

“Your Nutrition
is your medicine”

Hippocrates
Circa 400 BC



Are your supplements made from complete, organic foods?

Supplements can be confusing or misleading to say the least. Many have ingredients that don't promote health.

Some make claims about the benefits of a vitamin but it doesn't contain the whole food source in it. It is just a synthetic, fractionated source of the natural counterpart. Nature contains All of the Co-Factors needed to benefit the body completely otherwise it becomes an imbalance.

Take Vitamin A for example: 10,000 IU in one product and more in another and you can be taking a toxic dose that can cause blurry vision for instance. Long-term use of large amounts of vitamin A might cause serious side effects including fatigue, irritability, mental changes, anorexia, stomach discomfort, nausea, vomiting, mild fever, excessive sweating, and many other side effects. In women who have passed menopause, taking too much vitamin A can increase the risk of osteoporosis and hip fracture.

Vitamin A is a fat soluble vitamin that gets stored while water soluble will just be excreted out into the urine in high doses or cause loose bowels. To be sure the product should CONTAIN the Whole foods where it is derived. See the sample label of a Vitamin A label below. You don't need Mega Doses when Whole Foods are used because the body can do more with less since it is a complete source.

Supplement Facts

Serving Size: 2 Tablets Servings per Container:45

Amount per Serving%DV

Calories	3	
Vitamin A (as Beta-carotene)	3,000 IU	60%

Proprietary Blend: 568 mg Carrot (root)†, sweet potato†, calcium lactate, defatted wheat (germ)†, bovine kidney†, oat flour†, nutritional yeast†, rice (bran)†, magnesium citrate, alfalfa flour†, vitamin E (sunflower), ascorbic acid, and sunflower lecithin†.

†Daily Value (DV) not established.

Other Ingredients: Honey, arabic gum, alginic acid, pea starch, beta-carotene (Blakeslea trispora), and calcium stearate.

Read the true ingredients, what out for fillers, dyes and artificial sugars, colors and flavorings.

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