



## SONA MULTI

**Get everything you need. Enerex SONA MULTI** is an advanced, scientifically balanced multivitamin supplement that offers nutrients the way that Nature intended. It provides 14 essential vitamins, 11 trace minerals and 4 nutritional digestive enzymes in a base of whole green foods - organically grown Alfalfa Leaf, Green Barley Juice powder and Spirulina. This superfood base provides additional antioxidants, enzymes, essential fatty acids, amino acids, and many other nutrients. Combined with the vitamins and minerals, they provide balanced, highly absorbable nutrition.

- **Overview**
- **Features**
- **Ingredients**
- **Ailments**
- **Packaging**
- **Testimonials**



### OVERVIEW

#### Do I need to take a multivitamin?

Whether you're a busy mom, an executive who works long hours, an athlete, or a senior wanting to stay spry, you may have considered taking a multivitamin supplement to meet daily nutritional needs. Do you need one?

Are you:

- a) an active person, either with exercise or a physically demanding job?
- b) trying to lose weight and so you're restricting calories/normal amount of food?
- c) under stress quite often with work or other challenges?
- d) on the go and find it difficult to eat at least two balanced, healthy meals a day?
- e) not getting the 6-10 servings of fruit and vegetables needed daily?
- f) having digestion issues, particularly if you are over 55?
- g) recovering from an illness?

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If the answer to any of these questions is “yes,” then a multivitamin may be a good addition to your nutritional routine.

Many people believe that if they eat three meals a day, they do not need to take a multivitamin. In today’s society this is not true due to the following reasons.

- our standard diet that is high in over-processed packaged foods that are low in nutrients
- the quick meals we prepare that lack variety and balance
- too few vegetables and fruits eaten daily
- decreased minerals in soil due to over-farming

In fact, one study found that about 50% of the US population falls below the RDA for Vitamin B6, Zinc, Magnesium, Calcium and Vitamin A.

**Enerex SONA MULTI** is a multivitamin formula scientifically-balanced in a superior way not offered by many supplements; it is also unique in that it is provided in a natural food base of organically grown Alfalfa Leaf powder, Green Barley Juice powder, and Spirulina Blue-Green Algae, providing increased nutrients in the form that Nature intended. Its advanced “SONA-recommended” formula provides 14 essential vitamins, 11 trace minerals and 4 nutritional digestive enzymes. The whole green superfood base offers additional antioxidants, enzymes, essential fatty acids, amino acids, and many other nutrients. Combined with the vitamins and minerals, they provide easily-absorbed, balanced nutrition.

### **Governments agree**

On June 19, 2002, after decades of anti-vitamin policies, the American Medical Association reversed its position and now recommends that Americans take at least one multivitamin tablet each day.

Dieticians of Canada stipulates that you may need a multivitamin supplement in the required dosage if you are not getting enough vitamins or minerals from your diet.

While taking one multivitamin each day is not usually enough to maintain optimum health (especially through different stages and developments in life), it is better than no supplement at all. And it helps you to begin to appreciate the role of vitamins and minerals in preventing disease. **Enerex SONA MULTI** is designed to be taken in divided amounts at meals throughout the day (totaling 3 tablets) to get more absorption and benefit from it.

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## SONA MULTI INGREDIENTS

EACH TABLET CONTAINS

### Medicinal Ingredients:

<b>Vitamins:</b>	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
<b>Minerals:</b>	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
<b>Enzymes:</b>	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
<b>Additional Ingredients:</b>	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
<b>Gluten Free Raw Superfoods:</b>	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

### Non-Medicinal Ingredients:

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

There are no other ingredients in this formula.

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\*Hydrolyzed 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  
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.

### **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 male and female subjects living in different regions of the US 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 that were published in over 100 clinical papers during the 1970s and 1980s. They examined which essential nutrients were taken, 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, rather than random amounts that may or may not be required for optimal health. (Although you may feel that this study is dated, it is more advanced than the conventional recommendations currently offered by the government RDIs and most 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 signs and symptoms of disease. Based on the logical assumption that those who are free of symptoms were healthier than those who showed clinical signs of disease, the ideal daily intake of each essential nutrient was taken to be that level consumed by disease-free people.

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## **Enerex SONA MULTI**

Enerex believes that, for almost everyone, the SONAs represent supplement levels of essential vitamins and minerals designed to maintain optimum health over your life-time. However, the medical profession has, so far, disregarded the results of several published scientific studies, including the SONA study, for vitamin-mineral supplementation.

### **Needs increase as you age**

It is important to note that Cheraskin and Ringsdorf also found optimum intakes of essential nutrients needed to be increased with age (possibly due to less absorption during digestion).

Enerex **SONA MULTI** is ideal for all ages since it also provides the superfoods for advanced absorption of additional nutrients that those over 50 may need. It is also good for people who have increased nutrient demands such as competitive athletes and those recovering from illness. Check with a nutritionist or trainer to see if you may need even more supplement support.

For more information about SONA research, please see the article: "[Establishing a Suggested Optimal Nutrient Allowance \(SONA\)](#)."

### **What about RDAs and RDIs?**

As defined by Health Canada, 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 requirement of nearly all healthy individuals in a particular life-stage and gender group."

However, these recommended levels have actually been found to be the minimum amount of minerals, vitamins and essential fats required to prevent *deficiency* symptoms in healthy, average adults. According to more recent detailed examination of these listed amounts, they are inadequate for optimum health, especially during stress, growth, pregnancy, lactation, strenuous and athletic activity, healing from disease and injury, and advancing age.

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## Individual needs

1. If you exercise regularly at an intense or competitive level, you need to keep up with the increased nutrient intake that fitness workouts demand, such as more Iron and Magnesium, and combatting the free radicals that naturally occur during exercise, regardless of whether you gave your best performance that day or not

**Note to athletes:** Health Canada defines Physical Activity Level (PAL) categories as – sedentary (PAL 1.0-1.39), low active (PAL 1.4-1.59), active (PAL 1.6-1.89), and very active (PAL 1.9-2.5). The numbers signify the ratio of total energy expended by the person compared to the “basal energy” expenditure that the body uses at rest. However, these energy amounts are not adequately reflected in the total amount of nutrients that an individual may need, especially if they are very active (athletes or those with a physical job).

2. During stressful times, nutrient needs increase. Due to stress hormones that are created, Vitamins C and B are used more by the body and therefore become depleted. At the same time, free radical formation increases, and the loss of other nutrients (such as magnesium) occurs.

3. During weight loss programs, some people restrict calories that can lead to nutrient levels falling below those needed for optimum health. For example, studies show that dieting women are often low in the amino acid tryptophan which creates depression issues. Multivitamins should be part of weight loss, along with a transition to a healthier, balanced diet to meet nutrient needs.

## Are the vitamins and minerals in different multivitamin supplements the same?

There are three main groups: synthetic, natural source, and food-based nutrients.

Synthetic nutrients are formed by creating the essential vitamins and minerals in a laboratory using a variety of different organic and inorganic substances (such as some forms of Vitamin E, Tocopheryl Acetate). Some are more absorbable, and therefore usable by your body, than others. And some require the help of other nutrients to be used by the body.

Natural-based vitamins and minerals originated from sources in nature (such as Calcium from shells and Silica from bamboo), and are then processed to extract the individual nutrient.

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Food-based supplements (such as the Alfalfa and Spirulina added to Enerex's multivitamins) contain essential vitamins and minerals in whole form. And because they are made from concentrated or dehydrated forms of fruits, vegetables and plants, they also contain additional nutrients that are in those foods.

Many of these additional nutrients are necessary for the body to be able to fully absorb the essential vitamins and minerals. For example, Vitamin C is more efficiently absorbed in the presence of Bioflavonoids, which are naturally present in lemons, oranges, and other whole foods. By adding vegetable concentrates, multivitamins offer a more complete nutritional source, and are more bioavailable (better absorbed by the body).

### **Knowing your ABCs**

If you are looking to multivitamins for extra nutritional support, but feel overwhelmed at the long list of nutrients in it, here is some help:

### **The Vitamins in SONA**

All the major vitamins that have been the subject of the investigations in the SONA program are included in the Enerex SONA MULTI formula. The minor vitamins Biotin and Pantothenic Acid, for which no SONA has yet been established, are also included at the new EC RDA levels because these are also essential for optimal health. For Vitamin A, a combination of the vitamin and its precursor Beta-Carotene is added to ensure an adequate level of antioxidant activity.

Here are the vitamins you need every day, which are added to the supplement: 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).

See more about vitamins under FEATURES.

### **The Minerals in SONA**

Minerals play a very important role in the body. They make it possible for muscles to contract, and for the brain and the nervous system to work. They also combine with amino acids (protein) to produce co-enzymes that control many processes such as growth and energy production that keeps you alive.

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In nature, minerals are rarely found alone. They are bound as inorganic compounds in the soil and rock, or in living organisms, with a variety of natural substances. In Enerex's SONA MULTI formula, 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 rapidly and efficiently absorbed from the digestive tract into the bloodstream than inorganic forms of minerals.

Enerex's highly bioavailable (absorbable), amino acid chelated minerals are prepared using advanced technical processes that require scrupulous monitoring of mineral/amino acid ratios, pH levels, and ingredient concentrations. Exact balancing of materials is necessary to avoid the formation of inorganic salts which can irritate the gastrointestinal tract. Amino acid chelation closely resembles how minerals are found in foods, and what occurs in the human digestive tract.

Amino acid chelates are absorbed rapidly and efficiently, making them the most bioavailable of mineral forms. Enerex's chelated minerals are manufactured by a special technology that uses enzymes to digest rice protein and citric acid to ionize the minerals. Rice protein is used as a source of amino acids because it is less allergenic than other commonly used proteins such as wheat, yeast, corn and milk.

**Here are the minerals that you need every day, which are added to the supplement:** Calcium, Magnesium, Iron, Zinc, Manganese, Copper, Iodine, Chromium, Selenium, Vanadium, Molybdenum (all HVP chelated).

### **Digestive support in Enerex SONA MULTI**

Better digestion of the supplement allows optimal amounts of nutrients to be used by the body and also increases intestinal health. Enerex adds plant-based digestive enzymes that improve the passage of nutrients across the intestinal wall and into the blood stream, increasing absorption.

Minerals and vitamins are the partners of certain types of enzymes called "co-enzymes" because they are cooperative helpers. The nutrients are necessary for these enzymes to carry out their specific and vitally important functions. Minerals carry electric signals, considered "the messages of life," aided through enzymes. Vitamins are needed to jumpstart enzymes. Each must have the other — without minerals and vitamins, enzymes could not carry out their work to keep you alive. Also, with the help of minerals and vitamin co-enzymes, digestive enzymes in your digestive organs regulate how foods

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(larger “macronutrients” including protein, carbs and fats) become micronutrients (smaller individual vitamins and minerals) that the living tissue in your body can use to do its work.

**Enerex SONA MULTI** contains several digestive enzymes including Protease, Amylase, Lipase and Cellulase. Read more about these digestive enzymes and why they are included in the formula under FEATURES.

Keep in mind that your body's supply of vitamins, minerals and enzymes depends largely on your diet. Health can be compromised if there is insufficient supply of any of these nutrients. Remember though, a multivitamin is still a “supplement” to a good diet and not a substitute for one.

### **Taking SONA MULTI**

With SONA MULTI, the nutrients are incorporated into three tablets. To ensure optimal absorption and a beneficial effect over the entire day, it is recommended that one tablet be taken three times a day with meals. This may balance the essential vitamin, mineral and enzyme content of the meal to recommended levels.

In Enerex’s tablets advanced technology eliminates the use of heat and solvents in the manufacturing process. The unique vegetable coating locks in freshness and potency and makes the tablets easy to swallow.

**NOTE:** It is also recommended to include a dietary supplement of Omega 3 and Omega 6 Essential Fatty Acids (EFAs) because these are often deficient in the diet. **Enerex's OMEGA MORE** softgels provide the ultimate in EFA supplementation. Taking one SONA MULTI tablets and one OMEGA MORE softgel with each meal can ensure that every meal is optimally balanced.

## **FEATURES**

### **Why does Enerex offer a tablet and not a capsule?**

Although some nutritional supplement manufacturers recommend a capsule for better absorption, after careful consideration of all the factors, **Enerex SONA MULTI** is offered in tablet form rather than in gelatin capsules.

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Tablets can be made more stable and are not affected by high temperatures and humidity, which can cause gelatin capsules to soften and leak. Also, gelatin capsules have a higher moisture content that can adversely affect the stability of the formula.

Some methods of manufacturing tablets can cause the temperature of the ingredients to rise to a level that can destroy the enzymes and some of the 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 the manufacturing process. To ensure that the nutrients in the SONA formula are presented in the best possible way and with maximum protection for the heat sensitive ingredients, the tablets for Enerex SONA MULTI are made using a unique, state-of-the-art process known as high-density Chilsonation.

#### **An advanced device: a Chilsonator**

As noted, Enerex SONA MULTI's formula is made using a process called Chilsonation. Chilsonation represents the first step in the processing of many raw materials.

A Chilsonator houses grooved, counter-rotating rollers pressed tightly against one another by hydraulic pressure. Raw materials are placed into the hopper of the Chilsonator and are fed by a system of horizontal and vertical screws into these rollers. As the materials pass through the grooves in the rollers, the materials are compacted under high pressure and emerge from the Chilsonator as dense pellets.

The pellets are milled into a powder using a Fitz Mill, and then passed through a series of vibrating screens to produce uniform, free flowing granules of powder. The chilsonation process results in a finished powder that is 3 to 4 times denser than the original material. The Chilsonator allows the production of smaller tablets without a reduction in potency, resulting in tablets that are easier to swallow.

The Chilsonator also alters the flow characteristics of raw materials, making them easier to use in making tablets, resulting in better dispersion of the tableted nutrients in the body. This is extremely important, because uniform dispersion of nutrients enhances nutrient bioavailability (absorbability). The ability to alter flow characteristics makes the Chilsonator ideal for use in dry granulation of raw materials.

Wet granulation, the traditional industry standard for preparing materials for tablets and capsules, requires the use of alcohol solvents and high temperature drying to achieve the necessary results.

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Chilsonation completely eliminates the need for this destructive process. Without further protection, some of the nutrients could be damaged by exposure to the atmosphere. This can reduce their activity and allow oxidation, which may cause some of the ingredients to be chemically altered to produce undesirable breakdown products such as free radicals.

After Chilsonation, the tablets are coated with an advanced protective layer made from a special vegetable cellulose complex and purified water. No organic solvents are used at all. Thus, the coating is hypoallergenic and free from chemicals or sugar that can cause allergies in sensitive people. In addition to its protective action, the LustreClear coating gives the tablets an even smoother finish, making them easier to swallow than conventional tablets or capsules.

**Enerex SONA MULTI** tablets are packaged in PETE bottles that provide a superior moisture and oxygen barrier compared to the more common HDPE plastic that most vitamin manufacturers use.

## **ENEREX SONA MULTI'S SELECT INDIVIDUAL NUTRIENTS**

### **GREEN SUPERFOOD BASE**

**Organic Alfalfa Leaf Juice Powder:** Humble alfalfa, seen growing in many Canadian fields, is one of the most nutritious foods known. The alfalfa plant's roots can reach over 100 feet into the earth, enabling it to absorb high levels of minerals, especially calcium.

Alfalfa is used as a diuretic for kidney, bladder and prostate conditions, and is also found to be helpful for asthma, arthritis, diabetes and indigestion. Alfalfa Juice Powder is rich in chlorophyll, Beta Carotene, vitamins A, D, E, B6 and K, and in several enzymes which improve digestion and help the body to absorb nutrients. Alfalfa is especially rich in Vitamin K, and is often used to treat Vitamin K-deficiency disorders. It is also steeped and strained in a therapeutic tea.

**Organic Green Barley Juice Powder:** Enzymes are vital for hundreds of different processes that are constantly occurring in the body. Of the 3,000 known enzymes, barley grass contains up to one thousand of them!

Research has shown that the juice from young barley leaves is rich in several antioxidants, and vitamins including B and C and Beta Carotene. It also has minerals including Potassium, Calcium, Iron, Phosphorus and Magnesium, and, of course, bright

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green chlorophyll. The juice also has a compound called mucopolysaccharides, which plays a major role in the structure of body tissue.

**Spirulina (Blue-Green Algae):** Hawaiian Spirulina is the ocean's most famous blue-green algae for good reason. It is one of the most nutritious foods known, containing up to 65% digestible protein

Hawaiian spirulina, or blue green algae, is blue because of phycocyanin and green because of chlorophyll (stored sunlight). The blue has been shown to help the nervous system and brain, and to produce new stem cells in bone marrow; and the green, chlorophyll, is called "the green blood of plants" (the hemoglobin of our red blood cells and the chlorophyll of plants are almost identical in molecular structure) — this makes chlorophyll a powerful blood cleanser, blood builder, and oxygen booster.

Spirulina is also a great source of Vitamin B12 and B complex vitamins; it contains 10 times more Beta Carotene than carrots; and it has the Omega-6 fatty acid called Gamma-Linolenic Acid (GLA), said to be good for everything from skin conditions to arthritis.

## DIGESTIVE ENZYMES

This multivitamin contains several nutritional digestive enzymes sourced from natural plant ingredients. These include:

- **Protease** for digesting proteins into amino acids that the body can absorb and use to build its own structural and enzymatic proteins
- **Amylase** for breaking down starches into simple sugar molecules that serve as fuel for cells
- **Lipase** for turning fats into fatty acids and glycerol for energy-providing fuel or for the body's construction of cell membranes
- **Cellulase** for breaking down cellulose – fibre in plant foods – into simple sugars that serve as fuel.

These digestive enzymes improve conversion of foods into smaller molecules that the body can easily absorb, and thereby aid in the assimilation of the valuable nutrients found in this formulation.

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## MINERALS

### Calcium and Magnesium

Calcium and Magnesium in **Enerex SONA MULTI** are provided in the ideal 1:1 ratio.

Calcium and Magnesium are vital components of bone and tooth metabolism. Both participate in energy production, muscle contraction, nerve function, maintenance of the acid-alkali balance of the body fluids, and nucleic acid metabolism. Several smaller doses of Calcium and Magnesium over the course of the day are absorbed more effectively than one large dose.

For more information see Enerex Osteo Cal-Mag. For more Calcium-Magnesium supplementation, consider taking **Enerex Osteo Cal-Mag**.

### Zinc

Zinc is an essential mineral for many of the body's processes. These include making a vital part of cells called cellular nucleic acid. Nucleic acids in the form of DNA and RNA control all of your cells' functions and your heredity.

Zinc is also important for sensory taste and smell, metabolism, your sexual and reproductive processes, and healing of any injuries.

Soil deficiency of Zinc is widespread, often resulting in Zinc deficiency in non-supplemented diets because it is not transported from the soil to the plants we eat. Zinc and Copper compete for absorption in the digestive tract, and therefore need to be provided in a carefully balanced ratio in supplements, as it is naturally in plant foods.

### Iron

Normally, iron absorption from the gastrointestinal tract is a very inefficient process. Taking Vitamin C and certain components of Vitamin B-complex, especially Folic Acid and Vitamin B12, greatly increase iron absorption

Vitamin B-complex factors stimulate gastric and duodenal juices, increasing hydrochloric acid which breaks iron down for better absorption. Vitamin C keeps iron in this reduced state and binds the mineral for easier absorption. Vitamin C is especially useful for raising iron absorption when a person is iron deficient.

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Enerex's SONA MULTI includes copper because the incorporation of iron into the oxygen-carrying red blood cell hemoglobin is copper-dependent (in addition to the fact that Zinc and Copper compete for absorption, mentioned for why Copper has also been added). Molybdenum is also included because of its involvement both in the transport of iron, and in energy production.

### **More information on why Enerex includes iron**

Ever since an article published in the July 26, 1999 Issue of *Archives of Internal Medicine*, titled "Iron, Atherosclerosis, and Ischemic Heart Disease" suggested that elevated iron levels might be a contributing factor in developing atherosclerosis and ischemic heart disease, there has been a trend among vitamin manufacturers to not add iron, and by so doing, creating in the public mind, a fear that iron supplementation might be harmful.

This may be an unfortunate misinterpretation of the report. The report relates to a specific type of iron called heme iron, which is found in red meat. The report refers to a study by Snowdon et al that found a threefold difference in risk of fatal coronary disease between 45 to 64 year-old men who ate meat daily compared to those who did not eat meat. Meat consumption was positively associated with fatal ischemic heart disease in both men and women. This was the first study to clearly show a dose-response relationship between meat consumption and ischemic heart disease risk.

The report also shows a lack of correlation between non-heme iron intake and coronary heart disease (CHD), and suggests that dietary non-heme iron does not contribute to an increased cardiovascular risk. Non-heme iron is the type of iron used in most dietary supplements including Enerex SONA MULTI. The report also refers to a follow-up study of 44,933 men (with no previous history of CHD) aged 40 to 75 years by Ascherio et al, which showed, after adjustments for established risk factors, that there was no significant association between total iron intake and risk of CHD.

**CONCLUSIONS:** These results do not support the hypothesis that dietary iron in general increases coronary risk in men; they are consistent, however, with an increased risk of myocardial infarction among men with higher intakes of heme iron (meat eaters).

The report did not take into account other well-known risk factors in the development of CHD such as smoking, drinking, high fat diet, elevated levels of cholesterol and homocysteine, stress, lack of exercise, heredity and long-term sub-optimal intake of nutrients including vitamin E and C.

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It could be a mistake to suggest, as the report suggests, that abolishing iron fortification of foods and avoiding nutritional supplements that contain iron will reduce the incidence of CHD. This approach can create a false sense of security, especially amongst middle-age men, if they think that they can avoid CHD without addressing all of the other risk factors.

The obvious, but omitted, conclusion of the report would be to recommend a reduction in the dietary intake of heme iron by reducing or eliminating the consumption of red meat. This simple solution would also reduce the other risk factors such as saturated fat and cholesterol.

A study published in October 2002 confirms the lack of correlation between ferritin concentrations and transferrin levels in patients with coronary artery disease. In patients referred for coronary angiography, serum ferritin levels were not associated with an increased extent of coronary atherosclerosis.

The report also discussed the special iron needs of those involved in physical training such as athletes. Physical training reduces iron stores by creating a negative iron balance as shown in athletes. This gives rise to a condition known as sports anemia, a common condition in many athletes, both male and female. Building muscle mass such as in bodybuilding and weightlifting leads to an increased need of iron for myoglobin. The report suggests that it is the lower iron levels in athletes that is responsible for their lower risk of CHD, but avoids other positive benefits of exercise on the incidence of CHD such as improved aerobic capacity, lower body fat and cholesterol, and a stronger heart.

Iron deficiency is the most common nutrient deficiency in the world. Groups likely to suffer from iron deficiency include pregnant and lactating women, menstruating women, vegetarians, children during early and adolescent periods of rapid growth, and those who experience symptoms of fatigue. In fact, the majority of the population may suffer from some form of sub-clinical iron deficiency. Iron absorption from red meat (heme iron) is about 15%, whereas absorption from plant sources (non-heme iron) is only about 4%.

Iron absorption is governed by individual body needs: an iron-anemic person may absorb 50-60% of iron present in food. Inorganic iron such as ferrous sulfate is often used in low quality dietary supplements and in fortified breakfast cereals. Inorganic iron is poorly absorbed and can cause constipation and gastric distress. It should be avoided.

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## References for the iron information:

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2. Snowden DA, Phillips RL, Fraser GE. *Meat consumption and fatal ischemic heart disease. Prev Med* 1984 Sept. 13(5): 490-500.
3. Ascherio A, Willett WC, Rimm EB, Giovannucci EL, Stampfer MJ. Department of Epidemiology, Harvard School of Public Health, Boston, MA. *Dietary iron intake and risk of coronary disease among men. Circulation* 1994 Mar. 89(3): 969-74
4. Auer J, Rammer M, Berent R, Weber T, Lassing E, Eber B. *Body iron stores and coronary atherosclerosis assessed by coronary angiography. Nutr Metab Cardiovasc Dis* 2002 Oct: 12(5):285-90

## Silica/Silicon

The SONA contains Bamboo Extract, the richest known source of natural Silica containing over 70% organic Silicon. This is more than 10 times the level as found in the widely used Horsetail plant (*Equisetum*) that contains about 2-6% Silica. The bamboo extract is prepared from Tabashir bamboo stems from India (*Bambusa vulgaris*).

Silicon is the second most abundant element on Earth after oxygen. It is a sister element of carbon. Silicon's role as an essential nutrient in human nutrition was not established until 1972, but Silicon is now known to play a part in the integrity of the skin, ligaments, tendons and bone.

The body constantly metabolizes silicic acid. Silica is eliminated through urination, hair loss and nail trimming; this natural secretion of Silicon can be from 10-40 mg daily. The average adult body contains about 20 grams of Silicon, and it is necessary for the body's Silicon stores to be maintained at this level to promote good health. As you age, less Silica is assimilated into Silicon; therefore daily supplementation with it will help maintain this necessary equilibrium and, perhaps, minimize the effects of premature aging.

Silicon is thought to improve the cardiovascular system because it is essential to the structural integrity, elasticity and permeability of arteries. Silica may be useful in reducing blood fats and cholesterol. Atherosclerosis can occur as a result of Silicon deficiency, whereas Silicon is up to 14 times higher in the arteries of people who are free of heart disease.

Silicon improves the condition of the hair, nails, teeth, gums and skin and has been used to alleviate eczema and psoriasis. Silica plays an essential role in mineral absorption and may help in re-calcifying de-calcified bones and de-calcifying soft tissue deposits of

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calcium. Silicon enhances the function of Iron, Calcium, Magnesium, Potassium and Boron, and is essential for normal bone development which may help prevent osteoporosis. Silicon helps maintain the correct Calcium-Magnesium balance.

Silicon may be useful in strengthening the musculo-skeletal system, preventing injuries and helping bones to heal. Silicon supplementation may retard the aging process. At birth, the body contains a maximum level of Silica that declines with age. As the body's natural level of Silica declines, it exhibits the signs attributable to aging such as bone loss, dry and wrinkled skin, weakened teeth and gums and hair loss.

Silicon converts aluminum from both water and other dietary sources into insoluble hydroxy-aluminosilicates that cannot enter the bloodstream or brain. This has important consequences for preventing the development of Alzheimer's dementia by assisting the body in eliminating aluminum. Aluminum is thought to a causative factor in the development of Alzheimer's disease.

Silicon stimulates chondroblasts to deposit chondroitin sulfate and hyaluronic acid into the cartilage matrix. This has important implications in managing arthritis pain as silicon will improve the function and effectiveness of glucosamine sulfate which is the precursor of both chondroitin sulfate and hyaluronic acid.

The inclusion of Silica, makes the SONA the most complete nutrition supplement available. (For more Silica supplementation, consider **Enerex Bamboo Silica**.)

## **Selenium**

Selenium and other antioxidant nutrients are powerful anti-aging factors that protect cells from oxidative (natural damage caused from oxygen) and free radical damage that hastens cell death. By preventing and detoxifying free radicals, Selenium protects cells from the relentless destructive effects of these substances.

Selenium is particularly important as a component of glutathione peroxidase, a protective antioxidant enzyme broadly distributed throughout the body.

This enzyme plays a key role in protecting cell membrane fats from oxidation. Selenium is also important in cell metabolism, immune system and reproductive processes. Research on the distribution of Selenium in soil around the globe indicates that higher incidence's of cancers occur where soil Selenium levels, and thus food Selenium levels, are low.

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## **Vanadium**

Vanadium plays an essential role in growth, iron and fat metabolism (breaking them down to be used in creating energy), reproduction and bone development

It may replace destructive phosphorous in tooth enamel thereby retarding tooth decay. Vanadium stimulates glucose (blood sugar) to create energy in fat cells by mimicking the action of the hormone called insulin. It also stimulates glycogen formation in the liver; glycogen is stored carbohydrates from food that becomes blood sugar for use by the body in making energy.

## **Molybdenum**

Molybdenum is a co-factor (helper mineral) in an important enzyme in the body called xanthine oxidase. Molybdenum is involved in getting the iron that is stored in the liver to oxidize aldehydes (meaning they create important fatty acids when combined with oxygen).

Molybdenum helps to remove waste from the body by forming uric acid (uric acid is a powerful antioxidant chemical created when the body breaks down substances called purines, and this acid dissolves in blood and travels to the kidneys, where it passes out in urine).

Molybdenum may also play a role in the control of premature aging. It is involved in fat metabolism (breaking it down to help fuel the body) and energy production through the enzyme mentioned, xanthine oxidase, and the process described (aldehyde oxidase). Molybdenum may even play a role in preventing tooth decay by helping to retain fluoride in the body.

## **Chromium**

Chromium is a mineral used in the body in a complex called glucose tolerance factor. If you do not have healthy glucose tolerance, you will be in a pre-diabetic state which can lead to diabetes. Poor glucose tolerance is associated with insulin resistance and an increased risk of cardiovascular disease.

Chromium is involved in glucose (blood sugar) metabolism that is necessary for energy production to power your body. Chromium does this by attaching insulin to cells, allowing cells to take in and utilize the vitally important glucose. It indirectly affects blood fat levels and stabilizes blood sugar levels.

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Chromium is also involved in making protein in the body, and increases the body's lean muscle. Chromium stimulates liver enzymes involved in making cholesterol and fatty acids (healthy fats). It also helps to lower bad (LDL) cholesterol and increase good (HDL) cholesterol.

## RESEARCH ABSTRACTS

**Abstract 1.** According to 2014 information from the American Association for Cancer Research, a daily multivitamin may stave off certain types of cancer.

The Physicians' Health Study (PHS) II, the largest clinical trial testing a daily multivitamin, recently reported a significant 8% reduction in total cancer occurrence. This 2014 Boston study conducted expanded analyses of the original PHS to test the effects of a common mid-quality multivitamin on the risk of site-specific cancer in 14,641 US male physicians initially aged approximately 50 years, including 1,312 with cancer.

Treatment and follow-up after 11 years among men (then average aged 64) showed that men taking a daily multivitamin had consistent, non-significant reductions in cancers of the digestive organs, lung and throat. Men with a history of cancer had a significant reduction in any further cancer occurrence. There were slight reductions in brain, colon, esophageal, gallbladder, kidney, liver, myeloid myeloma, small intestine, stomach, and thyroid cancer. These expanded trial data in middle-aged and older men indicate that daily multivitamin use may benefit digestive and respiratory cancers, and genitourinary cancer among men with a history of cancer.

(Howard Sesso, William Christen, Vadim Bubes et al., "Multivitamins and cancer in the Physicians' Health Study II: Expanded analyses and insights," *Cancer Res*, October 1, 2014 74; Abstract 3245Brigham and Women's Hospital, Boston, MA. AM2014-3245 )

**Abstract 2.** Previous research on multivitamins was flawed which stated that there was no evidence to support their use, says this 2013 study.

This study discusses the 2010 Dietary Guidelines Advisory Committee's investigation of the effects of multivitamin/mineral supplements on healthy populations and also on those with chronic disease. The committee didn't find the evidence to support that all people should take a multivitamin, but it noted the value of some supplemental nutrients for at-risk populations such as iron, folic acid, and vitamin B-12. However, most of the studies referenced for the research used the conventional, oversimplified definition of a multivitamin/mineral as being "a supplement containing 3 or more vitamins with or without minerals."

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In the few years since the committee released its 2010 report, according to the author of this 2013 study, several randomized clinical trials showing the benefits of daily multivitamin/mineral supplementation have been completed using supplements containing *at least 10 or more vitamins and/or minerals*. Furthermore, several steps have been taken to advance the science behind these supplements. This review provides new evidence addressing the committee's primary concerns about multivitamin/mineral research in regard to improving public health and shows potential benefits of these supplements on improving the cognitive performance and mental well-being of healthy populations.

(Kevin Comerford, "Recent Developments in Multivitamin/Mineral Research", *Advanced Nutrition*, November 2013, vol. 4: 644-656, University of California at Davis Medical Center, Sacramento, CA, Supported by the Council for Responsible Nutrition)

**Abstract 3.** Multivitamins help athletes and even weekend warriors doing intense exercise according to this 2013 study that wanted to find out if a vitamin-mineral supplement would help young men recover who had physical overtraining.

This study looked 240 Chinese males during endurance military training who were eating an ordinary Chinese diet. After 2 weeks with either a placebo or multivitamin/multi-mineral supplement, blood and urine samples were analyzed for hormone function. The men were also examined and psychological tests were done before and after the training and supplementation.

After high-intensity endurance military training, all the men showed significantly increased testosterone and immune system exertion, anger and tension. But the multivitamin/multi-mineral group showed significant effects on recovery of their pituitary and adrenal glands, sexual hormone function, thyroid gland and immune system function. The researchers also concluded that multivitamin/multi-minerals may help psychological and physical recovery in young males.

(LI Xin, HUANG Wen Xu, LU Ju Ming et al., "Effects of a Multivitamin/multimineral Supplement on Young Males with Physical Overtraining..." , *Biomed Environ Sci*, 2013; 26(7):599-604, May 29, 2013, Department of Endocrinology, Chinese PLA General Hospital, Beijing, China)

**Abstract 4.** Multivitamins may help cognitive ability in people of all ages, and the elderly may need more support since their nutrient absorption issues and deficiencies may be greater.

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This July 2014 abstract is a lengthy comparison of many studies researching multivitamins on various illnesses. It states that nutrient deficiencies occur even in populations with bountiful food supplies and the means to procure nutrient-rich foods. In the areas of nutrition for the elderly and cognitive ability, it found some studies on certain vitamins in the supplement especially aided mental health.

In a study of healthy adults aged 18 to 86 years, a multivitamin containing Folic Acid, Vitamin B12 and Vitamin E improved cognitive performance for the duration of its use only. Improvements were seen on some areas of memory recall and neuromuscular coordination. Scores returned to baseline following withdrawal of the supplement, but improved again when the supplement was reintroduced. An increased percentage of participants 74 years of age or older did not show improvement with the supplement, which researchers felt may be due to age-related difficulties in adsorption, higher nutritional deficiencies, or age-related cognitive decline during the study.

The authors concluded that the findings from this particular study support the benefit of nutritional supplements containing vitamins and other biologically active compounds for cognitive performance and that the elderly may require additional supplementation.

(Elizabeth Ward, "Addressing nutritional gaps with multivitamin and mineral supplements," *Nutrition Journal* 2014, Volume 13, 13:72 doi:10.1186/1475-2891-13-72

## **AILMENTS**

### **Vitamins and Minerals**

**Get everything you need. Enerex SONA MULTI** is an advanced, scientifically balanced multivitamin supplement that offers nutrients the way that Nature intended. It provides 14 essential vitamins, 11 trace minerals and 4 nutritional digestive enzymes in a base of whole green foods: organically grown Alfalfa Leaf powder, Green Barley Juice powder, and Spirulina Blue-Green Algae. This superfood base provides antioxidants, enzymes, essential fatty acids, amino acids, and many other nutrients. Combined with the vitamins and minerals, they provide balanced, highly absorbable nutrition.

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## **PACKAGING**

**Why should you care about Enerex Sona Multi's bottle? We chose this packaging because it protects the product and the planet.**

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

## **TESTIMONIALS**

Please leave a testimonial if you like this product.

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