

How To Read Your Vitamin Labels

The structural and chemical forms of Food and synthetic nutrients are normally different. Read the label of any supplement to see if the product is truly 100% Food. If any Non-Food vitamin analogue is listed, then the entire product is probably not Food (normally it will be less than 5% Food). Vitamin analogues are cheap (or not so cheap) imitations of vitamins found in foods.

Vitamin	Food Nutrient	Non-Food Vitamin Analogue* (Substitute)
Vitamin A/ Beta-carotene	Retinyl esters; mixed carotenoids.	Vitamin A acetate; vitamin A palmitate beta-carotene (isolated).
Vitamin B-1	Thiamin pyrophosphate (food).	Thiamin mononitrate; thiamin hydrochloride; thiamin HCL
Vitamin B-2	Riboflavin, multiple forms (food).	Riboflavin (isolated); Non-Food vitamin B2.
Vitamin B-3	Niacinamide (food).	Niacin (isolated); niacinamide (isolated).
Vitamin B-5	Pantothenate (food).	Panthenic acid; calcium pantothenate.
Vitamin B-6	5'0 (beta-D) pyridoxine.	Pyridoxine hydrochloride; pyridoxine HCL.
Vitamin B-9	Folate.	Folic acid.
Vitamin B-12	Methylcobalamin; deoxycobalamin.	Cyanocobalamin; hydroxycobalamin.
Vitamin C	Ascorbate; dehydroascorbate.	Ascorbic acid; most mineral ascorbates.
Vitamin D	Mixed forms, primarily D3.	Vitamin D1 (isolated); Vitamin D2 (isolated); Vitamin D3 (isolated); Vitamin D4 (isolated); ergosterol (isolated); cholecalciferol (isolated); lumisterol.
Vitamin E	RRR-alpha-tocopherol (food); Tocopherols (food); Tocotrienols (food).	Vitamin E acetate; most mixed tocopherols; all-rac-alpha-tocopherol; d-l-alpha-tocopherol; d-alpha-tocopherol (isolated); dl-alpha-tocopheryl acetate; all acetate forms.
Vitamin "H"	Biotin.	All non-yeast or non-rice vegetarian forms.
Vitamin K	Phylloquinone.	Vitamin K3; menadiione; phytonadione; synthetic naphthoquinone.

* Note: This list is not complete and new analogues are being developed all the time. Also the term "isolated" means that if the word "food" is not near the name of the substance, it is an isolate (normally crystalline in structure) and is not the same as the true vitamin found in food.

FOOD Vitamins or Synthetic Vitamins?

If You are Not Taking FOOD Vitamins, the Ones You are Taking Probably Contain Petroleum Derivatives and Industrial Chemicals!

What Is Your Vitamin, Really?

Vitamin	Food Nutrient	Non-Food Vitamin Analogue and Some Process Chemicals
Vitamin A/ Beta-carotene	Carrots	Methanol, benzene, petroleum esters; refined oils.
Vitamin B-1	Nutritional yeast, rice bran	Coal tar derivatives, hydrochloric acid.
Vitamin B-2	Nutritional yeast, rice bran	Synthetically produced with 2N acetic acid.
Vitamin B-3	Nutritional yeast, rice bran	Coal tar derivatives, 3-cyanopyridine.
Vitamin B-5	Nutritional yeast, rice bran	Condensing isobutyraldehyde with formaldehyde.
Vitamin B-6	Nutritional yeast, rice bran	Petroleum ester & hydrochloric acid with formaldehyde.
Vitamin B-9	Nutritional yeast, rice bran	Processed with petroleum derivatives and acids.
Vitamin B-12	Nutritional yeast	Cobalamins with cyanide.
Vitamin C	Acerola cherries, citrus	Hydrogenated sugar processed with acetone.
Vitamin D	Nutritional yeast	Synthetically produced with irradiated animal fat and other substances.
Vitamin E	Nutritional yeast, grain oils	Trimethylhydroquinone with isophytol; refined oils.
Vitamin "H"	Nutritional yeast, rice bran	Biosynthetically produced.
Vitamin K	Alfalfa, spinach	Synthetic naphthoquinone derivative.

Do Food Research products contain living foods?

Unlike synthetic products, our supplements contain the enzymes and peptides found in living foods.

Are Food Research products raw?

The vitamins and minerals are cold-processed. Our vitamin and mineral products stay below 100°F, hence they are considered to be "raw."

Are Food Research products organically grown?

We feel our nutrients are grown organically, but since there are no U.S. organic standards for hydroponically-grown foods, there is no current way to certify our vegetarian products as organic. However, many of the fruits, vegetables, and herbs used in the products are organic and/or are wildcrafted and that is reflected on the labels for many of those items.

Are any artificial colors, preservatives, synthetic vitamins, mineral salts, etc. found in any Food Research products?

No.

Have Genetically Modified Organisms (GMOs) Been Found in any Food Research product?

No GMOs have ever been found in the testing for them.

Other 100% Food Products from Food Research

Advanced Joint Formula	Magnesium Complex
Anxie-Tone	Metabolic Thyro
B Stress Complex	Migratrol
C Complex	Pro-Enzymes
Cal-Mag Complex	Prosta-Power
Cardio Power	Selenium E
Digesti-Pan	Serious Brain Enhancer
Gluco-Sugar-Balance	Thymo-Immune
Hematic Formula	Vegetarian Tyrosine
High Stress Adrenal	Vira-Bac YST
Liva DeTox & Support	Zinc Complex

- No Synthetic Nutrients • No Dairy •
- No Preservatives • No GMO's •

(based on an average analysis)

Available from:

Laurino Nutritional Resources, Inc.

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Food Vitamin-Mineral is a proprietary product of Food Research International, LLC and is distributed by discerning health-care professionals who care.

www.doctorsresearch.com

98.97%
of consumed
VITAMINS
are made up of
synthetics or rocks

Vitamin-Mineral™
is FOOD, all FOOD,
and nothing but FOOD!



FOOD RESEARCH

*Nutrition just as nature intended...
from FOOD!*

Are Your Supplements 100% Food or Rocks?

If you are like most health-conscious Americans today, you have serious concerns about the quality of our food supply (Genetically Modified Organisms, preservatives, chemical additives, commercial processing), enough so, that you are taking a multiple vitamin and mineral supplement. Shouldn't those supplemental nutrients be from **Food**?

Sadly, most supplement formulas sold today do not contain vitamins and minerals as found in foods. Even though the label often claims that the product is "natural", the ingredients are almost always USP synthetic vitamins and commercially mined and processed rocks. These rocks are altered using industrial chemicals, such as gluconic acid (which is used in cleaning compounds), to form isolated rock salts, and while rocks are natural food for plants, they are not a natural food for humans.

Nature intended that plants would ingest rocks and in turn, humans would eat the plants. Plants have the ability to change the chemical compounds found in rocks and to detoxify them. Plants ingest rocks, humans eat plants. This is called the "Food Chain".

Commercially processed rocks are used in the manufacturing of supplements because they are much cheaper to produce than the nutrients found in Food Research **Food** supplements.

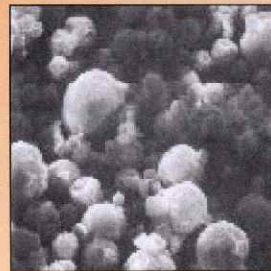
Food Vitamins and Minerals are made from natural food nutrients...

Compare these electron microscope photographs (same magnification), and you'll see the difference between the **Food** nutrients on the left, and isolated U.S.P. synthetic vitamins and mineral salts on the right. **Food** nutrients do not even look the same as U.S.P. vitamins and mineral salts. Not only do most of the nutrients differ in their physical appearance, they differ chemically and structurally as well.

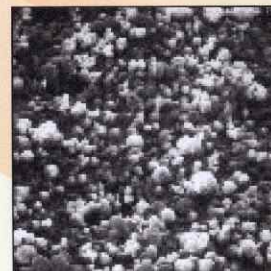
Food nutrients tend to have a more rounded appearance, whereas U.S.P. vitamins have a more crystalline or rock-like appearance, as do most mineral salts used to produce synthetic supplements.

These electron microscope photographs demonstrate there is a difference

FOOD Vitamins & Minerals



FOOD Vitamin B-1



FOOD Vitamin C

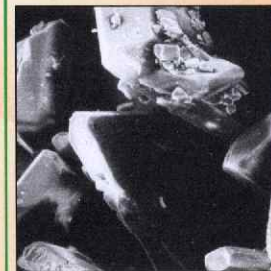


FOOD Zinc

NON-FOOD Vitamins & Minerals



Thiamin HCL



Ascorbic Acid



Zinc Chloride

How Much Better is **FOOD** Vitamin-Mineral™?

Here are the results of some of these studies*

FOOD Nutrient	Compared to USP/Mineral Salt
Vitamin A	1.54 times more absorbed into blood. Also more complete, as scientists teach that vitamin A is not an isolate.
Vitamin B Complex	More effective in maintaining good health and liver function.
Vitamin B-1	1.38 times more absorbed into blood
Vitamin B-2	1.92 times better retained in the liver
Vitamin B-3	3.94 times more absorbed into blood
Vitamin B-5	1.57 times more absorbed into blood
Vitamin B-6	2.54 times more absorbed into blood
Vitamin B-9	2.13 times better retained in the liver. Also safer and more utilizable above 266mcg (Recommended Daily Intake is 400mcg).
Vitamin B-12	2.56 times more absorbed into blood
Vitamin C	Over 15.6 times antioxidant effect; 74% better absorbed into red blood cells.
Vitamin D	Over 10 times the antirachitic effect.
Vitamin E	Up to 7.02 times more retained by the body. Up to 4.0 times the free radical scavenging strength.
Vitamin H	Over 100 times the biotin activity.
Vitamin K	Safer for children.
Calcium	Up to 8.79 times more bioavailable. 7 times as effective in raising serum ionic calcium levels.
Chromium	Up to 25 times more bioavailable.
Copper	1.85 time more retained in the liver. Contains substances that reduce potential toxicity.
Iron	1.77 times more absorbed into blood. Non-constipating, better absorbed
Magnesium	Up to 2.20 times more bioavailable. Better absorbed and retained.
Manganese	1.63 times more retained in the liver. Not as likely to contribute to toxicity as mined forms.
Molybdenum	16.49 times more absorbed into blood.
Phosphorus	Less likely to cause diarrhea or electrolyte disorders.
Selenium	Up to 17.60 time the antioxidant effect. Nearly 2 times better retained.
Vanadium	Safer and 50% more effective.
Zinc	6.46 times more absorbed into blood. Better absorption, better form.

* These studies may not conform to peer review standards. Therefore the results are not conclusive. Published research has concluded that food vitamins are superior to USP ones.

Nutrition from food what a concept!