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NutraNews

Just a Thought...

**“Life is not merely
to be alive,
but to be well.”**

**- Marcus Valerius
Martial**

Test Your Knowledge...

**Which drug(s) increases
your need for certain
vitamins & minerals?**

- A. Antibiotics**
- B. Aspirin**
- C. Birth control pills**
- D. All of the above**

Answer:
D. All of the above

Building a Foundation

Any building contractor will tell you that a house is only as strong as it's foundation. The same can be said for the body.

Vitamins and minerals are key elements to the body's foundation. Fortifying the strength of the body with vitamins and minerals is essential with today's lifestyle and environmental conditions.

While you might believe that you are getting all the essential vitamins and minerals your body needs from your food, you might think again. It is well known and documented that our soils and the

foods grown in them are depleted of 62 out of 70 essential minerals.

Vitamins and minerals are essential to life. They activate hundreds of very **important and essential enzyme reactions** required for healthy metabolism, digestion, immunity, and other vital body functions.

Having sufficient levels of vitamins and minerals within the body helps support our physical energy and stamina, and helps us to recover rapidly from physical and mental exertion.

Current environmental condi-

tions, including unclean air and water and pesticides in our food require higher levels of antioxidant vitamins to maintain normal healthy body function. **That's why most doctors recommend taking a multi-vitamin and mineral supplement.**

Absorption of these essential nutrients is a key issue. It is not necessarily how much you take, **but how much your body tissues absorb.** Products with higher absorption levels require lower dosage

(Continued on page 2)

EPA / DHA Plus - Omega-3 Fatty Acid

At Nutritional Focus, we are always striving to provide the highest quality product at the best price.

Our newest product, **EPA / DHA Plus** soft gels are highly **concentrated**.

EPA / DHA Plus is **cholesterol free**, derived from distilled Norwegian pharmaceutical grade fish oils.

EPA / DHA Plus soft gels contain **no** vitamin A, Vitamin D or sodium. **EPA / DHA Plus** soft gels are **free** of toxic metals, yeast, wheat, corn, milk, gluten, sugar, starch, artificial colors, artificial preservatives.

Supportive but not conclusive research shows that consumption of **EPA and DHA omega-3 fatty acids may**

reduce the risk of coronary heart disease. One serving of **EPA / DHA Plus** provides **1200 mg of EPA and DHA omega-3 fatty acids.** [See nutrition information for total fat, saturated fat, and cholesterol content]. Many EPA and DHA omega-3 fatty acids studies also support the health benefits to the brain and vision.

**New product from
Nutritional Focus
EPA / DHA Plus**



Building a Foundation, cont...

amounts, with more of the nutrients reaching their intended destination.

Higher nutrient dosage, in pill or capsule form, is not necessarily better.

Minerals oxidize vitamins when combined in the same liquid formula. So, they should be taken separately.

Nutritional Focus offers separate liquid vitamin and mineral formulas. The sub-micron particle size nutrients in **these formulas are easily absorbed** through the cell membranes and **utilized by the body almost 100 percent.**

Optimal dose will vary from individual to individual, depending on whether vita-

mins and minerals are needed for maintenance or to therapeutically correct a deficiency. **How's your foundation?**

Please consult your health care professional, or contact Nutritional Focus at 1-800 530-5010; e-mail: info@nutritionalfocus.com or visit our website @ www.nutritionalfocus.com

Vegetarian Short Falls

Most vegetarians are fueled with the best intentions and are diligent about their food choices. However, a **meat-free diet can leave a few essential nutrients lacking in the diet.**

Common nutrient **deficiencies** among vegetarians **include iron, B-12/folic acid, zinc,**

omega-3 fatty acids, and some amino acids. Deficiencies can lead to stunted growth, dulled thinking, memory loss, and fatigue.

While paying close attention to add foods to the diet that are rich in these nutrients, it is also commonly recommended that vegetarians supplement

daily with a highly absorbable multi vitamin and mineral.

Consult with your doctor or health care provider about taking a daily vitamin and mineral supplement, or contact Nutritional Focus at 800 530-5010 or www.nutritionalfocus.com

Recycle, Reuse...Doing Our Part

You may receive or have already received a package from us where the box and/or the packing materials appear to have been used before. Well, they probably have been.

In an effort to support the environment, we recycle and reuse. Any unusable waste material from our office is recycled. All inbound shipping and packing materials that are in

good condition, are reused in our outbound shipments.

Shipping supplies that we purchase are either recycled or environmentally friendly. We buy biodegradable "popcorn," which is a water soluble starch by-product; brown paper as an alternative package filling; and we purchase only brown boxes. We don't wish to support pa-

per and box bleaching, or contribute to chlorine pollution and run off.

There is probably more we could do, and will do in the future. These are a few of the simple steps we take daily to help protect Mother Earth. Hopefully, our efforts will assist in preserving the planet for the next generation. If you have any suggestions please send them to us.

Most Doctors Recommend Taking a Multi-Vitamin and Mineral Supplement.



Nutritional Spotlights

What does the FDA say:

Although the FDA has determined that the evidence is limited and not conclusive, some scientific evidence suggests:

- Selenium may produce anticarcinogenic effects in the body.
- Consumption of antioxidant vitamins (E, C) may reduce the risk of certain forms of cancer.
- Accompanied by a diet low in saturated fat and cholesterol, Folic Acid, Vitamin B6 and Vitamin B12 may reduce the risk of heart disease and other vascular diseases.

NEW Product Under Development "NUTRI-GREENS"
