

A MULTIPLE VITAMIN MINERAL ANTIOXIDANT SUPPLEMENT

FOUNDATION is a complete daily nutritional supplement which supplies the essential vitamins, minerals, anti-oxidants, trace minerals, enzymes and beneficial bacteria to satisfy all the body's basic health requirements, with the exception of Vitamin E and Calcium/Magnesium which should be taken separately. Vitamin E is best supplied in its natural oil form.

INGREDIENTS:

Each capsule contains:		% Daily Value
Vitamin A (as beta carotene)	5,000 IU	100
Vitamin C (as magnesium ascorbate)	100 mg	167
Vitamin D (as cholecalciferol)	400 IU	100
Vitamin K (as phytonadione)	25 mcg	32
Vitamin B1 (as thiamin HC1)	1.5 mg	100
Vitamin B2 (as riboflavin)	1.7 mg	100
Vitamin B3 (as inositol-bexaniacinate)	20 mg	100
Vitamin B6 (as pyridoxine HC1)	10 mg	500
Folic acid	400 mcg	100
Vitamin B12 (as cyanocobalamin)	100 mcg	1667
Biotin	30 mcg	10
Pantothenic acid	10 mg	100
Iron (as ferrous fumarate & amino acid chelate)	18 mg	100
Iodine (as potassium iodide)	150 mcg	100
Zinc (as zinc gluconate)	2 mg	13
Selenium (as l-selenomethionine)	25 mcg	36
Copper (as copper oxide & amino acid chelate)	2 mg	100
Manganese (as manganese sulfate & amino acid chelate)	5 mg	250
Chromium (as chromium chloride & amino acid chelate)	25 mcg	21
Molybdenum (as sodium molybdate)	25 mcg	34
Vanadium (as vanadyl sulfate & amino acid chelate)	25 mcg	*
N-acetyl-cysteine	10 mg	*
Bioflavonoids	100 mg	*
Rutin	50 mg	*

*Daily Value not established

Other Ingredients: Gelatin, enzymes, calcium carbonate, silica, magnesium stearate, trace minerals and probiotic mix.

No corn, wheat, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

There are several indicators which show the need for a completely balanced multiple such as:

1. An "empty calorie" diet composed of refined and processed foods
2. Exposure to smoke, pollution, caffeine, smog
3. Food additives, chemicals, colorings, and preservatives
4. Diets that are deficient in raw fruits and vegetables
5. Diets high in meat products
6. Lifestyles which cause the individual to go too long without eating
7. Alcohol consumption
8. Times of prolonged stress
9. Exposure to antibiotics and prescription drugs

DIRECTIONS:

As a dietary supplement take 1 daily, or as directed by a physician, to supply the vitamins, minerals, trace minerals, enzymes, and beneficial bacteria for a healthy colon.

Formulated by Dr. Norman Easley.