How to read a vitamin label

What is in it & what does it do to you?

Supplement Facts

Serving Size: 3 Capsules — Servings per Container: 50

Amount per Serving		%DV
Calories	6	
Dietary Fiber	500 mg	2%
Proprietary blend	1260 mg	

Psyllium (husk) powder+, collinsonia (root) powder+, apple pectin+, fennel seed+, and fenugreek seed powder+.

†Daily Value (DV) not established..

Other Ingredients: Cellulose, and water.

Standard Process Inc., Palmyra, WI 53156 • Made in the USA

Since The Beginning Of Time Man Has Existed On Food

Synthetic Vitamins

- Are chemicals
- Are incomplete compounds
- Rob your body of the missing parts of the whole vitamin complex, in order to be used by the body
- Create the same deficiency you are trying to correct

Whole Food Nutrients

- Are real whole food, minus the water
- Are complete compounds and contain all the unknown factors in food that work synergistically to feed your body
- Are recognized by your body and used as needed

What's in a Carrot

DAUCUS CAROTA L.

"CARROT"

ACETALDEHYDE RT NAP
ACETONE RT JAD
ACETYLCHOLINE RT HHB
ACORENONE SD
AESCULETIN LF NAP

ALDOLASE TC NAP
ALUMINUM 1-1,050 RT AAS USG
AMMONIA(NH3) 3,970 RT NAP
AMYLASE TC NAP
ALPHA-AMYRIN RT NAP
BETA-AMYRIN RT NAP
ANILINE 31 RT NAP
ANTHERAXANTHIN LF NAP
APIGENIN FR NAP
APIGENIN-7-O-BETA-D-GALACTOMANNOSIDE PL 411/
APIGENIN-7-O-BETA-D-GALACTOPYRANOSYL-(1,4)-O-BETA-D-MANN...
APIGENIN-4'-O-BETA-D-GLUCOSIDE SD NAP
APIGENIN-7-O-BETA-D-GLUCOSIDE SD NAP
APIGENIN-7-O-BETA-D-RUTINOSIDE SD NAP
ARABINOSIDE RT NAP
ARACHIC-ACID 270-936 SD NAP
ARACHIDONIC-ACID PL PAS
ARGININE 430-3,520 RT USA
ARSENIC 0.0029-1 RT AAS USG (SOME STATE 400)
ASARALDEHYDE SD NAP
ASARONE 400 SD RT
ASCORBIC-ACID 91-775 RT CRC USA
ASH 56,000-79,000 (-150,000) RT PED USG
ASPARTIC-ACID 1,370-11,220 RT USA
ASTRAGALIN SD NAP
AZULENE SD
BARIUM 1.7-150 RT USG
BENZOIC-ACID-4-O-BETA-D-GLUCOSIDE 11 RT NAP
BENZYLAMINE 2.8 RT NAP
BERGAMOTENE 200-700 SD
ALPHA-BERGAMOTENE 2,000 RT NAP
CIS-BETA-BERGAMOTENE RT
BERGAPTEN 0.3 RT NAP
BETAINE 35 RT NAP
BIPHENYL 4 RT JAD NAP
BETA-BISABOLENE 116 RT JAD NAP
BETA-BISABOLENE 100-3,500 SD JAD NAP
BETA-BISABOLENE 38 SH JAD NAP
GAMMA-BISABOLENE 264 RT JAD NAP
CIS-GAMMA-BISABOLENE 8 RT JAD NAP
TRANS-GAMMA-BISABOLENE 268 RT JAD NAP
BORNYL-ACETATE 24 RT NAP 1/
BORNYL-ACETATE 0.6SD
BORON 1-36 RT AAS BOB JAD USG
BROMINE 1-9 RT AAS
BUTYRIC-ACID RT JAD
CADMIUM 0.0116-0.6 RT USG
CAFFEIC-ACID RT NAP
CAFFEIC-ACID-4-O-BETA-D-GLUCOSIDE PL NAP
CAFFEOYLQUINIC-ACID RT NAP
CALCIUM 210-5,710 RT FNF PED U
CAMPESTEROL RT NAP
CAMPHENE 8 SD NAP
CAMPHENE 1-70 SD
CAMPHOR SD
CAPRIC-ACID 1,360-7,065 SD NAP
CARBOHYDRATES 101,000-850,000 FNF PED USA
DELTA-3-CARENE 12-120 SD JAD
CAR-6-ENE 56-112 SD NAP
CAROTA-1,4-BETA-OXIDE 0.2-0.5 NAP
CAROTATOXIN RT HHB
ALPHA-CAROTENE 17-25 RT NSK
BETA-CAROTENE 27-673 RT NSK CRC
EPSILON-CAROTENE RT NAP
GAMMA-CAROTENE RT NAP
CAROTOL 8 RT JAD NAP
CAROTOL 1,150-8,000 SD JAD NAP
CAROTOL 1,450 SH JAD NAP
CARVONE SD
CARYOPHYLLENE 200 RT JAD NAP
CARYOPHYLLENE 134-1,000 SD JAD
ALPHA-CARYOPHYLLENE RT HHB
BETA-CARYOPHYLLENE 55-170 SD JAD NAP
BETA-CARYOPHYLLENE 24 SH JAD NAP
CARYOPHYLLENE-OXIDE 310-350 RT AYL
CHLOROGENIC-ACID RT NAP
TRANS-CHLOROGENIC-ACID SH
CHLOROPHYLL PL PAS
CHOLESTEROL LF NAP
CHOLINE 36 RT JAD NAP
CHOLINE 73 SH JAD NAP
CHROMIUM 0.005-1.5 RT AAS USG
CHRYSIN SD NAP
CINNAMIC-ACID TC NAP
TRANS-CINNAMIC-ACID TC NAP
CITRAL 200 SD
CITRIC-ACID RT JAD NAP

Known Carrot Constituents

COBALT <0.005-0.058 RT AAS USG
COPPER 0.3-18 RT AAS USA USG
COSMOSIIN LF NAP
P-COUMARIC-ACID RT NAP
P-COUMARIC-ACIDO-BETA-D-GLUCOSIDE SH NAP
COUMARIN RT SD
CROCETIN LF NAP
BETA-CRYPTOXANTHIN RT NAP
CUMINALDEHYDE SD
ALPHA-CURCUMENE SD
CYANIDIN-3,5-DIGALACTOSIDE TC NAP
CYANIDIN-DIGLYCOSIDE RT NAP
CYANIDIN-3-GALACTOSIDE TC NAP
CYANIDIN-3-GLUCOGALACTOSIDE TC NAP
CYANIDIN-3-O-BETA-D-GLUCOSIDE TC NAP
CYANIDIN-3-(SINAPOYL-XYLOSYL-GLUCOSYL)-GALACTOSIDE LF NAP
P-CYMENE 12 RT NAP
P-CYMENE 10-160 SD JAD
P-CYMEN-8-OL 9,000 SD NAP
CYSTEINE TC NAP
CYSTINE 80-655 RT USA
DAUCARIN SD NAP
DAUCENE 200 SD
DAUCIC-ACID RT NAP
DAUCINE PL JSG
DAUCOL 60-1,960 SD JAD NAP
DAUCOL 535 SH JAD NAP
DAUCOSTEROL RT
DECA-TRANS-2-TRANS-4-DIEN-1-AL TR RT JAD NAP
GAMMA-DECALACTOSE SD
GAMMA-DECANOLACTONE RT
DEC-2-EN-1-AL 1.6 RT JAD NAP
DEHYDROASCORBIC-ACID RT NAP
DEHYDROXYDAUCOL SD NAP
DEOXY-RIBONUCLEASE TC NAP
5,7-DIHYDROXY-2-METHYL-CHROMONE RT NAP
3,4-DIMETHOXY-ALLYL-BENZENE RT NAP
6-(GAMMA,GAMMA-DIMETHYL-ALLYL-AMINO)-PURINE TC NAP
DIOSGENIN 5,400-6,000 RT TC NAP
DIPENTENE RT AYL
DODECAN[illegible] NAP
BETA-ELE[illegible]
ELEMICIN 2,000 SD NAP
EO 4,000 (ASSUMED) RT
EO 4,000 8,000 SD GEO
EO 4,000 (ASSUMED) SH
EPOXYDIHYDROCARYOPHYLLENE 250-2,000 SD
ETHANOL RT NAP
ETHYLAMINE 1 RT NAP
ETHYLENE TC NAP
ETHYL-METHYL-AMINE 7 RT NAP
EUGENIN TC NAP
EUGENOL 7,000 SD NAP
FALCARINDIOL 88 RT NAP
FALCARINOL 10-47 RT NAP
BETA-FARNESENE 12 RT NAP
FAT 1,700-29,000 RT CRC USA
FAT 87,000-302,000 DS CRC
FERULIC-ACID RT NAP
FERULIC-ACID-O-BETA-D-GLUCOSI SH NAP
FIBER 10,000-134,000 RT CRC PED U
FLUORINE 0.03-1.8 RT AAS
FOLACIN 0.1-1.2 RT USA
FORMIC-ACID PL JAD
FRUCTOSE RT NAP
FUMARASE TC NAP
FUMARIC-ACID RT NAP
GALACTOSE RT NAP
BETA-GALACTOSIDASE TC NAP
GENTISIC-ACID TC NAP
GERANIOL 10-8,120 SD RT JAD
GERANYL-ACETATE 265 SH NAP
GERANYL-ACETONE 300 SD NAP
GERANYL-FORMATE SD
GERANYL-ISOBUTYRATE 500 SD N
GERANYL-2-METHYL0BUTYRATE 3,000 SD NAP
4-BETA-D-GLUCOPYRANOSYL-OXY BENZOIC-ACID 65 SD NAP
D-GLUCOSE 80,000 RT HHB
ALPHA-GLUCOSIDASE TC NAP
BETA-GLUCOSIDASE TC NAP
BETA-GLUCURONIDASE TC NAP
GLUTAMATE-OXALACETATE-TRANSAMINASE TC NAP
GLUTAMATE-PYRUVATE-TRANSA NASE TC NAP
GLUTAMINE RT HHB
GLUTAMIC-ACID 2,020-16,545 RT U
GLYCINE 300-2,455 RT USA
ALPHA-GURJUNENE SD
N-HENTRIACONTANE SD NAP
N-HEPTACOSANE SD NAP
HEPTAN-1-AL 2 RT JAD NAP
HERACLENIN RT JAD
HCN RT JAD
HISTIDINE [illegible] RT USA
ALPHA-HUMULENE 12 RT JAD NAP
P-HYDROXYBENZOIC-ACID RT NAP
(-)-6-HYDROXY-MELLEIN RT NAP
8-HYDROXY-6-METHOXY-3-METHYL-3,4-DIHYDRO-ISOCOUMARIN TC NAP
4-HYDROXYPROLINE
INDOLE-ACETIC-ACID TC NAP
INVERTASE TC NAP
IONENE RT NAP
ALPHA-IONONE RT NAP
BETA-IONONE 300 SD NAP
IRON 3-300 RT AAS CRC USA USG
TRANS-ISOASARONE PL HHB
ISOBUTYRIC-ACID PL JAD
ISOCHLOROGENIC-ACID LF NAP
ISOCITRIC-ACID RT NAP
ISOLEUCINE 410-3,360 RT USA
ISOPIMPINELLIN RT JAD
ISOPRENE RT NAP
KAEMPFEROL SD NAP
KAEMPFEROL-3-O-BETA-D-GLUCOSIDE RT 411/
ALPHA-KETOGLUTARIC-ACID RT HHB
KILOCALORIES 2,710 RE PED
KILOCALORIES 430-3,520 RT USA
LAURIC-ACID 20-165 RT USA
LAURIC-ACID 1,810-6,280 SD NAP
LEAD 0.01-2 RT AAS USG
LECITHIN RT HHB
LECITHINASE WOI
LEUCINE 430-3,520 RT USA
LIMONENE 150 RT JAD NAP
LIMONENE 20-1,500 SD JAD NAP
LIMONENE 26 SH NAP
LINALOOL 32 RT JAD NAP
LINALOOL 4-600 SD JAD NAP
LINOLEIC-ACID 670-5,485 RT USA
LINOLEIC-ACID 9,360-43,400 SD NAP
LINOLENIC-ACID 100-820 RT USA
ALPHA-LINOLENIC-ACID 270-935 SD NAP
GAMMA-LINOLENIC-ACID 540-1,870 SD NAP
LITHIUM 0.23-0.6 RT USG
LUPEOL RT NAP
LUTEIN RT NAP
LUTEOLIN PL PAS
LUTEOLIN-4'-O-BETA-D-DIGLUCOSIDE SD NAP
LUTEOLIN-4'-O-BETA-GLUCOSIDE SD NAP
LUTEOLIN-7-O-BETA-D-DIGLUCOSIDE SD NAP
LUTEOLIN-7-O-BETA-GLUCOSIDE SD NAP
LUTEOLIN-7-O-BETA-GLUCOSIDE 100 RT NAP
LUTEOLIN-7-O-BETA-GLUCURONIDE PL NAP
LUTEOLIN-7-O-(6"-O-MALONYL)-BETA-D-DIGLUCOSIDE PL NAP
LUTEOLIN-7-O-BETA-RUTINOSIDE SD NAP
LYCOPENE 80-140 RT NSK35:315
LYSINE 400-3,275 RT USA
MAGNESIUM 100-1,980 (-7,500) RT AAS USG
MALIC-ACID RT HHB
MALTOSE RT JAD
MALVIDIN-3,5-DIGLUCOSIDE RT NAP
MANGANESE 1-62 RT AAS USA USG
MANNOSE RT NAP
MERCURY 0.00058-0.045 RT AAS USG
METHIONINE 70-575 RT USA
2-METHOXY-3-SEC-BUTYL-PYRAZINE RT NAP
(-)-6-METHOXY-MELLEIN RT NAP
3-METHOXY-4,5-METHYLENEDIOXY-PROPYL-BENZENE RT NAP
5-METHOXY-PSORALEN PL PAS
METHYLAMINE 3,970 RT NAP
N-METHYL-ANILINE 0.8 RT NAP
N-METHYL-BENZYLAMINE 16 RT NAP
4-METHYL-ISO-PROPENYL-BENZENE SD NAP
N-METHYL-PHENETHYLAMINE 2 RT NAP
METHYLPENTOSANS PL JAD WOI
MEVALONIC-ACID 4 RT NAP
MOLYBDENUM <0.1-0.7 RT AAS USG
MUFA 80-655 RT USA
GAMMA-MUUROLENE 3,000 RT NAP
MYRCENE 10-250 SD
MYRICETIN FR 411/
MYRISTIC-ACID 10-80 RT USA
MYRISTIC-ACID 10,470-36,300 SD NAP
MYRISTICIN 0.5-34 RT HHB JAD NAP
MYRISTOLEIC-ACID SD NAP
NEOXANTHIN LF NAP
NEUROSPORENE RT NAP
NIACIN 8-82 RT FNF PED USA
NICKEL 0-2 RT USG
NITROGEN 1,400-20,000 RT AAS
N-NONACOSANE SD NAP
NONAN-1-AL 0.8 RT NAP
NON-2-EN-1-AL 12 RT NAP
NOPOL RT NAP

Page 2

Known Carrot Constituents

3'-NUCLEOTIDASE TC NAP
N-OCTACOSANE SD NAP
OCTAN-1-AL 8 RT JAD NAP
2-OCTANONE SD
OLEIC-ACID 60-490 RT USA
OLEIC-ACID 55,800-230,300 SD NAP
OSTHOL 610 PL NAP
OSTHOLE RT JAD
OXALIC-ACID 56 RT JAD WBB
OXYPEUCEDANIN RT JAD
PALMITIC-ACID 230-1,885 RT USA
PALMITIC-ACID 3,265-11,500 SD NAP
PALMITOLEIC-ACID 20-165 RT USA
PALMITOLEIC-ACID 270-1,725 SD NAP
PANTOTHENIC-ACID 2-17 RT USA
PECTIN 100,000-188,000 RT HHB USA WOI
PECTINESTERASE RT NAP
PENTOSANS PL WOI
PEROXIDASE RT NAP
PETROSELINIC-ACID 712,000 SD NAP?
ALPHA-PHELLANDRENE RT NAP
BETA-PHELLANDRENE 177 SH NAP
PHENYLALANINE 320-2,620 RT USA
PHENYLALANINE-AMMONIA-LYASE TC NAP
PHOSPHATIDYL-CHOLINE TC NAP
PHOSPHATIDYL-ETHANOLAMINE TC NAP
PHOSPHATIDYL-GLYCEROL TC NAP
PHOSPHATIDYL-INOSITOL TC NAP
PHOSPHOFRUCTOKINASE RT NAP
PHOSPHORUS 340-5,090 (-7,500) RT AAS CRC USA USG
PHYTIN 52,700 RT WOI
PHYTOENE PL HHB
PHYTOFLUENE RT NAP
PHYTOSTEROLS 120-980 RT USA
ALPHA-PINENE 48 RT JAD NAP
ALPHA-PINENE 12-1,300 SD JAD NAP
ALPHA-PINENE 12 SH JAD NAP
BETA-PINENE 4 RT JAD NAP
BETA-PINENE 50-5,500 SD
BETA-PINENE 44 SH JAD NAP
PIPECOLIC-ACID HHB
POTASSIUM 3,000-46,360 RT AAS CRC PED USA
PROLINE 290-2,375 RT USA
PROTEIN [illegible] RT CRC PED
PSORALEN [illegible]
PSORALEN 0.8 [illegible] AP
PUFA 770-6,300 RT USA
PUTRESCINE TC NAP
PYRROLIDINE PL JAD
QUERCETIN SD NAP
QUERCETIN-3-O-BETA-GLUCOSIDE SD NAP
QUERCITRIN PL PAS
QUINIC-ACID RT NAP
RHAMNOSE RT NAP
RIBOFLAVIN 0.6-5 RT CRC PED USA
RIBONUCLEASE TC NAP
RUBIDIUM 0.42-12.7 RT AAS
SABINENE 50-2,000 SD
SABINENE 160 RT NAP
SAKURANETIN FR 411/
SCOPOLETIN RT NAP
SELENIUM 0.00116-0.02 (-0.064) RT USG
BETA-SELINENE 118-410 SD JAD NAP
SERINE 350-2,865 RT USA
SERINE PL PAS
SFA 300-2,455 RT USA
SHIKIMIC-ACID RT NAP
SILICON 1-91 RT AAS
BETA-SITOSTEROL RT NAP
BETA-SITOSTEROL-GLYCOSIDE HHB
SODIUM 340-9,504 RT CRC USA USG
STARCH 14,800-25,200 RT WOI
STEARIC-ACID 10-80 RT USA
STEARIC-ACID 285-1,240 SD NAP
STIGMASTEROL RT NAP
STRONTIUM 1-148 RT USG
SUBERIN RT NAP
SUCCINIC-ACID RT NAP
SUCROSE 60,000-339,000 RT HHB JAD WOI
SULFUR 52-1,635 RT AAS USG
SYRINGIC-ACID RT NAP
TARAXASTEROL SH NAP
TARTARIC-ACID RT NAP
TERPINEN-4-OL 28 RT JAD NAP
ALPHA-TERPINENE 28 RT JAD NAP
ALPHA-TERPINENE 20-40 SD JAD NAP
GAMMA-TERPINENE 216 RT JAD NAP
ALPHA-TERPINEOL 28 RT JAD NAP
TERPINEOL-ACETATE 746 SH NAP
TERPINOLENE 1,520 RT JAD NAP
TERPINOLENE 10 SD JAD
TETRADECENOIC-ACID RT NAP
THERMOPSOSIDE LF NAP
THIAMIN 1-6 RT CRC USA
THREONINE 380-3,110 RT USA
ALPHA-THUJENE 12 SH JAP NAP
TIGLIC-ACID SD NAP
TIN 0-3 RT USG
TITANIUM 0.017-30 RT JAD USG
ALPHA-TOCOPHEROL 788 LF CCG
ALPHA-TOCOPHEROL 4-36 RT USA

Carrot

TOLUIDENE 7.2 RT NAP
TRANS-BETA-BERGAPTENE 170 SD
TRANS-1,10-HEPTADECADIENE-5,7-DIYN-3-OL HHB
TRANS-2(7)-2,6-DIMETHYLOCTA-4,6-DIENE
TRYPTOPHAN 110-900 RT USA
TYROSINE 200-1,640 RT USA
UBIQUINONE-100 TC NAP
UMBELLIFERONE LF JAD NAP
UMBELLIFEROSE PL JAD
URONIC-ACID RT NAP
VALINE 440-3,600 RT USA
VANILLIC-ACID TC NAP
P-VINYL-GUAIACOL 4,000 SD NAP
VIOLAXANTHIN LF NAP
VIT-B6 1-13 RT USA
VIT-D WOI
VIT-E WOI
WATER 858,000-907,000 RT USG
XANTHOPHYLLS 12-16 RT NSK35:315*
XANTHOTOXIN 0.3 RT NAP
XANTHOTOXIN 1.6 SH NAP
XYLITOL RT NAP
XYLOSE RT NAP
ZINC 2-79 RT USA USG
ZIRCONIUM 1-2 RT USG
ZOSIMIN PL JAD

*NSK=Nippon Shokuhin Kogyo Gakkaishi 35:315-20.1988 NAP values often derived by calculation JAD=often derived from Duke's Ginseng: A Concise Handbook (1989) AAS=ACTA AGRIC SCAND SUPPL 22 H20 (RT)=89%; ZMB=9.09 X APB

ALDOLASE TC NAP
ALUMINUM 1-1,050 RT AAS USG
AMMONIA(NH3) 3,970 RT NAP
AMYLASE TC NAP
ALPHA-AMYRIN RT NAP
BETA-AMYRIN RT NAP
ANILINE 31 RT NAP
ANTHERAXANTHIN LF NAP
APIGENIN FR NAP
APIGENIN-7-O-BETA-D-GALACTOMANNOSIDE PL 411/
APIGENIN-7-O-BETA-D-GALACTOPYRANOSYL-(1,4)-O-BETA-D-MANN...
APIGENIN-4'-O-BETA-D-GLUCOSIDE SD NAP
APIGENIN-7-O-BETA-D-GLUCOSIDE SD NAP
APIGENIN-7-O-BETA-D-RUTINOSIDE SD NAP
ARABINOSIDE RT NAP
ARACHIC-ACID 270-936 SD NAP
ARACHIDONIC-ACID PL PAS
ARGININE 430-3,520 RT USA
ARSENIC 0.0029-1 RT AAS USG (SOME STATE 400)
ASARALDEHYDE SD NAP
ASARONE 400 SD RT
ASCORBIC-ACID 91-775 RT CRC USA
ASH 56,000-79,000 (-150,000) RT PED USG
ASPARTIC-ACID 1,370-11,220 RT USA
ASTRAGALIN SD NAP
AZULENE SD
BARIUM 1.7-150 RT USG
BENZOIC-ACID-4-O-BETA-D-GLUCOSIDE 11 RT NAP
BENZYLAMINE 2.8 RT NAP
BERGAMOTENE 200-700 SD
ALPHA-BERGAMOTENE 2,000 RT NAP
CIS-BETA-BERGAMOTENE RT
BERGAPTEN 0.3 RT NAP
BETAINE 35 RT NAP
BIPHENYL 4 RT JAD NAP
BETA-BISABOLENE 116 RT JAD NAP
BETA-BISABOLENE 100-3,500 SD JAD NAP
BETA-BISABOLENE 38 SH JAD NAP
GAMMA-BISABOLENE 264 RT JAD NAP
CIS-GAMMA-BISABOLENE 8 RT JAD NAP
TRANS-GAMMA-BISABOLENE 268 RT JAD NAP
BORNEOL RT NAP

BORNYL-ACETATE 24 RT NAP 1/
BORNYL-ACETATE 0.6SD
BORON 1-36 RT AAS BOB JAD USG
BROMINE 1-9 RT AAS
BUTYRIC-ACID RT JAD
CADMIUM 0.0116-0.6 RT USG
CAFFEIC-ACID RT NAP
CAFFEIC-ACID-4-O-BETA-D-GLUCOSIDE PL NAP
CAFFEOYLQUINIC-ACID RT NAP
CALCIUM 210-5,710 RT FNF PED USA
CAMPESTEROL RT NAP
CAMPHENE 8 SD NAP
CAMPHENE 1-70 SD
CAMPHOR SD
CAPRIC-ACID 1,360-7,065 SD NAP
CARBOHYDRATES 101,000-850,000 RT FNF PED USA
DELTA-3-CARENE 12-120 SD JAD
CAR-6-ENE 56-112 SD NAP
CAROTA-1,4-BETA-OXIDE 0.2-0.5 SD NAP
CAROTATOXIN RT HHB
ALPHA-CAROTENE 17-23 RT NSK35:315
BETA-CAROTENE 27-673 RT NSK35:315 CRC
EPSILON-CAROTENE RT NAP
GAMMA-CAROTENE RT NAP
CAROTOL 8 RT JAD NAP
CAROTOL 1,150-8,000 SD JAD NAP
CAROTOL 1,450 SH JAD NAP
CARVONE SD
CARYOPHYLLENE 200 RT JAD NAP
CARYOPHYLLENE 134-1,000 SD JAD
ALPHA-CARYOPHYLLENE RT HHB
BETA-CARYOPHYLLENE 55-170 SD JAD NAP
BETA-CARYOPHYLLENE 24 SH JAD NAP
CARYOPHYLLENE-OXIDE 310-350 SD RT AYL
CHLOROGENIC-ACID RT NAP
TRANS-CHLOROGENIC-ACID SH NAP
CHLOROPHYLL PL PAS
CHOLESTEROL LF NAP
CHOLINE 36 RT JAD NAP
CHOLINE 73 SH JAD NAP
CHROMIUM 0.005-1.5 RT AAS USG
CHRYSIN SD NAP
CINNAMIC-ACID TC NAP
TRANS-CINNAMIC-ACID TC NAP
CITRAL 200 SD
CITRIC-ACID RT JAD NAP
CITRONELLYL-ACETATE 150-200 SD

Calcium
Beta Carotene
Ascorbic Acid
Copper
Iron
Magnesium

Synthetic

Vitamins man has been able to identify and extract from a carrot

COBALT <0.003-0.038 RT AAS USG
COPPER 0.3-18 RT AAS USA USG
COSMOSIIN LF NAP
P-COUMARIC-ACID RT NAP
P-COUMARIC-ACIDO-BETA-D-GLUCOSIDE SH NAP
COUMARIN RT SD
CROCETIN LF NAP
BETA-CRYPTOXANTHIN RT NAP
CUMINALDEHYDE SD
ALPHA-CURCUMENE SD
CYANIDIN-3,5-DIGALACTOSIDE TC NAP
CYANIDIN-DIGLYCOSIDE RT NAP
CYANIDIN-3-GALACTOSIDE TC NAP
CYANIDIN-3-GLUCOGALACTOSIDE TC NAP
CYANIDIN-3-O-BETA-D-GLUCOSIDE TC NAP
CYANIDIN-3-(SINAPOYL-XYLOSYL-GLUCOSYL)-GALACTOSIDE LF NAP
P-CYMENE 12 RT NAP
P-CYMENE 10-160 SD JAD
P-CYMEN-8-OL 9,000 SD NAP
CYSTEINE TC NAP
CYSTINE 80-655 RT USA
DAUCARIN SD NAP
DAUCENE 200 SD
DAUCIC-ACID RT NAP
DAUCINE PL JSG
DAUCOL 60-1,960 SD JAD NAP
DAUCOL 535 SH JAD NAP
DAUCOSTEROL RT
DECA-TRANS-2-TRANS-4-DIEN-1-AL TR RT JAD NAP
GAMMA-DECALACTOSE SD
GAMMA-DECANOLACTONE RT
DEC-2-EN-1-AL 1.6 RT JAD NAP
DEHYDROASCORBIC-ACID RT NAP
DEHYDROXYDAUCOL SD NAP
DEOXY-RIBONUCLEASE TC NAP
5,7-DIHYDROXY-2-METHYL-CHROMONE RT NAP
3,4-DIMETHOXY-ALLYL-BENZENE RT NAP
6-(GAMMA,GAMMA-DIMETHYL-ALLYL-AMINO)-PURINE TC NAP
DIOSGENIN 5,400-6,000 RT TC NAP
DIPENTENE RT AYL
DODECAN-1-AL TR RT JAD NAP
BETA-ELEMENE PL AYL
ELEMICIN 2,000 SD NAP
EO 4,000 (ASSUMED) RT
EO 4,000-8,000 SD GEO

EO 4,000 (ASSUMED) SH
EPOXYDIHYDROCARYOPHYLLENE 250-2,000 SD
ETHANOL RT NAP
ETHYLAMINE 1 RT NAP
ETHYLENE TC NAP
ETHYL-METHYL-AMINE 7 RT NAP
EUGENIN TC NAP
EUGENOL 7,000 SD NAP
FALCARINDIOL 88 RT NAP
FALCARINOL 10-47 RT NAP
BETA-FARNESENE 12 RT NAP
FAT 1,700-29,000 RT CRC USA
FAT 87,000-302,000 DS CRC
FERULIC-ACID RT NAP
FERULIC-ACID-O-BETA-D-GLUCOSIDE SH NAP
FIBER 10,000-134,000 RT CRC PED USA
FLUORINE 0.03-1.8 RT AAS
FOLACIN 0.1-1.2 RT USA
FORMIC-ACID PL JAD
FRUCTOSE RT NAP
FUMARASE TC NAP
FUMARIC-ACID RT NAP
GALACTOSE RT NAP
BETA-GALACTOSIDASE TC NAP
GENTISIC-ACID TC NAP
GERANIOL 10-8,120 SD RT JAD
GERANYL-ACETATE 265 SH NAP
GERANYL-ACETONE 300 SD NAP
GERANYL-FORMATE SD
GERANYL-ISOBUTYRATE SD NAP
GERANYL-2-METHYLBUTYRATE
3,000 SD NAP
4-BETA-D-GLUCOPYRANOSYL-OXY-BENZOIC-ACID 65 SD NAP
D-GLUCOSE 80,000 RT
ALPHA-GLUCOSIDASE TC NAP
BETA-GLUCOSIDASE TC NAP
BETA-GLUCURONIDASE TC NAP
GLUTAMATE-OXALACETATE-TRANSAMINASE TC NAP
GLUTAMATE-PYRUVATE-TRANSAMINASE TC NAP
GLUTAMINE RT HHB
GLUTAMIC-ACID 2,... -16,545 RT USA
GLYCINE 300-2,455 RT USA
ALPHA-GURJUNENE
N-HENTRIACONTANE
N-HEPTACOSANE SD NAP
HEPTAN-1-AL 2 RT JAD NAP
HERACLENIN RT JAD
HCN RT JAD
HISTIDINE ... RT USA

ALPHA-HUMULENE 12 RT JAD NAP
P-HYDROXYBENZOIC-ACID RT NAP
(-)-6-HYDROXY-MELLEIN RT NAP
8-HYDROXY-6-METHOXY-3-METHYL-3,4-DIHYDRO-ISOCOUMARIN TC NAP
4-HYDROXYPROLINE
INDOLE-ACETIC-ACID TC NAP
INVERTASE TC NAP
IONENE RT NAP
ALPHA-IONONE RT NAP
BETA-IONONE 300 SD NAP
IRON 3-300 RT AAS CRC USA USG
TRANS-ISOASARONE PL HHB
ISOBUTYRIC-ACID PL JAD
ISOCHLOROGENIC-ACID LF NAP
ISOCITRIC-ACID RT NAP
ISOLEUCINE 410-3,360 RT USA
ISOPIMPINELLIN RT JAD
ISOPRENE RT NAP
KAEMPFEROL NAP
KILOCALORIES 430-3,520 RT USA
LAURIC-ACID 20-165 RT USA
LAURIC-ACID 1,810-6,280 SD NAP
LEAD 0.01-2 RT AAS USG
LECITHIN RT HHB
LINOLEIC-ACID ... 85 RT USA
LINOLEIC-ACID 9,... -43,400 SD NAP
LINOLENIC-ACID 100-820 RT USA
ALPHA-LINOLENIC-ACID 270-935 SD NAP
GAMMA-LINOLENIC-ACID 540-1,870 SD NAP

LUTEOLIN-7-O-BETA-GLUCOSIDE SD NAP
LUTEOLIN-7-O-BETA-GLUCOSIDE 100 RT NAP
LUTEOLIN-7-O-BETA-GLUCURONIDE PL NAP
LUTEOLIN-7-O-(6"-O-MALONYL)-BETA-D-DIGLUCOSIDE PL NAP
LUTEOLIN-7-O-BETA-RUTINOSIDE SD NAP
LYCOPENE 80-140 RT NSK35:315
LYSINE 400-3,275 RT USA
MAGNESIUM 100-1,980 (-7,500) RT AAS USG
MALIC-ACID RT HHB
MALTOSE RT JAD
MALVIDIN-3,5-DIGLUCOSIDE RT NAP
MANGANESE 1-62 RT AAS USA USG
MANNOSE RT NAP
MERCURY ... -0.045 ... USG
5-METHOXY-PSORALEN PL PAS
METHYLAMINE 3,970 RT NAP
N-METHYL-ANILINE 0.8 RT NAP
N-METHYL-BENZYLAMINE 16 RT NAP
MUFA 80-655 RT USA
GAMMA-MUUROLENE 3,000 RT NAP
MYRCENE 10-250 SD
MYRICETIN FR 411/
MYRISTIC-ACID 10-80 RT USA
MYRISTIC-ACID 10,470-36,300 SD NAP
MYRISTICIN 0.5-34 RT HHB JAD NAP
NITROGEN 1,400-20,000 RT AAS
N-NONACOSANE SD NAP
NONAN-1-AL 0.8 RT NAP
NON-2-EN-1-AL 12 RT NAP
NOPOL RT NAP

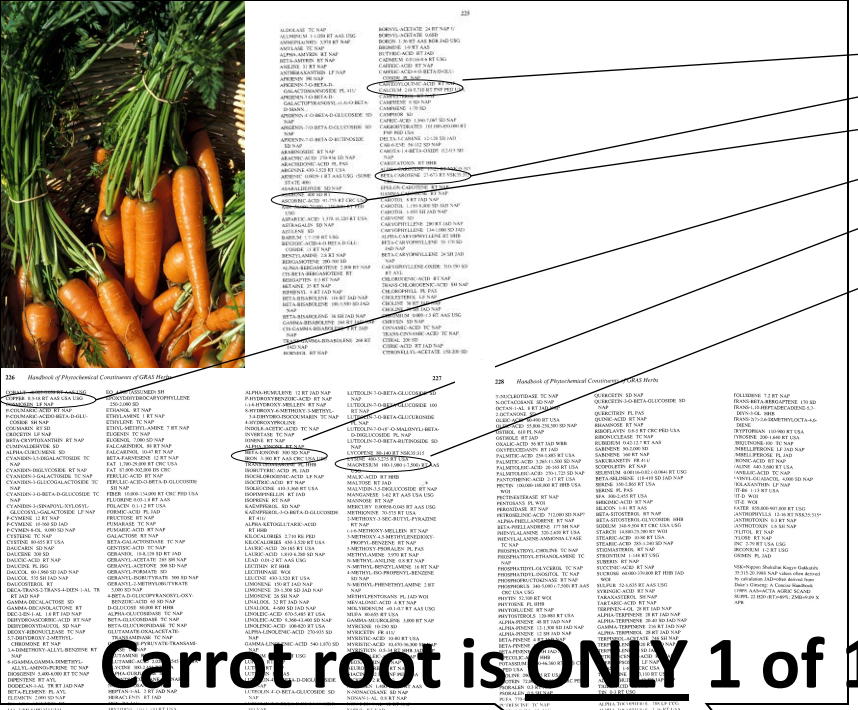
3'-NUCLEOTIDASE TC NAP
N-OCTACOSANE SD NAP
OCTAN-1-AL 8 RT JAD NAP
2-OCTANONE SD
OLEIC-ACID 60-490 RT USA
OLEIC-ACID 55,800-230,300 SD NAP
OSTHOL 610 PL NAP
OSTHOLE RT JAD
OXALIC-ACID 56 RT JAD WBB
OXYPEUCEDANIN RT JAD
PALMITIC-ACID 230-1,885 RT USA
PALMITIC-ACID 3,265-11,500 SD NAP
PALMITOLEIC-ACID 20-165 RT USA
PALMITOLEIC-ACID 270-1,725 SD NAP
PANTOTHENIC-ACID 2-17 RT USA
PECTIN 100,000-188,000 RT HHB USA WOI
PECTINESTERASE RT NAP
PHOSPHATIDYL-CHOLINE TC NAP
PHOSPHATIDYL-ETHANOLAMINE TC NAP
PHOSPHATIDYL-GLYCEROL TC NAP
PHYTOSTEROLS 120-980 RT USA
ALPHA-PINENE 48 RT JAD NAP
ALPHA-PINENE 12-1,300 SD JAD NAP
ALPHA-PINENE 12 SH JAD NAP
BETA-PINENE 4 RT JAD NAP
BETA-PINENE 50-5,500 SD
BETA-PINENE 44 SH JAD NAP
POTASSIUM 3,000-46,360 RT AAS CRC PED USA
PROLINE 290-2,375 RT USA
PROTEIN 72,000-106,000 RT CRC PED USA
PSORALEN 0.3 RT NAP
PSORALEN 0.8 SH NAP
PUFA 770-6,300 RT USA
PUTRESCINE TC NAP

QUERCETIN SD NAP
QUERCETIN-3-O-BETA-GLUCOSIDE SD NAP
QUERCITRIN PL PAS
QUINIC-ACID RT NAP
RHAMNOSE RT NAP
RIBOFLAVIN 0.6-5 RT CRC PED USA
RIBONUCLEASE TC NAP
RUBIDIUM 0.42-12.7 RT AAS
SABINENE 50-2,000 SD
SABINENE 160 RT NAP
SAKURANETIN FR 411/
SCOPOLETIN RT NAP
SELENIUM 0.00116-0.02 (-0.064) RT USG
BETA-SELINENE 118-410 SD JAD NAP
SERINE 350-2,865 RT USA
SERINE PL PAS
SFA 300-2,455 RT USA
SHIKIMIC-ACID RT NAP
SILICON 1-91 RT AAS
STEARIC-ACID ... -1,240 SD NAP
STIGMASTEROL RT NAP
STRONTIUM 1-148 RT USG
SUBERIN RT NAP
SUCCINIC-ACID RT NAP
SUCROSE 60,000-33... RT HHB JAD WOI
ALPHA-TERPINENE 28 RT JAD NAP
ALPHA-TERPINENE 20-40 SD JAD NAP
GAMMA-TERPINENE 216 RT JAD NAP
ALPHA-TERPINEOL 28 RT JAD NAP
TERPINEOL-ACETATE 746 SH NAP
TERPINOLENE 1,520 RT JAD NAP
TERPINOLENE 10 SD JAD
TETRADECENOIC-ACID RT NAP
THERMOPSOSIDE LF NAP
THIAMIN 1-6 RT CRC USA
THREONINE 380-3,110 RT USA
ALPHA-THUJENE 12 SH JAP NAP
TIGLIC-ACID SD NAP
TIN 0-3 RT USG
TITANIUM 0.017-30 RT JAD USG
ALPHA-TOCOPHEROL 788 LF CCG

TOLUIDENE 7.2 RT NAP
TRANS-BETA-BERGAPTENE 170 SD
TRANS-1,10-HEPTADECADIENE-5,7-DIYN-3-OL HHB
TRANS-2(7)-2,6-DIMETHYLOCTA-4,6-DIENE
TRYPTOPHAN 110-900 RT USA
TYROSINE 200-1,640 RT USA
UBIQUINONE-100 TC NAP
UMBELLIFERONE LF JAD NAP
UMBELLIFEROSE PL JAD
URONIC-ACID RT NAP
VALINE 440-3,600 RT USA
VANILLIC-ACID TC NAP
4-VINYL-GUAIACOL 4,000 SD NAP
VIOLAXANTHIN LF NAP
VIT-B6 1-13 RT USA
VIT-D WOI
VIT-E WOI
WATER 858,000-907,000 RT USG
XANTHOPHYLLS 12-16 RT NSK35:315*
XANTHOTOXIN 0.3 RT NAP
XANTHOTOXIN 1.6 SH NAP
XYLITOL RT NAP
XYLOSE RT NAP
ZINC 2-79 RT USA USG
ZIRCONIUM 1-2 RT USG
ZOSIMIN PL JAD

NSK=Nippon Shokuhin Kogyo Gakkaishi 35:315-20.1988 NAP values often derived by calculation JAD=often derived from Duke's Ginseng: A Concise Handbook (1989) AAS=ACTA AGRIC SCAND SUPPL 22 H20 (RT)=89%; ZMB=9.09 X APB

Which Is More Complete The Synthetic Vitamin Or The Carrot?



Calcium
Beta Carotene
Ascorbic Acid
Copper
Iron
Magnesium

Synthetic

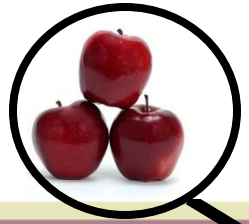
Carrot root is ONLY 1 of 15 natural ingredients in Catalyn

Standard Process
Whole Food Nutrients

Proprietary Blend: 832 mg

carrot (root Defatted wheat (germ),), calcium lactate, nutritional yeast, bovine adrenal, bovine liver, bovine spleen, ovine spleen, bovine kidney, dried pea (vine) juice, dried alfalfa juice, mushroom, oat flour, soy bean lecithin, and rice bran extract.

How To Read A Whole Food Label



Gastro-Fiber™

4650

SP®

Dietary Supplement

Sold through Health Care Professionals

Suggested Use:

3 capsules, three times per day on an empty stomach.

150 Capsules

Standard Process Inc.™

Not to be used during pregnancy and lactation unless directed by a qualified health care practitioner.

Supplement Facts

Serving Size: 3 Capsules — Servings per Container: 50

Amount per Serving		%DV
Calories	6	
Dietary Fiber	500 mg	2%
Proprietary blend	1260 mg	

Psyllium (husk) powder+, collinsonia (root) powder+, apple pectin+, fennel seed+, and fenugreek seed powder+.

†Daily Value (DV) not established..

Other Ingredients: Cellulose, and water.

Standard Process Inc., Palmyra, WI 53156 • Made in the USA 1

What is in an Apple?

This is what man has been able to identify and extract from an apple

SP Complete™

2820

Dietary Supplement

Sold through Health Care Professionals

Suggested Use:

1-2 rounded Tbs (scoops) per shake. 1-5 shakes per day, or as directed. Refridgerate after opening. Store unopened container in a cool, dark place.

28 Ounces (795 g)

Standard Process Inc.®

Supplement Facts

Serving Size: 2 rounded tablespoons (scoops) Servings per Container: 30

Amount per Serving		%DV
Calories	90	
Calories from Fat	9	
Total Fat	1 g	2%
Cholesterol	10 mg	4%
Total Carbohydrates	5 g	2%
Dietary Fiber	2 g	8%
Protein	10 g	20%
Calcium	200 mg	20%
Iron	2 mg	10%
Sodium	60 mg	2%
Proprietary blend	25 g	

Whey protein powder+, flax meal powder+, brown rice protein powder+, calcium citrate+, magnesium citrate+, buckwheat juice powder+, Brussels sprouts powder+, kale powder+, choline bitartrate+, inositol+, barley grass juice powder+, alfalfa sprout powder+, ginkgo biloba extract (24% flavone glycosides, 6% terpene lactones)+, soy bean lecithin powder+, milk thistle extract (80% silymarins)+, gotu kola leaf powder+, ginkgo biloba leaf powder+, grape seed extract (includes Masquelier's™ OPC-85; 98% total phenolic compounds; 65% proanthocyanidins)+, carrot powder+, green tea leaf powder+, red wine extract (95% total phenols)+, green tea extract (50% poly phenols)+, and standardized bilberry extract (25% anthocyanosides)+.

*Percent Daily Values (DV) are based on 2,000 calorie diet.

Standard Process Inc., Palmyra, WI 53156

Made in the USA

23

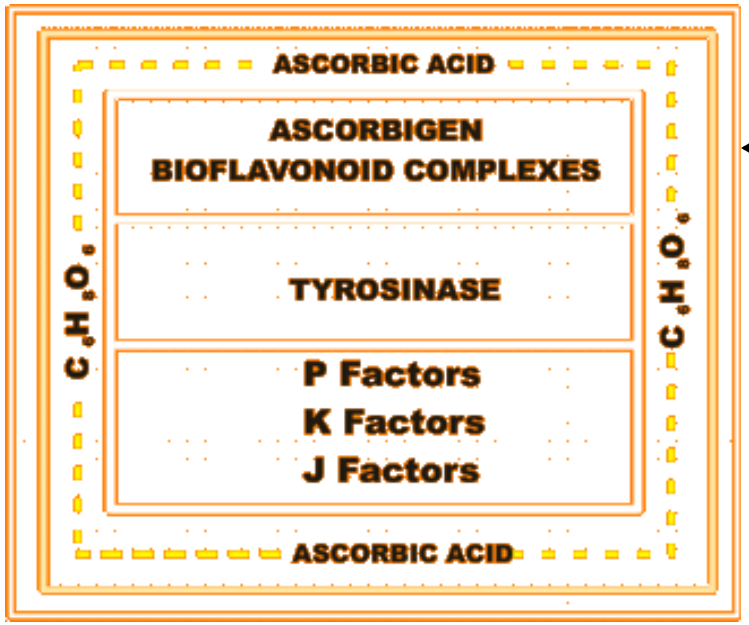
Brussels Sprouts are ONLY 1 or 25 natural ingredients in SP Complete

Nutrients In Brussel Sprouts?

- 1-O-FERULOYL-BETA-D-GLUCOSE *Leaf*:
- 1-O-P-COUMAROYL-BETA-D-GLUCOSE *Leaf*:
- 1-O-P-SINAPOYL-BETA-D-GLUCOSE *Leaf*:
- 2-HYDROXY-BUT-3-ENYL-GLUCOSINOLATE *Leaf*:
- 4-METHOXY-INDOL-3-YL-METHYL-GLUCOSINOLATE *Leaf*:
- ALLYL-ISOTHIOCYANATE *Seed*:
- ALPHA-LINOLENIC-ACID *Leaf 990 - 7,069 ppm*
- * ALPHA-TOCOPHEROL *Leaf 4 - 63 ppm*
- ANTEISO-HEPTACOSAN-1-OL *Flower*:
- ANTEISO-MONTANYL-ALCOHOL *Leaf*:
- ANTEPENTACOSAN-1-OL *Leaf*:
- ARACHIDONIC-ACID *Leaf 10 - 71 ppm*
- ARGININE *Leaf 2,030 - 14,494 ppm*
- * ASCORBIC-ACID *Leaf 720 - 6,069 ppm*
- ASH *Leaf 13,700 - 97,818 ppm*
- BETA-CAROTENE *Leaf 5 - 41 ppm*
- BORON *Leaf 57 ppm*; *Stem 21 ppm*;
- CAFFEIC-ACID *Leaf 34 ppm*;
- * CALCIUM *Leaf 395 - 3,177 ppm*
- CARBOHYDRATES *Leaf 89,600 - 639,744 ppm*
- CITRIC-ACID *Leaf*:
- COPPER *Leaf 1 - 5 ppm*
- COUMESTROL *Shoot 400 ppm*;
- * CYSTINE *Leaf 220 - 1,571 ppm*
- FAT *Leaf 2,000 - 28,560 ppm*
- FERULIC-ACID *Leaf 10 ppm*;
- FIBER *Leaf 15,100 - 107,814 ppm*
- FOLACIN *Leaf 0.56 - 4 ppm*
- FUMARIC-ACID *Leaf*:
- HEPTACOSAN-1-OL *Flower*:
- HEXACOSAN-1-OL *Leaf*:
- HISTIDINE *Leaf 760 - 5,426 ppm*
- INDOLE-3-ACETONITRILE *Shoot*:
- * INDOLE-3-CARBINOL *Shoot*:
- INDOLE-3-CARBOXALDEHYDE *Shoot*:
- INDOLE-3-CARBOXYLIC-ACID *Shoot*:
- INDOYL-3,3'-DIMETHANE-CARBOXYLIC-ACID *Shoot*:
- IRON *Leaf 9 - 136 ppm*
- ISOHEXACOSAN-1-OL *Leaf*:
- ISOLEUCINE *Leaf 1,320 - 9,425 ppm*
- ISOOCTACOSAN-1-OL *Leaf*:
- KILOCALORIES *Leaf 430 - 3,070 /kg*
- LEUCINE *Leaf 1,520 - 10,853 ppm*
- LINOLEIC-ACID *Leaf 450 - 3,213 ppm*
- LYSINE *Leaf 1,540 - 10,996 ppm*

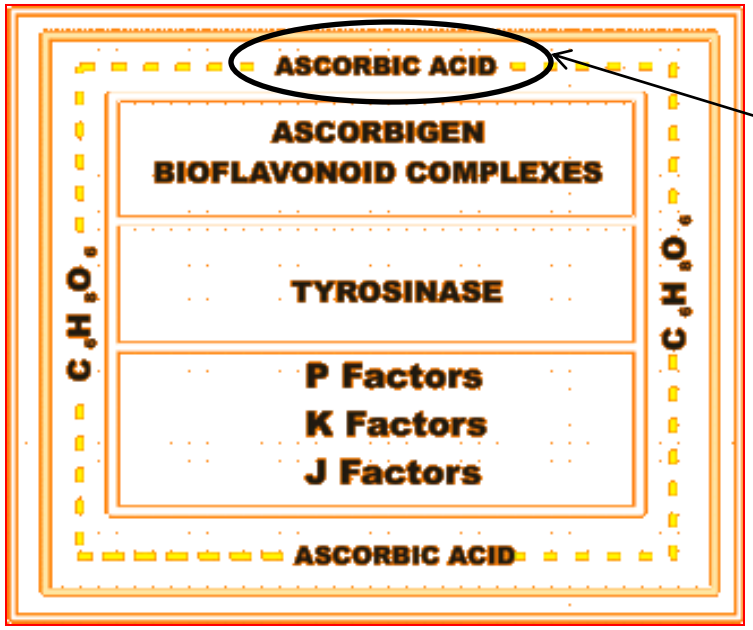
* MAGNESIUM *Leaf 230 - 1,642 ppm*
MALIC-ACID *Leaf*:
* MANGANESE *Leaf 3 - 24 ppm*
* METHIONINE *Leaf 320 - 2,285 ppm*
* MOLYBDENUM *Leaf 0.9 ppm*; *Stem 0.36 ppm*;
MONTANYL-ALCOHOL *Leaf*:
Brussel Sprouts
* NIACIN *Leaf 6 - 64 ppm*
OCTACOSAN-1-OL *Leaf*:
OLEIC-ACID *Leaf 190 - 1,357 ppm*
OXALATE *Leaf 3,600 - 25,704 ppm*
P-COUMARIC-ACID *Leaf 12 ppm*;
PALMITIC-ACID *Leaf 530 - 3,784 ppm*
PALMITOLEIC-ACID *Leaf 20 - 142 ppm*
PANTOTHENIC-ACID *Leaf 3.1 - 22 ppm*
PENTACOSAN-1-OL *Leaf*:
PHENYLALANINE *Leaf 980 - 6,997 ppm*
PHOSPHORUS *Leaf 690 - 4,927 ppm*
PHYTOSTEROLS *Leaf 240 - 1,710 ppm*
* POTASSIUM *Leaf 3,670 - 29,343 ppm*
PROP-2-ENYL-GLUCOSINOLATE *Leaf*:
PROTEIN *Leaf 32,580 - 250,000 ppm*
QUERCETIN *Sprout Seedling 25 ppm*;
QUINIC-ACID *Leaf*:
RIBOFLAVIN *Leaf 0.4 - 10 ppm*
RUTIN *Shoot 20 ppm*;
SEC-BUTYL-ISOTHIOCYANATE *Seed*:
* SELENIUM *Leaf 0.024 ppm*; *Stem 0.012 ppm*;
SINAPIC-ACID *Leaf 107 ppm*;
SODIUM *Leaf 221 - 1,990 ppm*
STEARIC-ACID *Leaf 30 - 214 ppm*
SUCCINIC-ACID *Leaf*:
TETRACOSAN-1-OL *Leaf*:
THIAMIN *Leaf 1.3 - 11 ppm*
THREONINE *Leaf 1,200 - 8,568 ppm*
TRIACONTAN-1-OL *Leaf*:
TRYPTOPHAN *Leaf 370 - 2,642 ppm*
VALINE *Leaf 1,550 - 11,067 ppm*
VIT-B-6 *Leaf 2.2 - 16 ppm*
WATER *Leaf 846,000 - 945,500 ppm*
ZINC *Leaf 10 - 157 ppm*

Looking at synthetic vitamins with a new set of glasses



This is the complete vitamin C complex as found in food.

Looking at synthetic vitamins with a new set of glasses



Man made **synthetic vitamin C**, or as it appears on a vitamin label is **ascorbic acid.**

Ascorbic Acid is only the outer protection layer of the whole vitamin C complex.

Man made Ascorbic Acid is made by mixing corn syrup with sulfuric acid

Supplement Facts

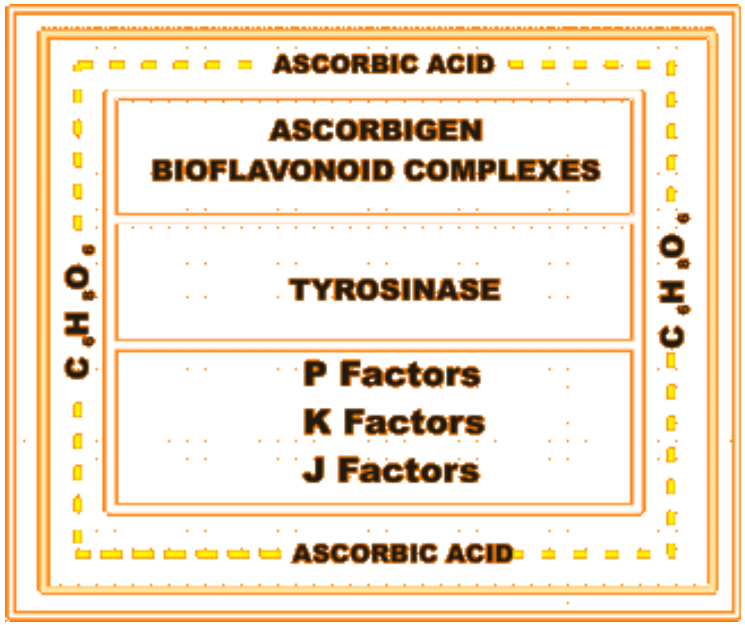
Serving Size - 4 tablets
Servings Per Container - 60

	Amount per Serving	% Daily Value*
Vitamin C (as ascorbic acid)	4000 mg	6,668%
L-Lysine HCl	400 mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline cellulose, modified cellulose, guar gum, stearic acid, xanthan gum, vegetable stearate, silica, and beta carotene as a natural source of color.

Looking at synthetic vitamins with a new set of glasses



Ascorbic Acid is like the egg shell is to the egg. Our bodies need the egg, not mega quantities of shells!

Supplement Facts

Serving Size - 4 tablets
Servings Per Container - 60

	Amount per Serving	% Daily Value*
Vitamin C (as ascorbic acid)	4000 mg	6,668%
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Other Ingredients: Microcrystalline cellulose, modified cellulose, guar gum, stearic acid, xanthan gum, vegetable stearate, silica, and beta carotene as a natural source of color.

Looking at synthetic vitamins with a new set of glasses

Alpha-tocopherol, or vitamin E, exists in food with 8-11 other tocopherols

Supplement Facts

Serving Size: 8 grams (1 scoop) • Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	1 g	< 1 g
Dietary Fiber	0 g	0%
Sugars	< 1 g	0%
Vitamin A (as Retinyl Palmitate)	1000 IU	20%
Vitamin C (as Ascorbic Acis and Magnesium Ascorbate)	1000 mg	1,667%
Vitamin D3 (Cholecalciferol)	200 IU	50%
Vitamin E (D-Alpha Tocopherol Acetate)	30 IU	100%
Vitamin K1 (Phylloquinone)	20 mcg	25%
Vitamin B1 (as Thiamine HCl)	2 mg	133%
Vitamin B2 (as Riboflavin)	1 mg	59%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine)	10 mg	500%
Folate	600 mcg	150%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,677%
Biotin	100 mcg	33%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Caronate and Calcium Ascorbate)	29 mg	3%
Magnesium (as Magnesium Ascorbate)	25 mg	6%

	Amount Per Serving	%DV
Zinc (as Zinc Gluconate)	5 mg	33%
Selenium (as Sodium Selenite)	50 mcg	71%
Copper (as Copper Citrate)	.5 mg	25%
Manganese (as Manganese Sulfate)	1.5 mg	75%
Chromium (as Chromium Picolinate)	100 mcg	83%
Molybdenum (as Molybdenum Amino Acid Chelate)	75 mcg	100%
Glycine	1000 mg	†
Potassium	400 mg	11%
L-Arginine	100 mg	†
L-Lysine HCl	100 mg	†
Stevia Leaf Extract	80 mg	11%
N-Acetyl-L-Cysteine	50 mg	†
Sodium	27 mg	<2%
Coenzyme Q-10	20 mg	†
Choline Bitartrate	10 mg	†
Alpha Lipoic Acid	1 mg	†
Boron (as Boron Citrate)	1 mg	†
Betaine	1 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily value not established.

Other Ingredients: Xylitol, FOS, Citric Acid, Natural Strawberry Flavoring & Stevia

This is incomplete Vitamin E product

Synthetic Vitamin Label

Looking at synthetic vitamins with a new set of glasses

Synthetic B complex is made from coal tar. Most coming from Columbus, OH

Supplement Facts

Serving Size: 8 grams (1 scoop) • Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	1 g	< 1 g
Dietary Fiber	0 g	0%
Sugars	< 1 g	0%
Vitamin A (as Retinyl Palmitate)	1000 IU	20%
Vitamin C (as Ascorbic Acis and Magnesium Ascorbate)	1000 mg	1,667%
Vitamin D3 (Cholecalciferol)	200 IU	50%
Vitamin E (D-Alpha Tocopherol Acetate)	30 IU	100%
Vitamin K1 (Phylloquinone)	20 mcg	25%
Vitamin B1 (as Thiamine HCl)	2 mg	133%
Vitamin B2 (as Riboflavin)	1 mg	59%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine)	10 mg	500%
Folate	600 mcg	150%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,677%
Biotin	100 mcg	33%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Caronate and Calcium Ascorbate)	29 mg	3%
Magnesium (as Magnesium Ascorbate)	25 mg	6%

	Amount Per Serving	%DV
Zinc (as Zinc Gluconate)	5 mg	33%
Selenium (as Sodium Selenite)	50 mcg	71%
Copper (as Copper Citrate)	.5 mg	25%
Manganese (as Manganese Sulfate)	1.5 mg	75%
Chromium (as Chromium Picolinate)	100 mcg	83%
Molybdenum (as Molybdenum Amino Acid Chelate)	75 mcg	100%
Glycine	1000 mg	†
Potassium	400 mg	11%
L-Arginine	100 mg	†
L-Lysine HCl	100 mg	†
Stevia Leaf Extract	80 mg	11%
N-Acetyl-L-Cysteine	50 mg	†
Sodium	27 mg	<2%
Coenzyme Q-10	20 mg	†
Choline Bitartrate	10 mg	†
Alpha Lipoic Acid	1 mg	†
Boron (as Boron Citrate)	1 mg	†
Betaine	1 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily value not established.

Other Ingredients: Xylitol, FOS, Citric Acid, Natural Strawberry Flavoring & Stevia

Synthetic Vitamin Label

Looking at synthetic vitamins with a new set of glasses

Calcium Carbonate is the least absorbable calcium.
It requires 8 biochemical changes before it can be used by the body.

Supplement Facts

Serving Size: 8 grams (1 scoop) • Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	1 g	< 1 g
Dietary Fiber	0 g	0%
Sugars	< 1 g	0%
Vitamin A (as Retinyl Palmitate)	1000 IU	20%
Vitamin C (as Ascorbic Acis and Magnesium Ascorbate)	1000 mg	1,667%
Vitamin D3 (Cholecalciferol)	200 IU	50%
Vitamin E (D-Alpha Tocopherol Acetate)	30 IU	100%
Vitamin K1 (Phylloquinone)	20 mcg	25%
Vitamin B1 (as Thiamine HCl)	2 mg	133%
Vitamin B2 (as Riboflavin)	1 mg	59%
Niacin (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine)	10 mg	500%
Folate	600 mcg	150%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,677%
Biotin	100 mcg	33%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Caronate and Calcium Ascorbate)	29 mg	3%
Magnesium (as Magnesium Ascorbate)	25 mg	6%

	Amount Per Serving	%DV
Zinc (as Zinc Gluconate)	5 mg	33%
Selenium (as Sodium Selenite)	50 mcg	71%
Copper (as Copper Citrate)	.5 mg	25%
Manganese (as Manganese Sulfate)	1.5 mg	75%
Chromium (as Chromium Picolinate)	100 mcg	83%
Molybdenum (as Molybdenum Amino Acid Chelate)	75 mcg	100%
Glycine	1000 mg	†
Potassium	400 mg	11%
L-Arginine	100 mg	†
L-Lysine HCl	100 mg	†
Stevia Leaf Extract	80 mg	11%
N-Acetyl-L-Cysteine	50 mg	†
Sodium	27 mg	<2%
Coenzyme Q-10	20 mg	†
Choline Bitartrate	10 mg	†
Alpha Lipoic Acid	1 mg	†
Boron (as Boron Citrate)	1 mg	†
Betaine	1 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily value not established.

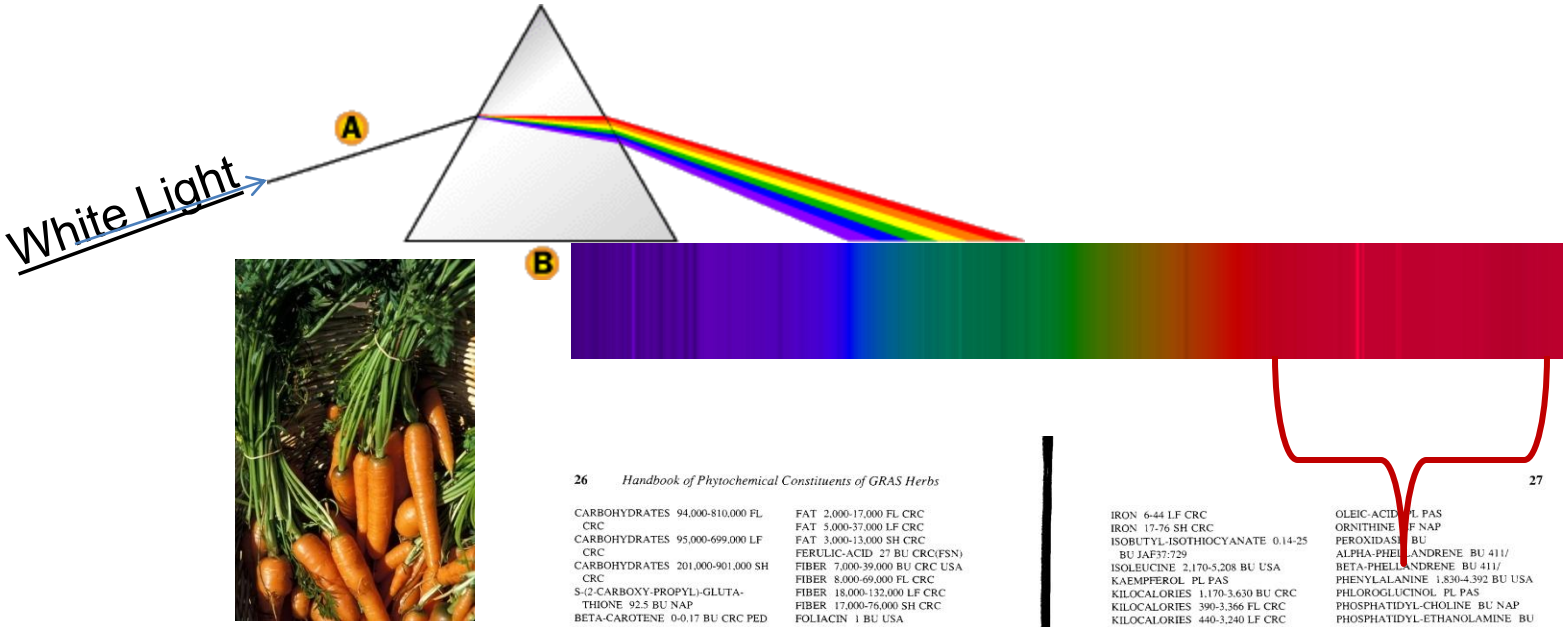
Other Ingredients: Xylitol, FOS, Citric Acid, Natural Strawberry Flavoring & Stevia

Synthetic Vitamin Label

When You Take A Vitamin Supplement
Do You Know What It Will Do?

Or Is It A Roll Of The Dice?

What Is Functional Nutrition?



As white light shined through a prism creates a rainbow, so also every food has it's own unique combinations of vitamins, minerals, phytonutrients and other co-factors that allow them to be used effectively by the body.

CARBOHYDRATES 94,000-810,000 FL CRC
CARBOHYDRATES 95,000-699,000 LF CRC
CARBOHYDRATES 201,000-901,000 SH CRC
S-(2-CARBOXY-PROPYL)-GLUTATHIONE 92.5 BU NAP
BETA-CAROTENE 0-0.17 BU CRC PED USA
BETA-CAROTENE 0.6-5 FL CRC
BETA-CAROTENE 9-68 LF CRC
BETA-CAROTENE 2-9 SH CRC
CHLOROGENIC-ACID PL PAS
CHOLINE BU
CHROMIUM 2.5-15 BU PED ABS 5/
CITRAL BU 411/
COBALT 0.5-100 BU PED ABS 5/
COPPER 4.8-9.7 BU ABS USA
P-COUMARIC-ACID 58 BU CRC(FSN)
CYCLOALLIIN BU NAP
CYSTINE 650-1,560 BU USA
DESGALACTOTIGONIN 400 RT NAP
DESOXYRIBONUCLEASE BU
DIALLYL-DISULFIDE 16-613 BU JAF37:729
DIALLYL-SULFIDE 2-99 BU JAF37:729
DIALLYL-TETRASULFIDE BU 411/
DIALLYL-TRISULFIDE 10-1,061 BU JAF37:729
3,5-DIETHYL-1,2,4-TRITHIOLANE 0.15-43 BU JAF37:729
DIGALACTOSYL-DIGLYCERIDE BU NAP
1,2-DIMERCAPTOCYCLOPENTANE TR-2.4 BU JAF37:729
DIMETHYL-DISULFIDE 0.6-2.5 BU JAF37:729
DIMETHYL-DIFURAN 5-30 BU JAF37:729
DIMETHYL-SULFIDE BU
2,5-DIMETHYL-TETRAHYDROTHIOPHENE TR-0.6 BU JAF37:729
DIMETHYL-TRISULFIDE 0.8-19 JAF37:729BU
1,3-DITHIANE 0.08-3 BU JAF37:729
EICOSAPENTAENOIC-ACID BU NAP
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FIBER 7,000-39,000 BU CRC USA
FIBER 8,000-69,000 FL CRC
FIBER 18,000-132,000 LF CRC
FIBER 17,000-76,000 SH CRC
FOLIACIN 1 BU USA
FRUCTOSE BU NAP
GERANIOL BU 411/
GERMANIUM 754??? BU NAP
GIBBERELLIN-A-3 BU NAP
GIBBERELLIN-A-7 BU NAP
GITONIN 300 RT NAP
GLUCOSE BU NAP
GLUTAMIC-ACID 8,050-19,320 BU USA
GAMMA-L-GLUTAMYL-S-ALLYL-CYSTEINE BU NAP
GAMMA-L-GLUTAMYL-S-BETA-CARBOXY-BETA-METHYL-ETHYL-CYSTEINYL-GLYCINE BU NAP
GAMMA-L-GLUTAMYL-S-(2-CARBOXY-1-PROPYL)-CYSTEINEGLYCINE PL JSG
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GAMMA-L-GLUTAMYL-ISOLEUCINE BU
GAMMA-L-GLUTAMYL-L-LEUCINE BU
GAMMA-L-GLUTAMYL-METHIONINE BU
GAMMA-L-GLUTAMYL-S-METHYL-L-CYSTEINE-SULFOXIDE BU NAP
GAMMA-L-GLUTAMYL-L-PHENYLALANINE BU
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GLYCINE 2,000-4,800 BU USA
GUANOSINE BU NAP
HEXA-1,5-DIENYL-TRISULFIDE BU NAP
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HISTIDINE 1,130-2,712 BU USA
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3-METHYL-2-CYCLOPENTENE-1-THIONE 0.16-1.6 BU JAF37:729
S-METHYL-CYSTEINE BU NAP
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24-METHYLENE-CYCLOARTENOL PL PAS
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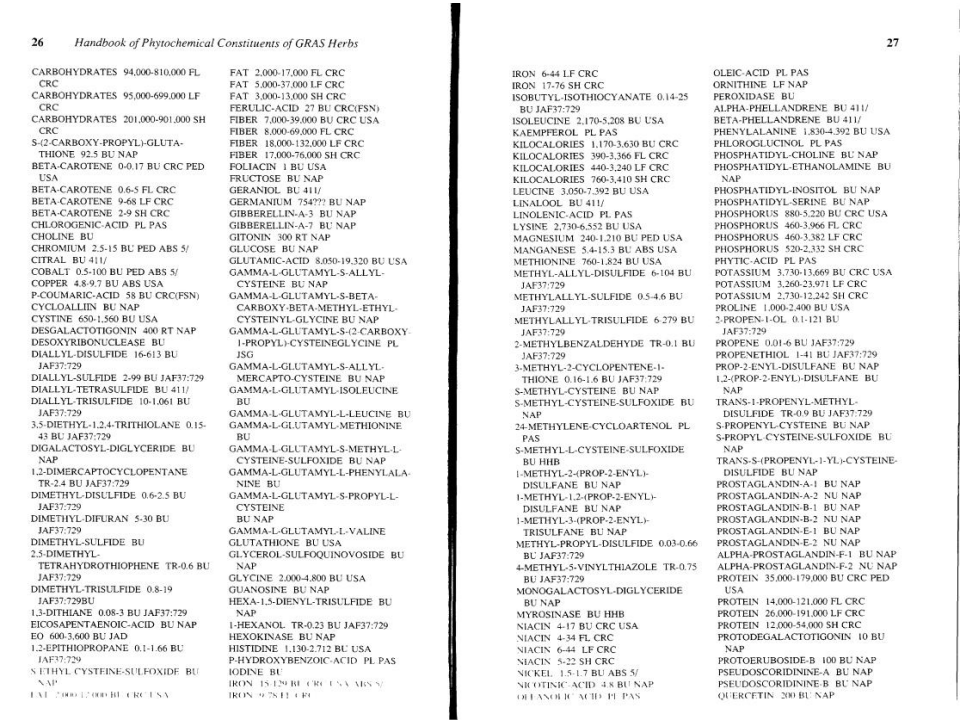
QUERCETIN 200 BU NAP

Human Whole Food Spectrum

Different combinations of vitamins, minerals and other associated nutrients, deliver different health benefits.

Alfalfa



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1-HEXANOL TR-0.23 BU JAF37:729
HEXOKINASE BU NAP
HISTIDINE 1,130-2,712 BU USA
P-HYDROXYBENZOIC-ACID PL PAS
IODINE BU
IRON 15,129 BU CRC USA ABS 5/
IRON 9,278 FL CRC

27

IRON 6-44 LF CRC
IRON 17-76 SH CRC
ISOBUTYL-ISOTHIOCYANATE 0.14-25 BU JAF37:729
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OLEIC-ACID PL PAS
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PHLOROGLUCINOL PL PAS
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PHOSPHATIDYL-INOSITOL BU NAP
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PROP-2-ENYL-DISULFANE BU NAP
1,2-(PROP-2-ENYL)-DISULFANE BU NAP
TRANS-1-PROPENYL-METHYL-DISULFIDE TR-0.9 BU JAF37:729
S-PROPENYL-CYSTEINE BU NAP
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Carrots

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CARBOHYDRATES 87,000-849,000 FR CRC USA
DELTA-3-CARENE FR AAS170:142
CARNAUBIC-ACID SD
ALPHA-CAROTENE FR
BETA-CAROTENE 1-38 FR CRC USA 1/
BETA-CAROTENE-EPOXIDE FR
NEO-BETA-CAROTENE
CARVONE FR AAS170:141
CARYOPHYLLENE FR AAS170:142
CHLOROGENIC-ACID ST
CHROMIUM 3.0-3.5 FR ABS 5/
1,8-CINEOLE FR AAS170:142
CITRIC-ACID FR
CITROXANTHIN FR
CITRULLIN FR
COBALT 0.5-0.8 FR ABS 5/
COPPER 2-14 FR CRC USA
P-COUMARIC-ACID 540 FR NAP
CRYPTOCAPSIN FR
CRYPTOXANTHIN FR
CYSTINE 380-3,101 FR USA
DECANOIC-ACID-VANILLYLAMIDE 1-68 FR
2-DECENOIC-ACID FR AAS170:142
DIHYDROCAPSAICIN 75-1,628 FR
EO 16,000 FR
ERIODICTIN FR
ETHYL-DODECANOATE FR AAS170:142
ETHYL-OCTANOATE FR AAS170:142
ETHYL-TETRADECANOATE FR AAS170:142
FAT 100,000-150,000 SD
FAT 1,000-16,320 FR CRC USA
FIBER 18,000-146,880 FR CRC USA
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FOLIAXANTHIN FR
GALACTOSE FR
GERANYLACETONE FR AAS170:141
GLUCOSE FR
GLUTAMIC-ACID 2,640-21,542 FR USA
GLYCINE 740-6,038 FR USA
HENEICOSANE FR
HEPTADECANE FR AAS170:142
HEPTANOIC-ACID FR AAS170:141
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HESPERIDIN FR
HEXADECANE FR AAS170:142
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2-HEXANOL FR AAS170:141
CIS-3-HEXEN-1-OL FR AAS170:141
TRANS-2-HEXEN-1-OL FR AAS170:141
HISTIDINE 410-3,346 FR USA
HOMOCAPSAICIN 2-90 FR
HOMODIHYDROCAPSAICIN 2-90 FR
HYDROXY-ALPHA-CAROTENE FR
3-HYDROXY-ALPHA-CAROTENE FR
BETA-IONONE FR AAS170:141
IRON 7-135 FR CRC USA
3-ISOBUTYL-2-METHOXYPYRAZINE FR ACS170:138
ISOBUTYRIC-ACID RE NAP
ISOHEXANOIC-ACID RE NAP
ISOHEXYL-ISOCAPROATE FR
ISOLEUCINE 650-5,304 FR USA
ISOTHUJONE FR AAS170:141
ISOVALERIC-ACID RE NAP
KAEMPFEROL? AN NAP
LAURIC-ACID RE NAP
LEUCINE 1,050-8,568 FR USA
LIMONENE FR AAS170:142
LINOLEIC-ACID 1,040-8,486 FR USA
ALPHA-LINOLENIC-ACID 50-408 FR USA
LITHIUM FR
LUTEIN FR
LUTEOLIN-7-MONOGLUCOSIDE FR
LYSINE 890-7,262 FR USA
MAGNESIUM 230-2,203 FR USA
MALONIC-ACID LF FR
MANGANESE 2-20 FR USA
MARGARIC-ACID FR
METHIONINE 240-1,958 FR USA
2-METHOXY-3-ISOBUTYLPYRAZINE FR AAS170:142
P-METHYL-ACETOPHENONE FR AAS170:141
2-METHYL-BUTANAL FR AAS170:141
3-METHYL-BUTANAL FR AAS170:141
3-METHYL-BUTAN-1-OL FR AAS170:141
2-METHYL-BUTYRIC-ACID FR AAS170:141
METHYL-DECANOATE FR AAS170:142
METHYL-DODECANOATE FR AAS170:142
5-METHYL-2-FURFURAL FR AAS170:141
4-METHYLHEPTADECANE FR
METHYL-HEPTANOATE FR AAS170:142
4-METHYLHEXADECANE FR
METHYL-HEXADECANOATE FR AAS170:142
METHYL-HEXANOATE FR AAS170:142
METHYL-8-METHYL 6-NONANOATE FR AAS170:142
METHYL-NONANOATE FR AAS170:142

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8-METHYL-NONANOATE FR AAS170:142
8-METHYL-NONANOIC-ACID FR AAS170:142
METHYL-OCTADECANOATE FR AAS170:142
METHYL-OCTANOATE FR AAS170:142
7-METHYL-OCTANOIC-ACID FR AAS170:142
4-METHYLPENTADECANE FR
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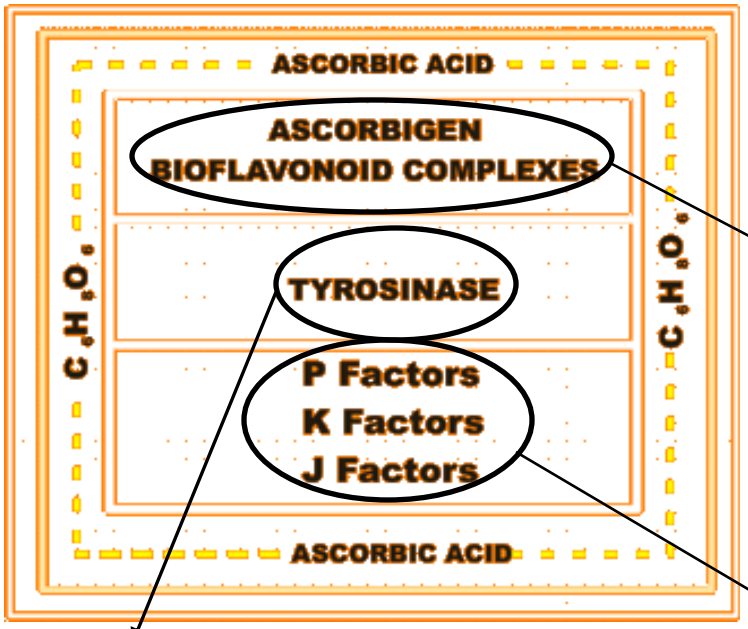
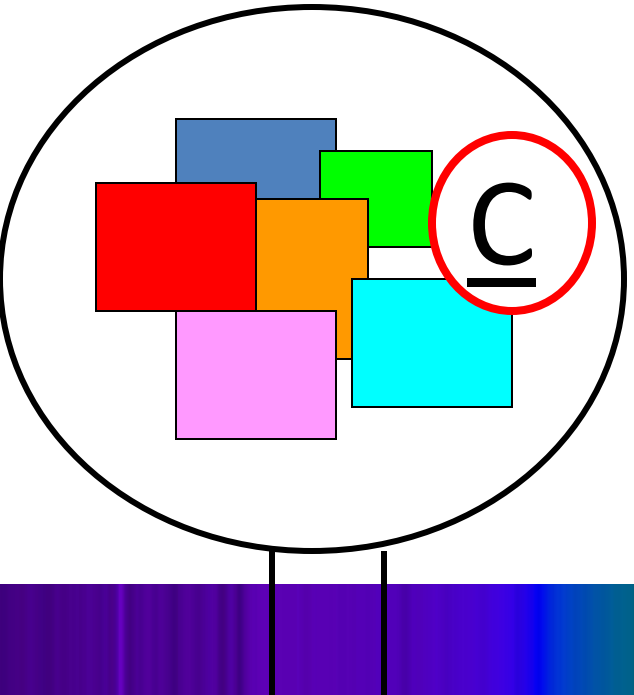
4-METHYL-3-PENTEN-2-ONE FR AAS170:141
4-METHYLPENTYL-2-METHYL-BUTYRATE FR AAS170:142
4-METHYLPENTYL-3-METHYL-BUTYRATE FR AAS170:142
METHYL-PHENYLACETATE FR AAS170:142
METHYL-BETA-PHENYLPROPIONATE FR AAS170:142
4-METHYLTETRADECANE FR
METHYL-TETRADECANOATE FR AAS170:142
4-METHYLTRIDECANE FR
N-(13-METHYLTETRADECYL) ACETAMIDE FR
MEVALONIC-ACID 0.5 FR NAP
MYRCENE FR AAS170:142
MYRISTIC-ACID 10-82 FR USA
MYRISTIC-ACID SD
NEOXANTHIN FR
NIACIN 9-158 FR CRC USA
NICKEL 1.0-1.5 FR ABS 5/
NONADECANE FR
NONANOIC-ACID FR AAS170:142
NONANOIC-ACID-VANILLYLAMIDE 2-45 FR 2/
NORDIHYDROCAPSAICIN 15-335 FR
OCTANOIC-ACID FR AAS170:142
2-OCTANONE FR AAS170:141
2-OCTENOIC-ACID FR AAS170:142
OLEIC-ACID 110-898 FR USA
OLEIC-ACID SD
OXALIC-ACID FR LF
PALMITIC-ACID 150-1,224 FR USA
PALMITIC-ACID SD
PALMITOLEIC-ACID 0 FR USA
PANTOTHENIC-ACID 1.5 FR USA
PENTADECANE FR AAS170:142
PENTADECANOIC-ACID FR
PENTANOIC-ACID FR AAS170:141
1-PENTANOL FR AAS170:141
2-PENTYLFURAN FR AAS170:142
ALPHA-PHELLANDRENE FR AAS170:142
BETA-PHENETHYLACETATE FR AAS170:142
PHENYLALANINE 620-5,059 FR USA
PHOSPHORUS 455-3,794 FR USA
BETA-PINENE FR AAS170:142
POTASSIUM 2,600-34,272 FR CRC USA
PROLINE 870-7,099 FR CRC USA
PROTEIN 11,000-163,200 FR CRC USA
PULEGONE FR
QUERCETIN 63 FR PAM
RIBOFLAVIN 1-8 FR CRC USA
SCOPOLETIN FR
SERINE 800-6,528 FR USA
SILICON FR
SODIUM 50-734 FR CRC USA
SOLANIDINE FR
SOLANINE FR
SOLASODINE FR
STEARIC-ACID 30-245 FR USA
STEARIC-ACID SD
STIGMASTEROL FR
TERPINEN-4-OL FR AAS170:141
ALPHA-TERPINEOL FR AAS170:141
TETRADECANE FR
THIAMIN 0-8 FR USA
THREONINE 740-6,038 FR USA
THUJONE FR AAS170:141
TITANIUM FR
TOCOPHEROL 24 FR
TOLUENE FR AAS170:142
TRYPTOPHAN 260-2,122 FR USA
TYROSINE 420-3,427 FR USA
2-UNDECANONE FR AAS170:141
VALERIC-ACID RE NAP
VALINE 840-6,854 FR USA
VIT-B6 3-23 FR USA
VANILLYL-AMIDE FR
VIOLAXANTHIN FR
WATER 70,000-889,550 FR CRC USA ABS 5/
XANTHOPHYLL-EPOXIDE FR
P-XYLENE FR AAS170:142
XYLOSE FR
ZEAXANTHIN FR
ZINC 3-24 FR USA

SAbs Pak J Sci Ind Res 28 234 1985

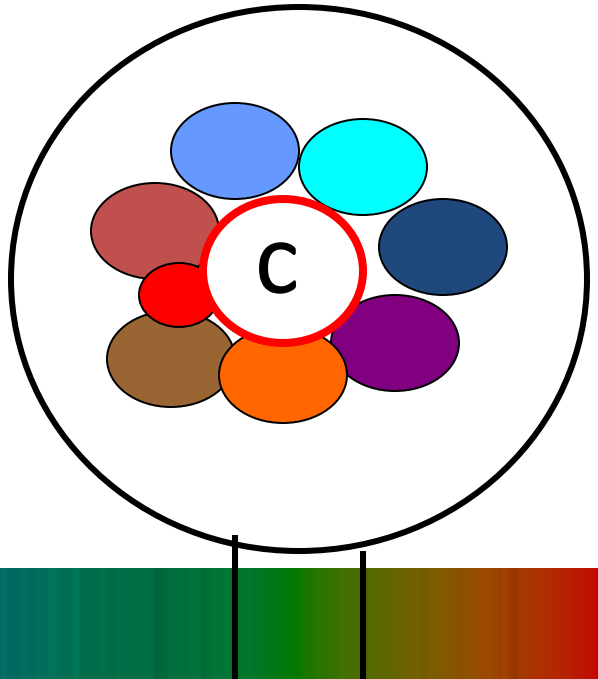


Each of these foods contain
the whole vitamin C complex,
but because of the associated co-factors,
they each deliver a different health benefit.

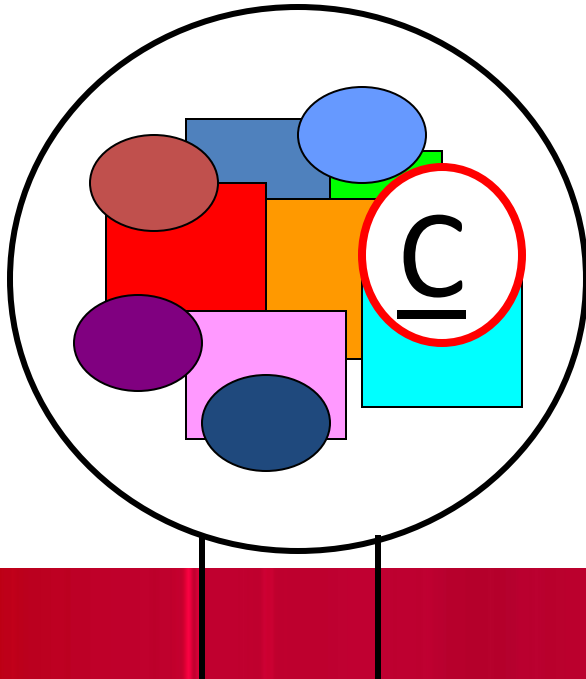
Acerola Berry



Buckwheat



Rose hips



Standard Process PMG's

A shield to protect your organs & glands

- Each specific PMG protects the associated organ or gland from an auto immune reaction by acting as that associated organ or glands antibody decoy

- PMG's aid in enhancing the full genetic re-growth/regeneration capacity of a damaged gland or organ

- PMG's allow the vitamins and mineral to be used to rebuild a damaged organ or gland with-out those vitamins and minerals being needed to fight off a hostile auto immune response

Standard Process

Addressing every aspect of true nutritional healing

- Real whole food nutrients. Fresh, complete and dried at room temperature providing everything needed for the body in it's most natural state.

- Specific nutritional formulas for specific nutritional needs.

- Standard Process PMG's, provide the building blocks and shield to maximize the absorbed nutrients for organ and gland re-growth.