



Most people know that nutrition is extremely important in health and wellness. A return to health must begin with a change of diet. We must eat more fresh and raw, unprocessed and whole foods. Additionally, in order to pay back the nutritional debts created by years of poor food choices, food supplements are necessary. Here we must be careful. The market is flooded with synthetic and processed vitamins which are grossly insufficient in the necessary cofactors found in nature which help the body utilize the main nutritional components. Even those that are legally labeled natural or organic are missing critical components. Just like whole wheat flour vs. white flour, vitamins can also be processed. To supply the body with all the lacking nutrients, give the body all that is missing. Supplement with nutrients from whole food sources containing all the factors, cofactors and micronutrients found in nature. Use Whole-istic Solutions **VITAMIN-MINERAL-ANTIOXIDANT**.

**VITAMIN-MINERAL-ANTIOXIDANT** contains:

**Organic Barley Grass:** Many studies have been done on Barley. It is rich in SOD, calcium, iron, vitamins E and C and trace minerals, and has been reported to relieve arthritis, gastrointestinal disorders, chronic fatigue, constipation, poor circulation, psoriasis and acne.

**Organic Wheat Grass:** Contains virtually every nutrient known. Clinics all over the world have been set up to administer the miraculous juices from sprouted wheat plants. People report that it provides intensive cleansing and stimulates the immune system.

**Amla Powder:** The amla fruit (*Emblica officinalis*), also known as Indian gooseberry, is one of the richest natural sources of bioflavonoids and Vitamin C. Just 8.7mg of



Supplement Facts	
Serving Size: 3 Capsules	
Servings Per Container: 30	
Amount Per Serving	% DV
Proprietary Whole-Food Blend	1,305 mg
Organic Barley Grass Leaf Powder	*
Organic Wheat Grass Leaf Powder	*
Organic Amla	*
Organic Kelp	*
Organic Green Leaf Tea	*
Organic Spirulina	*
Organic Mangosteen	*
Organic Blue Green Algae (AFA)	*
Organic Acai	*
Organic Carrot Juice Powder	*
Organic Broccoli	*
Organic Spinach	*
Chlorella	*
Betadene 7.5% (from <i>Dunaliella Salina</i> )	*

\* Daily Value not established

Manufactured for **Whole-istic Health Solutions, LLC, Irving, TX.**  
 For more information or to contact us, visit our web site at  
[www.whole-isticsolutions.com](http://www.whole-isticsolutions.com) 866.814-7673





natural vitamin C complex from amla is equivalent to 100 mg of the most commonly used synthetic vitamin C.

**Sea Kelp Powder:** An excellent resource of minerals, it is known to contain over 96 trace minerals. Red kelp (dulse) has been reported to restore kidney function, and the iodine in the green kelp is helpful for people with thyroid problems.

**Mangosteen:** is an edible fruit with very high concentrations of Xanthones. Xanthones are naturally occurring compounds beneficial to a great many systems in our bodies. Researchers have demonstrated their positive effect on cardiovascular health; and their antiviral, antibacterial, anti-fungal, antihistamine and anti-inflammatory properties in addition to their being a powerful antioxidant. They boost our energy, prevent pain, reduce anxiety, help to prevent Alzheimer's disease and dementia, and have anti-tumor and anti-cancer properties (especially with breast, liver and leukemia).

**Green Tea:** A well known antioxidant, green tea is a great source of vitamin C and contains many nutrients, most importantly polyphenols. The primary polyphenols in green tea are the flavonoids catechins and proanthocyanidins. Green tea is also a good source of proteins, chlorophyll, tannins, lignin and the amino acid theanine.

**Spirulina:** An amazing source of highly digestible vegetarian protein that is rich in A, B-1, B-2, B-3, B-6, B-12, Folic acid, C, E, PABA and the minerals iron, cobalt, magnesium, zinc, iodine, selenium, silicon, vanadium, germanium and boron. It is the richest source of vitamin B-12 found in nature, and shows promise in the treatment of impaired immunity, protein deficiencies and eating disorders.

**Chlorella:** A natural source of HGH (human growth hormone) and is rich in minerals, chlorophyll, antioxidant vitamins and beta carotene.

**Blue Green Algae:** A great source of B vitamins and amino acids. It contains some analogues of vitamin B12 and is able to perform an enhancement of the ability to form blood cells for healthy blood.

**Acai fruit:** from the rainforests of Brazil, is one of the richest sources of antioxidants available in any food and contains significant amounts of Vitamins A, B1, B2, B3, B6, B12, Vitamin C, Vitamin D, Vitamin E, Pantothenic Acid, Biotin, Folic Acid, Inositol, Phosphorus, Calcium, Magnesium, Copper, Chromium, Zinc, Potassium, Iron, Manganese, Selenium, Boron, Molybdenum, Iodine, Glucosamine, Fiber, Proteins, all essential and non-essential amino acids required for protein synthesis and maintaining health, and Essential Fatty Acids such as Omega 6 (Linoleic acid) and Omega 9 (Oleic acid). The Açai berry is a dense source of anthocyanins (red-blue phenols with powerful antioxidant properties) and has been shown to have a very high ORAC (Oxygen Radical Absorption Capacity) score.

**Organic Carrot:** Almost the perfect food, it is rich in vitamins, minerals and antioxidants and is the most valuable source of vitamin A among all vegetables. Recent studies indicate that foods rich in carotenoids are effective at reducing the risk of developing lung cancer.

**Organic Broccoli:** A powerhouse of anti-cancer compounds and rich in vitamin C, beta carotene, minerals, fatty acids and amino acids.





**Organic Spinach:** An excellent source of minerals, such as calcium, phosphorus, iron, potassium and zinc, as well as antioxidants like vitamin C and E.

**Betatene:** These mixed carotenoids are isolated from the sea algae *Dunaliella salina* and are rich in the five naturally occurring carotenoids that are commonly found in various fruits, cruciferous, yellow, and dark green leafy vegetables.

**A partial list of nutrients provided by the previous ingredients:**

**Minerals**

Boron	Iodine	Silicon
Calcium	Iron	Sodium
Chlorine	Magnesium	Tin
Chromium	Manganese	Titanium
Cobalt	Nickel	Vanadium
Copper	Phosphorus	Zinc
Fluorine	Potassium	Molybdenum
Germanium	Selenium	Sulfur
		Lithium

**Vitamins**

Beta Carotene	Pantothenic Acid	Vitamin B6
Biotin	Riboflavin	Vitamin C
Choline	Thiamine (B1)	Vitamin E
Folic Acid	Vitamin A	Vitamin B2
Niacin	Vitamin B12	Pyridoxine
		Vitamin K
		Vitamin B3
		Paba B complex
		Cobalamin
		Inositol

**Polyphenols (anti-oxidants)**

Catechin	Proanthocyanidins
Epicatechin	Epigallocatechin gallate
Epicatechin gallate	Alpha Lipoic Acid

**Lipids**

Essential Fatty Acids

**Amino Acids**

Alanine	Lysine
Arginine	Methionine
Asparagine	
Aspartic Acid	Phenylalanine
Cystine	Proline
	Serine
Glutamic Acid	Threonine
Glutamine	Theanine
Glycine	Tryptophan
Histidine	Tyrosine
Isoleucine	Valine
Leucine	





As with all of our quality products, **VITAMIN-MINERAL-ANTIOXIDANT** contains nutrients that are enzymatically active. VITAMIN-MINERAL-ANTIOXIDANT contains all of the cofactors that nature intended to be present, allowing our bodies to assimilate the vital factors needed for proper functioning of health. All capsules are of a vegetarian source.

- VITAMIN - MINERAL - ANTIOXIDANT

