 600 mg)	150 mg	250
Vitamin E (Brown Rice*; 300 mg) Tocopherols (d-alpha, d-beta, d-gamma, d-delta) Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)	75 IU	250
Zinc ( <i>S. cerevisiae</i> *; 400 mg)	20 mg	133
Selenium ( <i>S. cerevisiae</i> *; 100 mg)	100 mcg	143
<b>Phenolics*</b>		
Orange, Wild Blueberry, Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	180 mg	***
<b>Organic Botanical Blend</b>		
Organic Eleuthero Root, Organic Ginger Root, Organic Turmeric Root, Organic Ginkgo Leaf, Organic Milk Thistle Seed, Organic Rosemary Leaf, Organic Schizandra Berry	170 mg	***
<b>Immune Blend</b>		
<i>S. cerevisiae</i> , Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotic**	500 mg	***
<b>Bioactive Enzymes &amp; Proteins</b>		
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	310 mg	***

- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Silica, Vegetable Cellulose

† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Antioxidants by Innate provides broad spectrum antioxidant protection from the daily environmental, dietary and stress-related challenges facing individuals in today's fast-paced culture. The blend of organic botanicals includes those traditionally employed for their protective benefits, such as eleuthero, ginger and turmeric, provided in the quantities consistent with the traditional tonic use of herbs. The antioxidant potential of this formula is further enriched with the inclusion of whole foods rich in protective and detoxifying compounds. Other vital antioxidant factors inherent in whole foods, including glutathione, beta glucans and alpha lipoic acid, are delivered with every nutrient from True Active™ FoodState®. Specifically formulated with 100% whole foods, vitamins and botanicals to help support the daily demands on the physiology, Antioxidants by Innate provides the unparalleled antioxidant protection of food.†

2 tablets daily, or as directed by your healthcare practitioner

product #	count
40063.....	90

# B Complex

full spectrum of essential B vitamins

B Complex is specially crafted to provide a balanced spectrum of all the essential B vitamins and their inherent co-factors as found in food. Promoting energy and the health of the nervous system, B vitamins are an integral component to a whole food diet.\* This skillful nutrient mix also provides folate, the biologically active form of this nutrient that inherently exists in whole food, as well as nutrient-rich organic spinach for its synergistic co-nutrients and chlorophyll. Further enhancing this formula is an immune blend, and plant-sourced enzymes. Derived from 100% whole food, B Complex provides a balanced ratio of B vitamins in their most bioavailable food form.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40011 .....	90
40012 .....	180

## Serving Size 1 Tablet

### Amount per Serving % Daily Value

#### 100% Whole Food Nutrients\*

Thiamine (B1) ( <i>S. cerevisiae</i> *; 36 mg)	9 mg	600
Riboflavin (B2) ( <i>S. cerevisiae</i> *; 90 mg)	9 mg	529
Niacinamide ( <i>S. cerevisiae</i> *; 180 mg)	45 mg	225
Vitamin B6 ( <i>S. cerevisiae</i> *; 50 mg)	10 mg	500
Folate (Broccoli*; 40 mg)	400 mcg	100
Vitamin B12 ( <i>S. cerevisiae</i> *; 25 mg)	125 mcg	2083
Biotin (Brown Rice*; 60 mg)	300 mcg	100
Pantothenate ( <i>S. cerevisiae</i> *; 180 mg)	45 mg	450

Organic Spinach	125 mg	***
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<b>Immune Blend</b>	601 mg	***
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*S. cerevisiae*\*, Broccoli, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

<b>Bioactive Enzymes &amp; Proteins</b>	200 mg	***
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Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Vegetable Cellulose

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# Complete 8™ Vitamin E - 400 IU

provides all isomers of vitamin E

## Serving Size 1 Vegetarian Capsule

### Amount per Serving % Daily Value

#### Natural Vitamin E

##### Tocopherols

d-alpha-tocopherol (400 IU)	268.6 mg	1343
d-beta-tocopherol	4.2 mg	**
d-gamma-tocopherol	120 mg	**
d-delta-tocopherol	48 mg	**

**Total d-tocopherols 440.8 mg \*\***

##### Tocotrienols

d-alpha-tocotrienol	8.7 mg	**
d-beta-tocotrienol	1.1 mg	**
d-gamma-tocotrienol	15.9 mg	**
d-delta-tocotrienol	4.3 mg	**

**Total d-tocotrienols 30 mg \*\***

#### Naturally Occurring Food Constituents

Plant Squalene, Phytosterols, Mixed Carotenoids	8.84 mg	**
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\*\*Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

This product contains Tocomin® which is a registered trademark of Carotech Inc.

**Other Ingredients:** Lecithin (GMO free), Wheat Germ Oil, High Oleic Sunflower Seed Oil, Capsule (Vegetable Cellulose, Glycerin and Water)

Complete 8 Vitamin E is a supreme formulation derived from 100% whole foods. Vitamin E that is present in food exists as a synergistic union of eight isomers, four tocopherols with unsaturated side chains, and four tocotrienols with four unsaturated side chains. These eight isomers are then surrounded by lipids and other vital food constituents. Most supplemental vitamin E has been based on only one fraction: alpha-tocopherol. However, all the synergistic components of vitamin E are vital for maximum antioxidant protection and vitamin E bioactivity. Vitamin E is inherently a fat-soluble nutrient, thus the cold-pressed vegetable oils included encourage bile and lipase production.\* The inclusion of lecithin also acts as an emulsifier and further encourages assimilation and utilization.\* Complete 8 Vitamin E is the first to provide all isomers in every capsule.\*

1 or more capsules as needed, or as recommended by your healthcare practitioner

product #	count
40075.....	30
40076.....	60

# Complete 8™ Vitamin E - 200 IU

provides all isomers of vitamin E

## Serving Size 1 Vegetarian Capsule

### Amount per Serving % Daily Value

#### Natural Vitamin E

##### Tocopherols

d-alpha-tocopherol (200 IU)	134.5 mg	673
d-beta-tocopherol	4 mg	**
d-gamma-tocopherol	120 mg	**
d-delta-tocopherol	48 mg	**

**Total d-tocopherols 306.5 mg \*\***

##### Tocotrienols

d-alpha-tocotrienol	5.9 mg	**
d-beta-tocotrienol	0.8 mg	**
d-gamma-tocotrienol	10.6 mg	**
d-delta-tocotrienol	2.9 mg	**

**Total d-tocotrienols 20.2 mg \*\***

#### Naturally Occurring Food Constituents

Plant Squalene, Phytosterols, Mixed Carotenoids	5.86 mg	**
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\*\*Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

This product contains Tocomin® which is a registered trademark of Carotech Inc.

**Other Ingredients:** Lecithin (GMO free), Wheat Germ Oil, High Oleic Sunflower Seed Oil, Capsule (Vegetable Cellulose, Glycerin and Water)

1 or more capsules as needed, or as recommended by your healthcare practitioner

product #	count
40073.....	30
40074.....	60

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# E & Selenium

synergistic whole food formulation

E & Selenium by Innate is an exclusive nutrient combination to provide the matchless benefits of vitamin E and selenium from 100% whole foods. All the synergistic components of vitamin E are vital for maximum antioxidant protection and vitamin E bioactivity; this supreme mix provides all isomers of vitamin E. The nutritional benefits of this essential mineral are further broadened by the organic whole food blend rich in trace minerals. The utilization and nutritional support of this synergistic pairing is complete with an immune blend, and plant-sourced enzymes. Providing potent antioxidant protection, E & Selenium delivers these key nutrients in their most bioavailable form.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
42010.....	90
42011.....	180

## Serving Size 1 Tablet

Amount per Serving	%Daily Value
<b>100% Whole Food Nutrients*</b>	
Vitamin E (Brown Rice*; 210 mg)	50IU 167
Tocopherols (d-alpha, d-beta, d-gamma, d-delta)	
Tocotrienols (d-alpha, d-beta, d-gamma, d-delta)	
Selenium ( <i>S. cerevisiae</i> *; 100 mg)	100mcg 143
<b>Organic Whole Food Blend</b>	
	165 mg ***
Organic Ginger Root, Organic Turmeric Root, Organic Rosemary Leaf, Organic Oregano Leaf, Organic Spinach, Organic Parsley Leaf, Organic Carrot, Organic Beet	
<b>Immune Blend</b>	
	336 mg ***
<i>S. cerevisiae</i> , Organic Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	
<b>Bioactive Enzymes &amp; Proteins</b>	
	174 mg ***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Organic Rice Bran

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Folate, B6 & B12

with nourishing beet root

## Serving Size 1 Tablet

Amount per Serving	% Daily Value	
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### 100% Whole Food Nutrients\*

Vitamin B6 ( <i>S. cerevisiae</i> **; 125 mg)	25 mg	1250
Folate (Broccoli*; 80 mg)	800 mcg	200
Vitamin B12 ( <i>S. cerevisiae</i> *; 12 mg)	60 mcg	1000

### Organic Whole Food Blend

115 mg \*\*\*  
Organic Beet Root, Organic Parsley, Organic Carrot

### Immune Blend

295 mg  
\*\*\**S. cerevisiae*, Organic Broccoli, Polysaccharides\*\*, CoQ10\*\*, SOD\*\*, Glutathione\*\*, Beta Glucans\*\*, Lipoic Acid\*\*, Trace Minerals\*\*, Probiotics\*\*

### Bioactive Enzymes & Proteins

103 mg \*\*\*  
Enzymes\*\*, Peptides\*\*, RNA/DNA\*\*, Amino Acids\*\*, Branch Chain Amino Acids\*\*

\* True Active™ FoodState® 100% Food Concentrates

\*\* Naturally occurring

\*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Organic Rice Bran

† This statement has not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

Folate, B6 & B12 is skillfully crafted to help maintain healthy levels of homocysteine in the body.† The formula is enriched by the inclusion of beet root, an excellent food source of the methyl donors, folate and betaine. Sufficient body stores of methyl donors are required for the conversion of homocysteine to the amino acid methionine. Elevated homocysteine levels are associated with fat accumulation and damage to various tissue and organ systems. In addition, the methylation factors including folate, vitamin B-12 or betaine are helpful in promoting normal production of neurotransmitters like serotonin, and in the maintenance of the myelin sheath.† Folate, B6 & B12 provides specialized nutritional support from 100% whole foods.†

1-2 tablets daily, or as directed by your healthcare practitioner

product #	count
40013 .....	90



Vitamins & Antioxidants

# Kid's Vitamin D Mini Tabs 400 IU

nourish with whole food vitamin d

Kid's Vitamin D Mini Tabs provides 400 IU of this critical component of optimal health, in easy to swallow tablets. True Active™ FoodState® vitamin D-3 is an effective, bioavailable whole food form of vitamin D, complete with the amino acids and sterols which act to catalyze mineral utilization. Vitamin D-3 plays a vital role in bone health and immune health, calcium utilization, cardiovascular and lung health. Current research reveals that deficiencies of vitamin D-3 are associated with an increased risk of developing rickets, osteoporosis, some forms of arthritis, cancer and diabetes. With vitamin D deficiencies at an all-time high, supplementation of this nutrient is of paramount importance. This comprehensive formulation also includes an organic whole foods blend, an immune blend and plant-sourced enzymes. Kid's Vitamin D Mini Tabs is an extraordinary 100% whole food solution to support overall wellbeing.♦

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40133.....	60
40134.....	90
40135.....	180

## Serving Size 1 Tablet

Amount per Serving	%Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin D3 ( <i>S. cerevisiae</i> *; 8 mg)	400 IU	100
<b>Organic Whole Food Blend</b>		
Organic Parsely, Organic Carrot , Organic Beet	19 mg	***
<b>Immune Blend</b>		
*** <i>S. cerevisiae</i> , Organic Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**	109 mg	
<b>Bioactive Enzymes &amp; Proteins</b>		
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	40 mg	***

- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Organic Rice Bran

♦ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Quercetin

support a healthy allergic response\*

## Serving Size 1 Tablet

Amount per Serving	%Daily Value
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**100% Whole Food Nutrients\***

Quercetin ( <i>Dimorphandra mollis</i> )	500 mg **
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**Phenolics\***

Orange, Wild Blueberry, Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	150 mg **
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\* True Active™ FoodState® 100% Food Concentrates

\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Guar Gum, Vegetable Lubricant, Silica

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Quercetin is selectively formulated to provide one of nature's most active biological response modifiers. Environmentally caused allergies and inflammation are common. To naturally mediate allergic response requires antioxidant action, membrane stabilization, histamine regulation and inhibition of the allergic cascade. When measured, quercetin is consistently the most biologically active flavonoid in research studies. Many medicinal plants owe their biological activity and beneficial effects to their high quercetin content. Naturally occurring in cranberries, blueberries and citrus fruits, this unparalleled bioactive antioxidant promotes healthy histamine levels and supports the body's natural response to potential allergens.\* Supporting vascular health, quercetin also plays a significant role in the body's enzyme systems related to innate response.\* Choose Quercetin by Innate for your 100% whole food source of this free-radical quencher.\*

1 tablet daily, 20 - 30 minutes before meals or as directed by your healthcare practitioner

product #	count
40109 .....	60
40110 .....	90



Vitamins & Antioxidants

# Vitamin C-400

nutritionally superior whole food vitamin C

Vitamin C-400 contains a high potency of 100% whole food vitamin C from True Active™ FoodState®. Whole food vitamin C does not exist as ascorbic acid alone, but rather co-exists within a synergistic network that inherently contains an array of immune supportive compounds, enzymes and other co-factors, and delivers a myriad of beneficial bioflavonoid food compounds known to have nutritive activity in the body. Naturally buffered, whole food vitamin C is therefore gentle on the stomach with less than one-tenth the acidity of common ascorbic acid. This superior source of 100% whole food vitamin C also provides an organic whole food blend, an immune blend, and plant-based enzymes to enhance bioavailability.\* Vitamin C-400 is the premier biologically active formula to promote overall wellness.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40069.....	30
40016.....	90
40017.....	180

## Serving Size 1 Tablet

Amount per Serving	% Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin C (Oranges*; 1000 mg)	400 mg	667
<b>Phenolics*</b>		
Orange, Wild Blueberry & Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	251 mg	***
<b>Organic Whole Food Blend</b>		
Organic Parsley, Organic Carrot, Organic Beet Root	11 mg	***
<b>Immune Blend</b>		
S. cerevisiae, Organic Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotic**	61 mg	***
<b>Bioactive Enzymes &amp; Proteins</b>		
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	166 mg	***

- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Vegetable Lubricant, Organic Rice Bran

# Vitamin C-250

whole food vitamin c and additional synergistic foods

Vitamin C-250 is an incomparable formulation providing 250 mg of 100% whole food vitamin C from True Active™ FoodState®. The nutritional benefits of whole food vitamin C are further enhanced by the inclusion of select foods inherently rich in vitamin C, as well as beneficial flavonoid compounds. Whole food vitamin C is ten times less acidic than ordinary pure vitamin C (ascorbic acid). A specialized organic bioflavonoid-rich immune blend to promote cellular and tissue health is provided, as well as plant-sourced enzymes to enhance bioavailability. Whole food vitamin C inherently contains a full spectrum of antioxidants, is rich with an array of immune-supportive compounds and helps maintain an already healthy inflammatory response. Naturally buffered, thus gentle on the stomach, Vitamin C-250 is an abundance of optimal nutrients.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40060.....	60

## Serving Size 1 Tablet

Amount per Serving	% Daily Value	
<b>100% Whole Food Nutrients*</b>		
Vitamin C (Oranges*; 625 mg)	250 mg	417
<b>Phenolics*</b>		
Orange, Wild Blueberry & Cranberry ( <i>Citrus sinensis</i> , <i>Vaccinium angustifolium</i> , <i>Vaccinium macrocarpon</i> )	176 mg	***
<b>Organic Bioflavonoid - Rich Immune Blend</b>		
Organic Amla Fruit, Organic Rosehips, Organic Green Pepper, Organic Orange Peel	120 mg	***
<b>Bioactive Enzymes &amp; Proteins</b>		
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**	90 mg	***

- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Vegetable Cellulose

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Vitamin D-3 2,000 IU

nourish with whole food vitamin D

## Serving Size 1 Tablet

Amount per Serving	%Daily Value	
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<b>100% Whole Food Nutrients*</b>		
Vitamin D3 ( <i>S. cerevisiae</i> *, 40 mg)	2000 IU	500

<b>Organic Whole Food Blend</b>	69 mg	***
Organic Parsely, Organic Carrot , Organic Beet		

<b>Immune Blend</b>	406 mg	
*** <i>S. cerevisiae</i> , Organic Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**		

<b>Bioactive Enzymes &amp; Proteins</b>	149 mg	***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Organic Rice Bran

Vitamin D-3 by Innate provides this critical component of optimal health. True Active™ FoodState® vitamin D-3 is an effective, bioavailable whole food form of vitamin D, complete with the amino acids and sterols which act to catalyze mineral utilization.\* Vitamin D-3 plays a vital role in bone health and immune health, calcium utilization, cardiovascular and lung health. With vitamin D deficiencies at an all-time high, supplementation of this nutrient is of paramount importance. This comprehensive formulation also includes an organic whole foods blend, an immune blend and plant-sourced enzymes. Vitamin D-3 by Innate is an extraordinary 100% whole food solution to support overall wellbeing.\*

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40130	60
40131	90
40132	180

# Vitamin D-3 1,000 IU

nourish with whole food vitamin D

## Serving Size 1 Tablet

Amount per Serving	%Daily Value	
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<b>100% Whole Food Nutrients*</b>		
Vitamin D3 ( <i>S. cerevisiae</i> *, 20 mg)	1000 IU	250

<b>Organic Whole Food Blend</b>	48 mg	***
Organic Parsely, Organic Carrot , Organic Beet		

<b>Immune Blend</b>	273 mg	
*** <i>S. cerevisiae</i> , Organic Broccoli, Polysaccharides**, CoQ10**, SOD**, Glutathione**, Beta Glucans**, Lipoic Acid**, Trace Minerals**, Probiotics**		

<b>Bioactive Enzymes &amp; Proteins</b>	100 mg	***
Enzymes**, Peptides**, RNA/DNA**, Amino Acids**, Branch Chain Amino Acids**		

- \* True Active™ FoodState® 100% Food Concentrates
- \*\* Naturally occurring
- \*\*\* Daily Value not established

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides**  
**Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Cellulose, Organic Rice Bran

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

1 tablet daily, or as directed by your healthcare practitioner

product #	count
40122	60
40123	90

# Wild Blueberry

rich in protective antioxidant compounds

Wild Blueberry is a 100% whole food source of wild blueberries, by far one of the most superior sources of protective phenol compounds and beneficial constituents. Wild blueberries have significantly superior levels of phytonutrients, anthocyanins, bioflavonoids, chlorogenic acid, carotenoids and antioxidants than cultivated blueberries.<sup>1</sup> Rich in anthocyanin pigments, flavonoid compounds and chlorogenic acid, all of which have potent antioxidant properties in the body, wild blueberries are ranked number one among fruits and vegetables by the USDA in terms of antioxidant activity. Wild Blueberry may also help support the urinary tract, healthy vision and quench free radicals.\*

A convenient and optimum nutritive source of wild blueberries, Wild Blueberry by Innate can play a valuable role in any nutritional health program.\*

Note: One tablet is equivalent to seven wild blueberries  
1. Wild Blueberry Association of North America (W.B.A.N.A.)

1-6 tablets daily, or as directed by your healthcare practitioner

product #	count
40029.....	60

## Serving Size 1 Tablet

Amount per Serving	% Daily Value
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### 100% Whole Food Nutrients\*

Blueberry Concentrate 7:1	336 mg	**
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(Typically providing significant phenolic content including anthocyanins, flavonoids and polyphenols)

**FREE of: Gluten, Dairy, Soy, Corn, Wheat, Pesticides and Herbicides  
Nothing Artificial or Synthetic**

**Other Ingredients:** Vegetable Lubricant, Silica

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Crafting Innate Formulas

Going above and beyond manufacturing our own products and having a state-of-the-art lab, Innate is one of the only companies that also produces our own whole food concentrates. This puts Innate in a class by itself.

## A Day in the Life at Innate

Fresh foods arrive at our manufacturing facility on a daily basis. What a wonderful sight! Typically when you visit a manufacturer you see bags of isolated vitamins and minerals, bought from only a few raw material companies that supply roughly the same ingredients sold to almost every supplement company. These bags hold white crystalline powders such as ascorbic acid and calcium ascorbate. In appearance these forms of vitamin C don't look much different than what they may have been derived from – sugar.

As the understanding of the superiority of whole food supplements has grown, many companies claim to produce whole food supplements. The quality of most whole foods used in supplements can be less than optimal. Almost all food based companies buy their raw materials as dry powders, not fresh whole food as you would like to envision. Have you ever wondered when you look at green powders or food based products and don't see a supplement fact box declaring vitamin and mineral potency? Many food based companies use whole food that have been dried or processed in a way that degrades the value of the nutrition these wonderful whole foods once contained. When you see the dried powders of green pepper, rose hip or carrot powder you'll know what I mean. Many times the color of carrot powder used in inferior products has browned and is no longer the vibrant orange of the fresh carrot from which it came.

This is not the sight you see at Innate. All of our vitamins start with fresh frozen whole foods. Barrels and barrels of oranges

go into the production of our vitamin C products. Our beta carotene starts with fresh frozen carrots. Broccoli, blueberries and other whole foods arrive fresh at our facility every day. Once you see the fresh oranges, carrots, broccoli and other whole foods that go into our finished product and then you see bags of isolated "pure" vitamins there is no turning back. Innate's True Active™ FoodState® nutrients are picked right out of the field and the guaranteed potency our lab ensures gives that wholesome assurance unmatched by any other company. Once the fresh frozen whole foods are milled and go through the True Active process, the foods are dried with one of the only refractance window dryers in the world.

## Common Drying Methods

Although several drying methods for whole foods have been developed over time, none can provide the high levels of nutritional content Innate achieves through Refractance Window® drying. Spray and freeze drying are the two main methods most companies use to dry whole food, both of which use extreme temperatures.

The most popular is spray drying which utilizes extremely high temperatures. Most commonly, spray drying starts with a vacuum; on the other end is a heat gun heated to a temperature of 575 F. As the foods are pulled through the vacuum and shot out of the heat gun the food is rapidly sprayed dry. As you can see, this process destroys most of the integrity of the foods used in those formulas. Unfortunately, because the cost of spray drying equipment is relatively inexpensive this is the most popular way of drying whole foods. The majority of foods used in supplements are spray dried.

On the other side of the coin is freeze drying. Instead of extreme heat, freeze drying uses extreme cold. The whole foods start on the end of a conveyor belt. This conveyor belt

## Onsite Lab – Testing Assurance for Finished Product Potency

Of the companies that have their own manufacturing facilities, very few actually have an in-house lab to test all of their finished goods for potency assurance like Innate. Our turnaround time for testing can be the same day as the finished goods are produced. Turn-around time to send samples to an independent lab and wait for results can be days at minimum. As a company we also support 3rd party testing. It makes sense to have an outside company validate the in-house testing that your company is doing.

Our investment in a lab and our production facility also speak to the quality level which is instilled in every Innate product. We have over 3 million dollars invested in some of the most state-of-the-art analytical and manufacturing equipment available today. Most of the testing is performed with our four HPLCs (high performance liquid chromatography) equipment. HPLC tests the vitamin and phytonutrient potency of our formulas, helping us to ensure the finished good potency of vitamins and phytonutrients in every product. No lab would be complete without ICP (inductively coupled plasma). This piece of equipment is used to test all of the minerals and checks finished products for heavy metal contaminants. The JY Ultratrace ICP we have on-site can test finished products for heavy metals, such as lead, mercury and cadmium, down to ten parts per million. The ICP provides the assurance of potency of our minerals in every finished product. The lab at Innate is comprehensive; with gel electrophoresis, uv-vis spectrometers and much more, our technologically advanced labs provide quality assurance beginning with raw materials production through finished product testing.



# Crafting Innate Formulas

goes through a tunnel lined with refrigerant coils bringing the temperature down to approximately -70 F. As the whole foods move through the tunnel the refrigerant coils pull water out of the whole foods. You will see icicles forming on the refrigerant coils. Unfortunately, many phytonutrients cannot survive this type of processing. Freeze drying is very similar to what happens in your freezer when foods are left in there too long. The cellular structure of the food is degraded and the freezer burned food gives an off taste.

We could not use any of the above drying methods. They are simply not capable of delivering nutritional whole food complete with a broad spectrum of food compounds and preserve the nutrient integrity of the product. Innate knew there had to be another solution.

## State-of-the-Art Drying

Refractance Window drying was discovered by a retired engineer. He was relaxing on a beach and noticed the light refracting on the ocean. To me, and perhaps most of you, this is simply a beautiful view; however this retired engineer saw something more: refraction in the making. When light hits a body of water, such as an ocean, it does not fully penetrate. If it did, then you would essentially be able to see through to the ocean floor. Water is not a good conductor of energy from the sun; this is the main reason why bodies of water are warmer in the winter and colder in the summer. As this retired engineer looked at this phenomenon he grabbed his glass of water. He placed his finger on the outside of the glass below the water line and peered through the top of the glass; looking through the top of the glass he could not see his finger. The energy from the sun was not penetrating the glass on the other side. He then took his finger and wet it. He again placed his wet

finger on the outside of the glass below the water line. Once again he peered through the top of the glass. This time he could see his finger. This was the eureka moment!

Since there is water on both sides of the glass the energy from the sun will penetrate the glass membrane. Now as his finger dries the refractance window will close. This window closes when the moisture on the other side of the glass is less than 4%. This is the refractance window of water. Refractance window drying is not only a low-temperature drying method, but also a self-limiting drying method, stopping as soon as there is no water on the other side. Extreme temperature drying such as spray and freeze drying continue to dry far beyond the optimal point. Only refractance window technology has this self-limiting ability. Try this experiment at home and see for yourself.

This is the natural phenomenon that Innate harnesses to dry all of our whole food nutrients. Once all of our foods are milled they are placed on the refractance window dryer bed. The food is dried through slow evaporation as it makes its way down the bed. Once the food reaches approximately 4% moisture, the refractance window (just like the glass of water) closes and the drying process stops. This always happens at different intervals of the refractance window. If there is more ambient humidity it may take a bit longer; if there is less then it will take a bit less time. Nevertheless, the whole foods are dried to the optimal level – every time.

Innate is proud of the quality commitment that goes into every bottle. We pride ourselves as the ultimate purveyor of whole food supplements for professionals.

Refractance Window® is a registered trademark of MCD Technologies, Inc.



## Vertically Integrated Manufacturing

There are over 1,400 different vitamin companies available today. Too many companies are simply marketing companies, not manufacturers. The majority of these 1,400 different vitamin companies fall into this category. We don't deny some great companies can locate a good contract manufacturer to produce their products. It's just very difficult for this type of manufacturer to ensure these products meet the company's quality expectations on a daily basis.

A few companies, like Innate, produce their own products. These companies are in control of what is going into their products and save vast resources in shipping products to and from a contract manufacturer. Since these manufacturers do not incur the additional costs of hiring a contract manufacturer, quality of production is increased. Production runs of products are smaller and can be made more often as well.

Of the companies that have their own manufacturing facilities, only a small percentage of them actually have an in-house lab to test all of their finished goods for potency assurance like Innate does.

Going above and beyond manufacturing our own products and having a state-of-the-art lab, Innate is one of the only companies that also produces our own whole food concentrates. This puts Innate in a class by itself.

# INNATE

RESPONSE FORMULAS<sup>®</sup>

8 Bowers Road • Derry, NH 03038  
Phone 800.634.6342 or 603.216.0899

Fax 603.437.0796

[www.innateresponse.com](http://www.innateresponse.com)

## Trusted Quality at Every Step

- Most companies do not produce their own products
- Few have their own labs
- Even fewer produce their own raw materials



1,400 Companies, One Innate