



OPTIMAL HEALTH PACK

Do I need to take a multivitamin?



Are you:

- an active person, either with daily exercise or a physically demanding job?
- under stress quite often with work or other challenges?
- on the go and find it difficult to eat at least two balanced, healthy meals a day?
- not getting the 6-10 servings of fruit and vegetables needed daily?
- eating a lot of packaged/processed foods for convenience?
- having digestion issues, particularly if you are over 65?
- recovering from an illness or injury?
- trying to lose weight and so you're restricting calories/normal amount of food?

If the answer to any of these questions is “yes,” then a multivitamin may be a good addition. In fact, a study found that about half of the North American population falls below the Recommended Daily Allowance for several nutrients including Vitamin B6, Zinc, Magnesium, Calcium and Vitamin A. And individual needs vary: If you exercise regularly, Iron and Magnesium are depleted; during stressful times, Vitamins C and B are used more by the body; and increased free radicals create the loss of nutrients including Magnesium.

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SONA MULTI INGREDIENTS

EACH TABLET CONTAINS

Medicinal Ingredients:

Vitamins:

Beta Carotene 5000 IU	3.125 mg
Vitamin A 1000 IU	0.30 mg
Vitamin D3 133 IU	3.3 mcg
Vitamin E (d-Alpha Tocopheryl Acetate) 33.3 IU	24.485 mg
Vitamin C (Ascorbic Acid)	133 mg
Thiamine (Vitamin B1) Hydrochloride	3 mg
Riboflavin (Vitamin B2)	1 mg
Niacin (Vitamin B3) Nicotinic Acid	10 mg
Pantothenic Acid (Vitamin B5) Ca-d-Pantothenate	7 mg
Vitamin B6 (Pyridoxine HCl)	3.33 mg
Biotin (Vitamin B7)	50 mcg
Folate (Vitamin B9) Folic Acid	0.27 mg
Vitamin B12 (Cyanocobalamin)	1 mcg

Minerals:

Calcium (HVP Chelate*)	100 mg
Magnesium (HVP Chelate*)	100 mg
Iron (HVP Chelate*)	6 mg
Zinc (HVP Chelate*)	5 mg
Manganese (HVP Chelate*)	1.67 mg
Copper (HVP Chelate*)	1 mg
Iodine (Potassium Iodide)	0.05 mg
Chromium (HVP Chelate*)	66.7 mcg
Selenium (HVP Chelate*)	66.7 mcg
Vanadium (HVP Chelate*)	25 mcg
Molybdenum (HVP Chelate*)	16.7 mcg

Enzymes:

Protease (<i>A.oryzae</i> **) 333 HUT	0.666 mg
Lipase (<i>R.oryzae</i> **) 333 LU	4.1625 mg
Amylase (<i>A.oryzae</i> **) 333 DU	3.33 mg
Cellulase (<i>T.longibrachiatum</i> **) 33.3 CU	2.22 mg

Additional Ingredients:

Bamboo Extract (35 mg Silica) <i>Bambusa vulgaris</i> stems	50 mg
PABA (Para-Aminobenzoic Acid)	7 mg
Choline (bitartrate)	7 mg
Inositol	7 mg

Gluten Free Raw Superfoods:

Organic Alfalfa*** Leaf	150 mg
Organic Barley Juice Powder*** (<i>Hordeum vulgare</i>) Grass	75 mg
Spirulina Blue-Green Algae (<i>Spirulina platensis</i>)	75 mg

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Non-Medicinal Ingredients:

Croscarmellose sodium,vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, vegetable stearin, vegetable cellulose.

There are no other ingredients in this formula.

*Hydrolized Vegetable (rice) Protein (amino acid bonded minerals) - NO MSG.

**Whole.

***Verified Organic by QAI (Quality Assurance International).

SONA = Suggested Optimal Nutrient Allowances = 15-year study of 13,500 healthy people Directions Enerex SONA MULTI is 3rd party tested to verify gluten content below 20 parts per million.

Directions:

ADULTS: Take 1 tablet 3 times daily with meals or as directed by a health care practitioner.

OMEGA MORE INGREDIENTS

EACH CAPSULE CONTAINS:

Medicinal Ingredients:

Fish Oil (Anchovy, Mackerel, Sardine body oil).....	600 mg
EPA (Eicosapentaenoic Acid).....	240 mg
DHA (Docosahexaenoic Acid).....	120 mg
DPA (Docosapentaenoic Acid).....	25.5 mg
Evening Primrose Oil (<i>Oenothera biennis</i> seed, non GMO).....	275 mg
Borage Oil (<i>Borago officinalis</i> seed, non GMO).....	275 mg
together EPO and Borage Oil provide:	
GLA (Gamma Linolenic Acid).....	88 mg
LA (Linoleic Acid).....	308 mg
OA (Oleic Acid).....	82 mg
Mixed Mixed Vitamin E Tocopherol / Tocotrienol concentrate, (soybean origin, non-GMO).....	46.6mg/46.02 mg
d- Alpha Tocopherol / Tocotrienol.....	17.04 mg/4.18 mg
d- Gamma Tocopherol / Tocotrienol.....	21.36 mg/24.03 mg
d- Delta Tocopherol / Tocotrienol.....	7.88 mg/16.09 mg
d- Beta Tocopherol / Tocotrienol.....	0.38 mg/1.72 mg
Vitamin A (Palmitate) 3,000 IU.....	900 mcg RAE
Vitamin D3 (Cholecalciferol) 333 IU.....	8.33 mcg

Non-medicinal ingredients: Bovine Gelatin, Glycerin, Water.

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Directions:

Adults, take 1 capsule 3 times daily with meals, or as directed by a health care practitioner. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, have cancer, or for use beyond 6 weeks.

Features

Get everything you need. Enerex **SONA MULTI** is an advanced, scientifically balanced multivitamin supplement that offers nutrients the way that Nature intended. Its “SONA-recommended” formula provides 14 essential vitamins, 11 trace minerals and 4 nutritional digestive enzymes. They are in a base of whole green foods of organically grown Alfalfa Leaf, Green Barley Juice powder and Spirulina.

Enerex SONA MULTI is designed to be taken in divided amounts at meals throughout the day (3 tablets daily) to get more absorption and benefit from it.

Knowing your ABCs

Vitamins in SONA MULTI: All major vitamins in the SONA program are included in Enerex’s formula: Beta Carotene, Vitamin A, Vitamin D3, Vitamin E, Vitamin C, Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Pantothenic Acid (Vitamin B5), Vitamin B6 (Pyridoxine), Biotin (Vitamin B7), Folate (Vitamin B9), and Vitamin B12 (Cyanocobalamin).

Minerals in SONA MULTI: In nature, minerals are rarely found alone. They are bound as inorganic compounds in the soil and rock, or organically in living organisms. In Enerex’s SONA MULTI, the minerals are combined with amino acids by a process known as chelation, which mimics the form in which most minerals are found in food. Amino acid chelated minerals can therefore be more efficiently absorbed from the digestive tract into the bloodstream than inorganic forms of minerals. Minerals from the SONA program are included in Enerex’s formula are Calcium, Magnesium, Iron, Zinc, Manganese, Copper, Iodine, Chromium, Selenium, Vanadium, Molybdenum.

Enzymes in Enerex SONA MULTI: Better digestion of the supplement allows optimal amounts of nutrients to be used. Enerex adds plant-based digestive enzymes including Lipase and Cellulase that improve the passage of nutrients across the intestinal wall and into the blood stream, increasing absorption and intestinal health.

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Green superfood base in Enerex SONA MULTI: Organic Alfalfa **Leaf Juice Powder**, Organic Green Barley Juice Powder, Spirulina (Blue-Green Algae). These provide additional antioxidants, enzymes, chlorophyll, essential fatty acids, amino acids, and many other nutrients. Combined with the vitamins and minerals, these provide balanced, highly absorbable nutrition.

The Enerex Advantage

What's in a name? SONA levels

The vitamin levels in Enerex's SONA formulas are based on the Suggested Optimal Nutrient Allowances (SONAs) which were proposed to the US Senate over 30 years ago. The SONA'S are levels of nutrients found in a study of 13,500 men and women conducted by senior investigators Drs. Emanuel Cheraskin and W. M. Ringsdorf at the University of Alabama Medical School. The results of their \$2 million study are contained in 49,000 pages found in 153 volumes, with results published in over 100 clinical papers during the 1970s and 1980s. They examined which essential nutrients were taken/eaten daily, and measured signs and symptoms of disease.

Through the effort of this 15 year study, it is now possible to extrapolate suggested optimum daily nutrient allowances or SONAs of vitamins and minerals that are actually required by the body. Although you may feel that this study is dated, it is more advanced than the conventional recommendations currently offered by government RDIs and dietitians.

In the study, the healthiest individuals – those with the least clinical signs and symptoms of illness or degeneration – took supplements and ate a diet richer in essential nutrients relative to calories than those with more disease symptoms. The ideal daily intake of each essential nutrient was taken to be that level consumed by disease-free people.

What about RDAs and RDIs?

The Recommended Dietary Allowance (RDA) or Recommended Daily Intake (RDI) is said to be “the average daily dietary intake level that is sufficient to meet the nutrient requirements.” However, these have been found to be the minimum amount required to prevent *deficiency* symptoms in healthy adults. According to recent examination, these are inadequate optimum health, especially during stress, growth, pregnancy, lactation, strenuous activity, healing from disease and injury, and advancing age.

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Why does Enerex offer a tablet and not a capsule?

Although some manufacturers recommend a capsule for better absorption, after careful consideration of all the factors, **Enerex SONA MULTI** is offered in soft tablet form rather than in gelatin capsules or hard tablets. Tablets can be made more stable and are not affected by high temperatures and humidity, which can cause gelatin capsules to leak. Also, gelatin capsules have a higher moisture content that can adversely affect formula stability. Some methods of manufacturing tablets can cause the temperature of ingredients to rise to a level that can destroy enzymes and some vitamins.

All the advanced research that has gone into producing Enerex SONA MULTI's formula would be wasted if the sensitive ingredients were destroyed during manufacturing. To ensure that nutrients are given maximum protection, tablets are made using a state-of-the-art process known as high-density Chilsonation.

The Chilsonator

Enerex SONA MULTI's raw materials are placed into the Chilsonator and emerge as dense pellets. The pellets are milled into a powder that is 3 to 4 times denser than the original material, allowing smaller easier-to-swallow tablets without a reduction in potency. The Chilsonator also results in better dispersion of the tablet's nutrients in the body, increasing bioavailability compared to other tablets. Wet granulation, the industry standard for preparing materials for tablets and capsules, requires alcohol solvents and high temperature drying. Chilsonation eliminates this destructive process.

For further information please see the product pages for SONA Multi and Omega More on our website.

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