

How To Read A Vitamin Label

- Crystalline = natural food has been treated with various chemicals, solvents, heat and distillations to reduce it down to one specific "pure" crystalline; synergists are destroyed
- Synthetic Vitamin = Drug-like
 - Attempt to reconstruct the exact structure of the crystalline molecule by chemically combining molecules from other sources
 - Sources are non-living foods...DEAD CHEMICALS
- Reading Vitamin Label
 - Acetate, Bitartrate, Chloride, Gluconate, Hydrochloride, Nitrate, Succinate