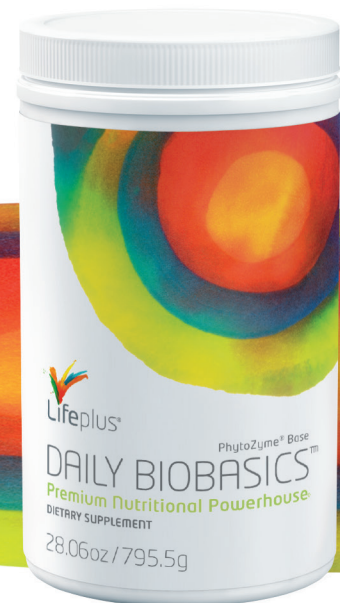


# DAILY BIOBASICS™

## Premium Nutritional Powerhouse<sup>◇</sup>



**What will Daily BioBasics do for me?** Daily BioBasics is an amazingly comprehensive multiple-vitamin-mineral product formulated in a convenient, concentrated form that you just scoop into your favorite beverage and drink once a day. It contains 85% of the Daily Value (DV) for Vitamin D, 77% for Calcium, 95% for Magnesium, 87% for Manganese, over 200% of each of the B Vitamins, and 100% or more of the Daily Values (DV) for the remaining essential vitamins and minerals, intentionally excluding iron, phosphorous, potassium and sodium. (Supplemental iron is excluded because most people don't need it and it can stimulate free radical production, while phosphorous, potassium and sodium are minerals that are prevalent even in diets of poor quality.)

Daily BioBasics (DBB) also contains phytonutrient concentrates from 35 fruits and vegetables, 19 herbs, numerous antioxidants, plus prebiotics and probiotics as well as nearly half of the recommended USDA Daily Value (DV) of fiber so important to routine cleansing and healthy bowel function.<sup>◇</sup> All this nutrition in a convenient, single serving makes Daily BioBasics a popular way to get this valued nutritional insurance.

### Are You Getting All of the Nutrients You Need?

According to data compiled by the United States Department of Agriculture (USDA) regarding the American diet for the mid 1990s, average consumption is heavily weighted toward added fats and sugars, while falling short of serving recommendations for fruits and vegetables. According to National Eating Trends, the preferred American meal is an already prepared, one-dish entree and only 41% of all dinners served in America include a vegetable, other than salad or potatoes.

Fruits and vegetables are critical sources of vitamins, minerals, fiber, and phytonutrients. Unfortunately,

improved efficiency in growing, harvesting, and storing fruit and vegetables has also had impact on their nutritional content. The United States Department of Agriculture (USDA) published data between 1963 and 2000, which shows that the content of calcium and carotene in broccoli has decreased nearly 50%. The amount of carotenes in collard greens has fallen 42%, potassium has dropped nearly 60%, and magnesium is only 16% of its 1963 level. Vitamin C in peppers has dropped from 128mg to 89mg, beta-carotene in apples from 90 to 53mg, calcium in pineapple has dropped from 17mg (per 100 grams raw fruit) to 7mg. Cauliflower has lost nearly half of its amount of vitamins B1, B2 and

C over the past 37 years. Many important nutrients, such as selenium, chromium, zinc, folic acid, indole-3-carbinol and flavonoids, were not measured in the past. Some of these are still not measured, so their status is still unknown.

Busy lifestyles and depreciation of vital nutrients in our agriculture continue to make it difficult to meet the Daily Values for nutrition as suggested by the USDA. The DV's were set as the minimum daily requirement of vitamins and minerals necessary to maintain one's health, not necessarily to ensure optimum health.

## High Quality Fiber

Daily BioBasics is a uniquely comprehensive nutritional supplement, with 13 grams of fiber from psyllium seed and husk, maltodextrin-soluble fiber, guar gum, flaxseed and alginate, along with other superior cleansing agents like magnesium trisilicate, beet root, lactobacillus, and black walnut leaf.

Adding just two scoops of Daily BioBasics to a favorite beverage provides an amazing amount of nutrition, plus supports daily colon cleansing and bulk at the same time.◊

One serving of DBB supplies 333% of the DV for vitamin C, 206% of the DV for Folate, 1000% of the DV for biotin and at least 200% for all the rest of the B vitamin family, 440% for vitamin E, and 77% of the DV for calcium, and 95% of the DV for magnesium.

In addition to the minerals and vitamins for which a DV has been established, Daily BioBasics also supplies trace and ultra trace minerals, such as boron, and silicon, along with other vitamin factors such as inositol, choline, and para-aminobenzoic acid (PABA).

## Contains a Wide Variety of Antioxidants

Beyond the well-known antioxidant vitamins (A, C and E), DBB provides an entire range of other important antioxidants such as alpha lipoic acid, lutein, lycopene, and glutathione. This is then reinforced using flavonoids with potent antioxidant activity such as hesperidin, quercetin, rutin, citrus bioflavonoids, and herbs known

for outstanding antioxidant potency, including: Rosemary, Bilberry, Turmeric, Green tea leaf extract, and Milk Thistle Seed (Silymarin). The antioxidant activity of these herbal concentrates is primarily due to their rich content of polyphenols and flavonoids. Since antioxidants function as a network in scavenging many different types of free radicals, it is important to consider that the greater the spectrum of antioxidants taken in the diet, the more effective they can be in protecting sensitive cell membranes from free radical attack.

Sea vegetables, including two varieties of kelp (*Lessonia nigrescens* Bory and *Ascophyllum nodosum* Le Jol.), and dulse leaf, harvested from pristine waters, provide an unparalleled source of essential trace nutrients. DBB also supplies super food concentrates, known for their unique nutritional value, including the microalgae known as spirulina and chlorella.

## And So Much More!

A blend of freeze-dried vegetable concentrates includes five members of the cruciferous (*Brassica*) family; broccoli, cabbage, Brussels sprouts, kale, and cauliflower. These vegetable concentrates are rich sources of indoles, isothiocyanates, and sulforaphane, which have been shown to particularly promote health, despite exposure to harsh environmental chemicals. Spinach and parsley are good sources of glutathione and chlorophyll; parsley is rich in polyacetylenes and in the flavonoid apigenin, a powerful antioxidant. Watercress releases phenethyl isothiocyanate

that, as shown in animal studies, helps maintain lung health despite exposure to harsh environmental chemicals, and contains other compounds that assist the natural cleansing processes of the liver.◊ Carrots, beet-root, green pepper, and green peas are rich sources of betaine, necessary for critical methylation reactions in the body, as well as carotenoids, and natural vitamins and minerals.◊

The final category of ingredients in this marvelous recipe for health are the herbs: alfalfa, rose hips, acerola, chamomile flower, lemon grass leaf, Ginkgo biloba, *Eleuthero* (*Eleutherococcus*), and red clover blossom. Used for centuries for their health-sustaining properties, these plants are a treasure chest of flavonoids, antioxidants, isoflavones, phytochemicals, vitamins, and minerals.

## Umbrella of Protection

Although no supplement can provide you with all of the benefits of a diet rich in whole fruits and vegetables, Lifeplus® has gone to great lengths to formulate one of the most complete multi-nutrient supplements available on the market today. Truly, Daily BioBasics provides a far broader umbrella of nutritional support to assist your body in coping with the environmental and lifestyle stresses of modern life than the vast majority of multiple vitamin, mineral and antioxidant formulas on the market today. You and your family can have one of the best health insurance policies by including Daily BioBasics in your daily diet. Try some today and see for yourself.

◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving size / 2 level scoops (Approx. 26.5 g)  
Servings per container / 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	66	Sodium (Total)	15 mg 0.7%	Cabbage Leaf	25 mg **
Total Carbohydrate	22 g 6%*	Maltodextrin Soluble Fiber	3.6 g **	Carrot Root	180 mg **
Dietary Fiber	13 g 46%*	Blond Psyllium Seed Husk	3.8 g **	Cauliflower Floret	50 mg **
Soluble Fiber	8 g **	Blond Psyllium Seed	12.3 g **	Chamomile Flower	20 mg **
Insoluble Fiber	5 g **	Guar Gum Seed Endosperm	277 mg **	Chlorella Single Cellular Algae	10 mg **
Vitamin A	2250 mcg RAE 250%	Flax Seed (De-Oiled)	277 mg **	Dulse Leaf	10 mg **
33% (750mcg) as Preformed,		Black Walnut Leaf	140 mg **	Ginkgo Leaf Extract	10 mg **
67% (1500mcg) as Beta-Carotene		Magnesium Trisilicate	140 mg **	Eleuthero ( <i>Eleutherococcus senticosus</i> (Rupr. et Maxim.) Maxim.) Root Extract	10 mg **
Vitamin C	300 mg 333%	Boron	300 mcg **	Green Pea Seed	40 mg **
Vitamin D	17 mcg 85%	Silicon	1 mg **	Green Pepper Fruit	30 mg **
Vitamin E	66 mg α-TE 440%	Inositol	30 mg **	Green Tea Leaf	35 mg **
Vitamin K	80 mcg 67%	Lecithin (Soy)	50 mg **	Kale Leaf	20 mg **
Thiamin (Vitamin B-1)	3 mg 250%	Lemon Bioflavonoids	50 mg **	Lemon Grass Leaf	20 mg **
Riboflavin (Vitamin B-2)	3.5 mg 269%	PABA	10 mg **	Milk Thistle Seed	25 mg **
Niacin	40 mg 250%	Alpha Lipoic Acid	5 mg **	Kelp ( <i>Ascophyllum nodosum</i> Le Jol.) Whole Plant	10 mg **
Vitamin B-6	4 mg 235%	Hesperidin	8 mg **	Parsley Leaf	35 mg **
Folate	667 mcg DFE 167%	Quercetin Dihydrate	10 mg **	Red-Clover Blossom	50 mg **
Vitamin B-12	12 mcg 500%	Rutin	10 mg **	Dog Rose (Rose Hips) Fruit	10 mg **
Biotin	300 mcg 1000%	Lutein Extract	2 mg **	Rosemary Leaf	25 mg **
Pantothenic Acid	20 mg 400%	Lycopene Extract	2 mg **	Spinach Leaf	10 mg **
Choline	2.4 mg 0.4%	L-Glutathione	2 mg **	Spirulina Phytoplankton Microalgae	10 mg **
Calcium	1000 mg 77%	Soy Isoflavones Extract	13 mg **	Curcuminoids (from Turmeric Root Extract)	19 mg **
Iodine	150 mcg 100%	Acerola Fruit Extract	10 mg **	Watercress Leaf	25 mg **
Magnesium	400 mg 95%	Alfalfa Leaf	191 mg **	ProBioTx™ Stabilized Probiotic Blend	1.61 mg **
Zinc	15 mg 136%	Ashwagandha Rhizome Extract	8 mg **	<i>Lactobacillus acidophilus</i> 1.12 mg,	
Selenium	105 mcg 191%	Astragalus Rhizome Extract	8 mg **	<i>Bifidobacterium bifidum</i> 0.28 mg and	
Copper	2 mg 222%	Beet Root	46 mg **	<i>Lactobacillus salivarius</i> 0.21 mg	
Manganese	2 mg 87%	Bilberry Leaf	20 mg **		
Chromium	180 mcg 514%	Broccoli Flower Head	75 mg **		
Molybdenum	125 mcg 278%	Brussels Sprout Head	20 mg **		

\*Percent daily values are based on a 2,000 calorie diet.  
\*\*Daily value not established.

INGREDIENTS: Blond Psyllium Seed, Blond Psyllium Seed Husk, Maltodextrin Soluble Fiber, Calcium Carbonate, Magnesium Oxide, Vitamin C (Ascorbic Acid), Flaxseed (De-Oiled), Guar Gum Seed Endosperm, Alfalfa Leaf, Magnesium Citrate, Carrot Root, Calcium Citrate, Magnesium Citrate, Sodium Alginate Whole Plant, Magnesium Trisilicate, Black Walnut Leaf, Zinc Gluconate, Calcium Lactate, Vitamin E (D-Alpha-Tocopheryl Acid Succinate; from Soy), Broccoli Flower Head, Niacin (Nicotinamide), Selenium Aspartate, Cauliflower Floret, Lecithin (Soy), Lemon Bioflavonoids Whole Fruit, Red Clover Blossom, Beet Root, Vitamin A (Beta-Carotene), Green Pea Seed, Green Tea Leaf, Parsley Leaf, ProBioTx™ Stabilized Probiotic Blend (each serving provides three hundred fifty million (350,000,000) beneficial micro-flora including *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *L. salivarius*), Green Pepper Fruit, Inositol, Calcium-D-Pantothenate, Cabbage Leaf, Milk Thistle Seed, Rosemary Leaf, Watercress Leaf, Niacin (Nicotinic Acid), Bilberry Leaf, Brussels Sprout Head, Chamomile Flower, Turmeric Root Extract, Kale Leaf, Lemon Grass Leaf, Manganese Gluconate, Copper Gluconate, Vitamin B-6 (Pyridoxal-5-Phosphate), Soy Isoflavones Extract, Riboflavin (Vitamin B-2), Acerola Fruit, Chlorella (*Chlorella Pyrenoidosa* Chick) Single Cellular Algae, Dulse (*Palmaria palmata* (L.) Kuntze) Leaf, Ginkgo (*Ginkgo biloba* L.) Leaf Extract, Kelp (*Ascophyllum nodosum* Le Jol.) Whole Plant, PABA, Quercetin Dihydrate, Dog Rose (Rose Hips; *Rosa canina* L.) Fruit, Rutin, Eleuthero (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim.) Root Extract, Spinach Leaf Powder, Spirulina (*Spirulina maxima* Geitler) Phytoplankton Microalgae, Hesperidin Complex, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, Zucchini), Thiamin Mononitrate (Vitamin B-1), Ashwagandha Rhizome Extract, Astragalus Rhizome Extract, Alpha Lipoic Acid, Choline Bitartrate, Vitamin A Acetate, Sodium Borate Decahydrate, Silica, L-Glutathione, Lutein Extract, Lycopene Extract, Chromium Picolinate, Vitamin D-3 (Cholecalciferol), L-Methylfolate Calcium Salt, Sodium Molybdate, D-Biotin, Potassium Iodide, Vitamin K-1 (Phytomenadione), and Vitamin B-12 (Cyanocobalamin).

US.SF2, MOD 17B

Adequate Calcium and Vitamin D throughout life, as part of a well-balanced diet, may reduce the risks of osteoporosis.

CAUTION: Contains 750 mcg RAE of preformed Vitamin A. Women trying to conceive or those pregnant should not consume more than 3,000 mcg RAE of preformed Vitamin A per day from both supplements and the diet together.

As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication. Store and keep this product out of reach of young children.

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Each serving contains a stabilized Probiotic Blend providing three hundred fifty million (350,000,000) beneficial micro-flora including *Lactobacillus acidophilus* DDS-1, *Bifidobacterium bifidum* and *Lactobacillus salivarius*.

Allergy Information: This product contains soy-derived lecithin, isoflavones, and vitamin E, and is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

This product was not tested on animals. Suitable For Vegetarians.

**DIRECTIONS:** Once daily, add two level 20 cc scoops (approximately 26.5 g) to 8–12 ounces (240–360ml) of your favorite cold liquid. Mix or shake vigorously. Drink immediately.

Drink an additional 8–12 ounces (240–360ml) of liquid within the next hour for best results.

NOTICE: This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause difficulty in swallowing.

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♦These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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