

# Whole Food Supplements

- Fallacy of “high dosage = high potency”
  - Large quantities of dead chemicals lack potency
- Fact: a vitamin needs all of its synergists to function
- Vitamins In the natural state
  - Always exist as living complexes with the following:
    - Specific Synergistic Co-factors
    - Enzymes
    - Phytonutrients
    - Organic Mineral Activators
- Whole-food natural vitamins
  - Small quantities will have all their naturally-occurring synergists
  - More potent than synthetic imitation vitamins

# Natural Vs. Synthetic Vitamin

## 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