

DAILY BIOBASICS™

VEGGIE CAPS

Premium Nutritional Powerhouse[◇]



What will Daily BioBasics Veggie Caps do for me? Daily BioBasics Veggie Caps are an amazingly comprehensive multiple-vitamin/mineral product formulated in a convenient, concentrated form that you just swallow with your favorite beverage once a day. It is based on the Daily BioBasics canister product, with minimal modifications for convenience and portability in a 16-capsule daily serving format. Daily BioBasics Veggie Caps include 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 Veggie Caps also contain phytonutrient concentrates from 35 fruits and vegetables, 17 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.[◇] All this nutrition in a convenient, single serving makes Daily BioBasics Veggie Caps 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 an impact on their nutritional content. The 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 128 mg to 89 mg, beta-carotene in apples from 90 to 53 mg, and calcium in pine-apple has dropped from 17 mg (per 100 g raw fruit) to 7 mg. 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 DV for nutrition as suggested by the USDA. The DV's were set as the minimum daily recommendation of vitamins and minerals necessary to maintain one's health, not necessarily to ensure optimum health.

High Quality Fiber

Daily BioBasics Veggie Caps are a uniquely comprehensive nutritional supplement, with 7g of fiber from

psyllium seed and husk, malto-dextrin-soluble fiber, guar gum, flaxseed, and alginate, along with other superior cleansing agents like magnesium trisilicate, beet root, lactobacillus, and black walnut leaf.

Taking the recommended dosage of this product with a favorite beverage provides an amazing amount of nutrition, plus supports daily colon cleansing and bulk at the same time.◊

One 16-capsule daily serving of Daily BioBasics Veggie Caps supply 333% of the DV for vitamin C, 167% for folic acid, 1000% for biotin, 200% for all the rest of the B vitamin family, 447% for vitamin E, 77% for calcium, and 83% for magnesium.

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

Contains a Wide Variety of Antioxidants

Beyond the well-known antioxidant vitamins (A, C, and E), BioBasics Veggie Caps provide 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, and green tea leaf. 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 such as Laminaria digitata, Norwegian kelp (*Asco-phyllum nodosum*), and dulse leaf, harvested from pristine waters, provide an unparalleled source of essential trace nutrients.

BioBasics Veggie Caps also supply 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 polyactylenes 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 is the herbs alfalfa, rose hips, acerola, chamomile flower, lemon grass leaf, ginkgo biloba, and Eleuthero (Eleutherococcus). 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 Veggie Caps provide 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 BioBasics Veggie Caps in your daily diet. Try some today and see for yourself.

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Supplement Facts

Serving size / 16 Capsules
Servings per container / 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	33	2%	Maltodextrin Soluble Fiber	4.3 g	**
Total Carbohydrate	8 g	3%*	Blond Psyllium Seed Husk	2.0 g	**
Dietary Fiber	7 g	25%*	Blond Psyllium Seed	0.5 g	**
Soluble Fiber	6 g	**	Guar Gum Seed Endosperm	251 mg	**
Insoluble Fiber	1 g	**	Flax Seed (De-Oiled)	251 mg	**
Vitamin A (6% (50 mcg RAE) as Beta-Carotene)	800 mcg RAE	89%	Black Walnut Leaf	140 mg	**
Vitamin C	300 mg	333%	Magnesium Trisilicate	140 mg	**
Vitamin D	10 mcg	50%	Silicon	42 mg	**
Vitamin E	67 mg α-TE	447%	Boron	300 mcg	**
Vitamin K	80 mcg	67%	Inositol	30 mg	**
Thiamin	3 mg	250%	Lecithin (Soy)	50 mg	**
Riboflavin	3.5 mg	269%	Lemon Bioflavonoids Whole Fruit	50 mg	**
Niacin	40 mg	250%	PABA	10 mg	**
Vitamin B6	4 mg	235%	Alpha Lipoic Acid	5 mg	**
Folate	667 mcg DFE	167%	Hesperidin	8 mg	**
Vitamin B12	12 mcg	500%	Quercetin Dihydrate	10 mg	**
Biotin	300 mcg	1000%	Rutin	10 mg	**
Pantothenic Acid	20 mg	400%	Lutein Extract	100 mcg	**
Choline	2.4 mg	0.4%	Lycopene Extract	60 mcg	**
Calcium	1000 mg	77%	L-Glutathione	2 mg	**
Iodine	150 mcg	100%	Soy Isoflavones Extract	13 mg	**
Magnesium	350 mg	83%	Acerola Fruit Extract	10 mg	**
Zinc	15 mg	136%	Alfalfa Leaf	191 mg	**
Selenium	130 mcg	236%	Astragalus Rhizome Extract	16 mg	**
Copper	2 mg	222%	Beet Root	46 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	**
			Cabbage Leaf	25 mg	**
			Carrot Root	180 mg	**
			Cauliflower Floret	50 mg	**
			Chamomile Flower	20 mg	**
			Chlorella Single Cellular Algae	10 mg	**
			Dulse Leaf	10 mg	**
			Fennel Seed	50 mg	**
			Ginkgo Leaf Extract	10 mg	**
			Eleuthero Root Extract	10 mg	**
			Green Pea Seed	40 mg	**
			Green Pepper Fruit	30 mg	**
			Green Tea Leaf	35 mg	**
			Kale Leaf	20 mg	**
			Lemon Grass Leaf	20 mg	**
			Kelp (<i>Ascophyllum nodosum</i> Le Jol.) Whole Plant	10 mg	**
			Parsley Leaf	35 mg	**
			Dog Rose (Rose Hips) Fruit	10 mg	**
			Rosemary Leaf	25 mg	**
			Spinach Leaf	10 mg	**
			Spirulina Phytoplankton	10 mg	**
			Microalgae		**
			Curcuminoids	19 mg	**
			Watercress Leaf	25 mg	**
			ProBioTx™ Stabilized Probiotic Blend (Lactobacillus acidophilus (1.12 mg), Bifidobacterium bifidum (0.28 mg), and Lactobacillus salivarius (0.21 mg)).	35 mg	**

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

INGREDIENTS: Maltodextrin Soluble Fiber, Calcium Carbonate, Blond Psyllium Seed Husk, Hydroxypropyl Methylcellulose (Capsule Shell), Magnesium Oxide, Blond Psyllium Seed, Vitamin C (L-Ascorbic Acid), Flaxseed (De-Oiled), Guar Gum Seed Endosperm, Alfalfa Leaf, Carrot Root, Calcium Citrate, Sodium Alginate, Black Walnut Leaf, Magnesium Trisilicate, Zinc Gluconate, Magnesium Carbonate, Calcium Lactate, Magnesium Citrate, Vitamin E (D-Alpha-Tocopheryl Acid Succinate; from soy), Broccoli Flower Head, Magnesium Stearate, Cauliflower Floret Powder, Fennel Seed, Lecithin (Soy), Lemon Bioflavonoids Whole Fruit, Beet Root, Niacin (Nicotinamide), Green Pea, Green Tea Leaf, Parsley Leaf, ProBioTx™ Stabilized Probiotic Blend (each serving contains a stabilized probiotic blend providing three hundred fifty million (350,000,000) beneficial micro-flora including *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *L. salivarius*), Green Pepper, Inositol, Watercress Leaf, Cabbage Leaf, Rosemary Leaf, Calcium-D-Pantothenate, Turmeric Root Extract (95% Curcuminoids), Bilberry Leaf, Lemon Grass Leaf, Kale Leaf, Brussels Sprout Head, Chamomile Flower, Manganese Gluconate, Astragalus Rhizome Extract, Copper Gluconate, Soy Isoflavones Extract, Rutin, Quercetin Dihydrate, PABA, Acerola Fruit Extract, Chlorella (*Chlorella Pyrenoidosa* Chick) Single Cellular Algae, Dulse Leaf, Ginkgo (*Ginkgo biloba* L.) Leaf Extract, Eleuthero (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim.) Root Extract, Kelp (*Ascophyllum nodosum* L.) Whole Plant, Dog Rose (Rose Hips; *Rosa canina* L.) Fruit, Spinach Leaf, Spirulina (*Spirulina maxima* Geitler) Phytoplankton Microalgae, Hesperidin (from Hesperidin Complex), PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from 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, and Zucchini), Vitamin A Acetate, Alpha Lipoic Acid, Choline Bitartrate, Vitamin B6 (Pyridoxal-5-Phosphate), Riboflavin (Vitamin B2), Thiamin HCl (Vitamin B1), Sodium Borate Decahydrate, Silica, L-Glutathione, Lutein Extract, Chromium Picolinate, Vitamin A (Beta-Carotene), Lycopene Extract, Vitamin D3 (Cholecalciferol), Calcium L-Methylfolate, Sodium Molybdate, D-Biotin, Sodium Selenite, Potassium Iodide, Vitamin K1 (Phytomenadione), and Vitamin B12 (Cyanocobalamin).

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Caution: Contains 2,500 IU of preformed Vitamin A. Women trying to conceive or those pregnant should not consume more than 10,000 IU of preformed Vitamin A per day from both supplements and the diet together.

NOTICE: This product should be taken with at least a full glass (8 to 12 ounces) of liquid. If daily serving is divided up, each serving should be taken with at least a full glass (8 to 12 ounces) of liquid. 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. Keep out of the reach of 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.

Allergy Information: This product is processed in the same facility as products containing fish, shellfish, soy and dairy.

Not tested on animals.

Suitable for Vegetarians.

DIRECTIONS: 16 Daily BioBasics Veggie Caps capsules taken with eight to twelve ounces of your favorite juice daily. Drink an additional eight to twelve ounces of liquid within the next hour for best results.

†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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