



PureFood Nutrients

INTRODUCED JANUARY 2009

What Is It?

PureFood Nutrients is a multivitamin/mineral complex providing nutrients in a whole food based matrix. It is a complete hypo-allergenic, nutrient rich multi-vitamin, multi-mineral and trace element supplement enhanced with green foods, berry extracts and herbs to support optimal health.*

Indications

Whole food based multivitamin/mineral complex for adults of any age

Vitamin/Mineral Distinctions:

- High potency, hypo-allergenic, vegetarian formula
- Vitamins and minerals provided in a comprehensive complex of nutrients, enzymes, bioflavonoids and other cofactors naturally contained in food
- Nutrients derived in a unique fermentation technology using foods and *S. cerevisiae* to deliver vitamins and minerals in a natural food state
- Antioxidant support from naturally derived vitamin C, vitamin E and mixed carotenoids

Special Features:

- Enhanced with green foods, berry extracts and herbs for comprehensive whole food nutrients support

What Is The Source?

PureFood Nutrients are derived through a unique fermentation technology. In this process nutrients are cultured and transformed through fermentation, producing vitamin and mineral peptide complexes. Once the process is complete, proteolytic enzymes are used

to break down the cell walls and release the intracellular nutrients. Nutrients derived in this manner are part of a comprehensive nutrient complex that provides all of the cofactors naturally contained in food. The nutrients in PureFood Nutrients are derived from the following:

Mixed carotenoids: *Daucus carota sativa* (carrot)

Lycopene: *Solanum lycopersicum* (tomato)

Lutein: *Tagetes erecta* (marigold)

Vitamin C: *Citrus sinensis* (orange)

Vitamin K₁: *Spinacia oleracea* (spinach)

Folic acid: *Brassica oleracea*

Choline, inositol, vitamin E and biotin: *Oryza sativa* (rice)

Calcium, vitamin D, thiamine (B₁), riboflavin (B₂), niacinamide, vitamin B₆, vitamin B₁₂, pantothenate, iodine, magnesium, zinc, selenium, manganese, chromium, molybdenum, boron and vanadium: *S. cerevisiae*

Alfalfa extract is derived from *Medicago sativa* leaf and stem. Broccoli is derived from *Brassica oleracea italica* flowering head. Kelp is derived from *Ascophyllum nodosum* leaf. Kale is derived *Brassica oleracea acephala* leaf. Acerola extract (4:1) is derived from *Malpighia glabra l.* Tomato extract (4:1) is derived from *Solanum lycopersicum* fruit. Cranberry extract (25:1) is derived from *Vaccinium macrocarpon* fruit. Wild blueberry is derived from *Vaccinium angustifolium* fruit. Bilberry extract (8:1) is derived from *Vaccinium myrtillus* fruit. Turmeric extract (50:1) is derived from *Curcuma longa* root. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

100% Whole food nutrients manufactured by Biosan Labs, Derry, NH

(continued)

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

For educational purposes only. Consult your physician for any health problems.

Recommendations

Pure Encapsulations recommends per 4-6 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Turmeric has been associated with dizziness, headache, and gastrointestinal upset. Turmeric is not recommended for individuals with bile duct obstruction. Consult your physician for more information.

Are There Any Potential Drug Interactions?

At higher amounts bilberry, cranberry and curcumin may be contra-indicated with blood thinning medications. Consult your physician for more information.

PureFood Nutrients

six vegetable capsules contain  v 00

vitamin C (Citrus sinensis)	200 mg.
vitamin C (as ascorbyl palmitate)	60 mg.
calcium (S. cerevisiae).....	30 mg.
vitamin D (S. cerevisiae).....	800 i.u.
vitamin E (Oryza sativa).....	100 i.u.
vitamin K ₁ (Spinacia oleracea).....	100 mcg.
thiamine (B ₁) (S. cerevisiae).....	25 mg.
riboflavin (B ₂) (S. cerevisiae).....	20 mg.
niacinamide (S. cerevisiae)	50 mg.
vitamin B ₆ (S. cerevisiae).....	25 mg.
folic acid (Brassica oleracea)	400 mcg.
vitamin B ₁₂ (S. cerevisiae)	500 mcg.
biotin (Oryza sativa).....	300 mcg.
pantothenate (S. cerevisiae)	50 mg.
iodine (S. cerevisiae)	150 mcg.
magnesium (S. cerevisiae)	15 mg.
zinc (S. cerevisiae)	15 mg.
selenium (S. cerevisiae).....	100 mcg.
manganese (S. cerevisiae).....	2 mg.
chromium (S. cerevisiae).....	200 mcg.
molybdenum (S. cerevisiae).....	25 mcg.
boron (S. cerevisiae).....	1 mg.
choline (Oryza sativa).....	30 mg.
inositol (Oryza sativa)	20 mg.
vanadium (S. cerevisiae).....	20 mcg.
mixed carotenoids	5,000 i.u.
beta carotene (Daucus carota sativa)	3,000 mcg.
lycopene (Solanum lycopersicum).....	125 mcg.
lutein (Tagetes erecta).....	250 mcg.
alfalfa (Medicago sativa) extract (leaf and stem).....	25 mg.
broccoli (Brassica oleracea italica) (flowering head).....	25 mg.
kelp (Ascophyllum nodosum) (leaf).....	25 mg.
kale (Brassica oleracea acephala) (leaf).....	20 mg.
acerola (Malpighia glabra l.) extract (4:1).....	20 mg.
tomato (Solanum lycopersicum) extract (fruit) (4:1)	20 mg.
cranberry (Vaccinium macrocarpon) (fruit) (25:1)	20 mg.
wild blueberry (Vaccinium angustifolium) (fruit)	25 mg.
bilberry (Vaccinium myrtillus) extract (fruit) (8:1).....	25 mg.
turmeric (Curcuma longa) extract (root) (50:1).....	25 mg.

4-6 capsules per day, in divided doses, with meals.



— Your Trusted Source —

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