

# CORE LEVEL HEALTH RESERVE

**Ingredients:** Each 3 Tablets Supplies: Vitamin A (palmitate) 2,000i.u, Vitamin D-3 400i.u. Vitamin E (Succinate) 200i.u., Vitamin C (Sago Palm) 1,000mg, Lemon Bioflavonoids 100mg, Rutin 25mg, Hesperidin Complex 50mg, Vitamin B-6 25mg, Vitamin B-1 13mg, Vitamin B-2 10mg, Niacin 45mg, Vitamin B-12 30mcg, Pantothenic Acid (D-Calcium Pantothenate) 50mg, Folic Acid 200mcg, Choline Bitartrate 100mg, Inositol 100mg, Biotin 400mcg, PABA 50mg, L-Glycine 9.66mg, Calcium (as gluconate/aspartate) 101mg, Vitamin F 5mg, Chlorophyll 10mg, Magnesium (as aspartate) 100mg, Phosphorus (as chelate) 20mg, Potassium (as proteinate) 540mcg, Copper (as chelate) 100mcg, Zinc (as aspartate) 500mcg, Manganese (as aspartate) 1.5mg, Molybdenum (as chelate) 50mcg, Chromium (as chelate) 25mcg, Selenium (as chelate) 30mcg, Iodine (as kelp) 50mcg, Sodium (as proteinate) 510mcg, Rubidium (as chelate) 15mcg, L-Phenylalanine 13mg, L-Histidine 5mg, L-Tyrosine 9mg, L-Lysine 13mg, L-Valine 15mg, dl-Methionine 9mg, L-Isoleucine 13mg, L-Leucine 18mg, L-Threonine 9mg, L-Glutamic Acid 2mg, Goldenseal (root) 45mg, Eleuthero (root) 45mg, Garlic (bulb) 40mg, Tillandsia (plant) 30mg, Rice Bran 175mg, Almond Meal 150mg, Lithium (as chelate) 0.8mcg.

**Supportive Function:** Packed with a powerhouse of essential vitamins and minerals, this formula provides a true, "core level" answer to full and balanced nutritional support. This formula provides high amounts of the antioxidant nutrients, i.e. vitamin C, vitamin E, selenium, zinc, and the bioflavonoids. In addition to the long list of concentrated essential nutrients, Core Level Health Reserve also contains well-known herbs such as Eleuthero, Goldenseal, garlic and Tillandsia. Plant constituents such as the balancing chlorophyll and phytochemicals (lemon bioflavonoids, rutin, Hesperidin, etc.) complement the formula. Add some high-fiber rice bran and almond meal, essential fatty acids (vitamin F), some iodine from a sea source (kelp), throw in the amino acids (Glycine, tyrosine, etc.), and you have a superior recipe for ideal nutritional support.

**When is a multiple vitamin helpful?** Preventative measures, fatigue, overall good health, good starting point to address possible deficiencies.

**Testimonials/Nutrient Tidbits: Most doctors report . . .** I love this multiple. I recommend it to my patients all the time. Patients love this product. Patients come back frequently over the years to refill their prescription.

**Suggested Dosage:** 1 tablet 2 times daily or as directed

**Size:** 60 or 120 tablets

**Vegetarian:** Yes

**Contraindications:** Use caution in pregnancy (prenatal vitamins are available). High dosages of vitamin C (>1000 mg.) should not be taken by gout patients or by kidney stone formers. Vitamin C is contraindicated in iron overload disease. Vitamin D is fat-soluble but not toxic in doses less than 2400 IU/day. Hyperparathyroidism or sarcoidosis patients should avoid vitamin D supplementation. Do not use in PKU (contains phenylalanine).