



BEYOND HEALTH[®]

Helping You Get Well and Stay Well

The Roadmap to Supplements

Guidance on identifying quality factors when choosing supplements and navigating the path to optimal health.

*These guidelines are strictly educational and not intended as medical advice. For diagnosis and treatment, consult your physician.

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Beyond Health

Helping You Get Well and Stay Well



Beyond Health International's mission is to supply our customers with cutting-edge health information, and the highest quality supplements and health-supporting products possible.

Our products contain meticulously crafted formulations selected by our founder, Raymond Francis, to support normal cell chemistry and help you gain peak cellular function.

With over twenty years of experience in the supplement industry, we take pride in providing nutrient solutions to empower people to take control of their health.

Why You Need Supplements

In 1998, the National Academy of Sciences issued a profound statement saying that most people can no longer get all the nutrients they need even if they eat a good diet with lots of fruits and vegetables. In 2002, a landmark study analyzing 36 years of data in the *Journal of the American Medical Association* concluded that every American needs at least a daily multivitamin regardless of age or health.¹

Vitamin and mineral supplements are critical to maintaining the natural balance of essential nutrients your body needs to stay healthy. When there is an imbalance in your body chemistry, it can trigger health issues and lead to serious illness.

Food isn't what it used to be

Premature harvesting, long transit times to market, factory processing and other practices of agribusiness have dramatically reduced the nutritional quality of our food. The conventional produce you buy at the supermarket today is vastly inferior to what was available only fifty years ago.

“Vitamin and mineral supplements are critical to maintaining the natural balance of essential nutrients your body needs to stay healthy.”

According to the USDA's 1996 *Continuing Survey of Food Intakes*, more than 70% of Americans do not consume the recommended daily allowance for zinc. Eighty percent do not get enough vitamin B6, and 75% do not get sufficient magnesium. Other common nutrient deficiencies include vitamins A, B1, B2, B12, C, D, calcium, iron, enzymes and essential fatty acids.²

Today food is harvested before it is ripe so that it can be shipped, but this reduces the nutritional content by as much as 80% and fresh produce may be days to weeks old before it gets to the store. Nutrients are lost rapidly after the produce is harvested. For example, spinach loses 60% of its folic acid in three days and vegetables such as asparagus, broccoli and green beans lose 50% of their

vitamin C long before they reach the produce counter. Then, when you cook these vegetables it results in even more nutrient degradation, including another 25% of the vitamin C, 70% of vitamin B1 and 50% of vitamin B2.

Mineral deficiency is also rampant. Intensive industrial farming, the use of artificial fertilizers, and poor crop rotation practices have left our soils depleted of essential minerals. If the minerals are not in the soil, they will not get into the plant, and we end up with mineral deficiencies in our daily nutrition. Today you'd have to eat twice as many vegetables to get the same amount of calcium content or up to 20 carrots to obtain the same zinc that used to be found in just one carrot fifty years ago.

It has been estimated that our ancestors consumed three-to-four times more nutrients than we get today. Americans spend 90 cents of every food dollar on processed foods, which are lacking in nutrition. The truth is the average American diet will not support healthy life. Yet the decline in the nutrient quality of our food is only half the reason why supplementation is needed. The other reason is that changes in our environment and lifestyle make our need for nutrients higher than ever.

Our modern lives require more nutrients

While our food sources are diminishing in nutrients, there is an unprecedented burden of exposure to an increasing number of environmental toxins being placed on our bodies, dramatically increasing our need for nutrients.

For example, the chlorine in our water, pollution in our air and many other environmental contaminants create an oxidizing environment that requires significant amounts of antioxidants to neutralize. Indeed, studies have shown that our need for antioxidants has more than tripled since 1970. Meanwhile the antioxidant level in foods has been cut in half! Unless you supply your body with extra amounts of antioxidants, oxidative free-radical damage will occur on a cellular level, increasing the signs of aging and impacting your body's ability to repair itself. Additionally, the toxin-loaded processed foods we eat contribute considerably to our toxic burden.

Prescription drugs, which are taken by half the American population, especially our elderly, add another toxic load, creating even more nutritional deficiencies. For example, millions of people take cholesterol-lowering drugs, but these drugs deplete crucial nutrients such as coenzyme Q10 as well as vitamins and minerals including A, B12, D, E, calcium, magnesium and zinc. These types of nutrient losses from prescription drug use affect everyone, but have a more profound impact on the elderly population since nutrient uptake is already compromised and nutrients are being utilized less efficiently. If you choose to take prescription drugs, it is important to research how those drugs affect nutrients so that you can supplement your diet accordingly.

All the stresses of modern lifestyles also add to our malnutrition because to manufacture stress chemicals, we deplete ourselves of precious nutrients. Nutrient shortages sabotage your body's biochemical balance, stimulating your appetite, encouraging unwanted pounds and undermining your best efforts to stay healthy.

“ There is an unprecedented burden of exposure to an increasing number of environmental toxins being placed on our bodies, dramatically increasing our need for nutrients. ”

Bottom Line

- *The need for nutrients is increasing, while the natural sources of nutrients is decreasing*
 - *Supplements are necessary to close the nutrient gap*
-

Close the Nutritional Gap

Unfortunately, there is no practical way to measure how much of each vitamin and mineral your body really needs. The National Academy of Sciences' Recommended Dietary Allowance (RDA) guidelines are designed to prevent obvious deficiency diseases like scurvy (vitamin C deficiency), pellagra (vitamin B3 deficiency) and beriberi (vitamin B1 deficiency). Even though RDAs are substantially less than what is needed for optimal health, most Americans are not even getting the minimum RDA for several essential nutrients on a consistent basis thanks to the average American caloric intake coming from sugar, white flour, sodas and other empty-calorie junk foods.

The good news is you can get the nutrition you need by learning how to eat a good diet of fresh, whole, organic foods and by learning how to select supplements that do what they are supposed to do and are worth what you pay for them.

Recommended Daily Supplements

At a minimum, we recommend taking a daily **Multivitamin/Mineral formula**. It is also beneficial to receive optimal daily levels of **Vitamin C** and **Essential Fatty Acids**. Beyond these basics are recommended daily intakes for Vitamin D, Vitamin E, bioflavonoids, antioxidants, calcium, and magnesium to prevent deficiency and maintain a healthy balance of daily nutrients.

Essential Vitamins & Supplements

Outlined in this section are a few of the key components to a supplement plan and the differentiating factors for high-quality and effective formulations.



Vitamin C

Effective Ingredient: L-ascorbate

Vitamin C is a powerful antioxidant with many pivotal roles in your body's biochemistry. As the foundation to any wellness strategy, Vitamin C is critical to immune function, helping protect cells against free radical damage, neutralizing toxins and supporting healthy tissue throughout the body.

Vitamin C is vital for maintaining healthy collagen, which is the most abundant protein in the human body and accounts for 30% of your body's protein content. It is essential to strengthening blood vessels, helping your wounds heal, preventing mineral loss in your bones, and providing skin elasticity and strength.

Unfortunately, despite all these great benefits many people are deficient in Vitamin C or are not taking the correct form. A majority of the Vitamin C brands on the market are roughly a 50/50 mixture of D-ascorbate and L-ascorbate. However, the biologically active form of L-ascorbate has been shown to be beneficial to the body, while the D-ascorbate form is less effective and is an irritant to gut tissue.

Additionally, almost all Vitamin C formulations are made from corn, which is a major allergen for almost half of the U.S. population. Even worse, some of these formulations are made with toxic GMO corn. Vitamin C also oxidizes very quickly and careful steps in the manufacturing process must be taken to exclude harmful oxidized Vitamin C, which does not neutralize free radicals or support collagen synthesis. Only Vitamin C that is corn-antigen free, fully reduced and 100% L-ascorbate will have the highest stability, potency and biological activity.



Beyond Health's Vitamin C Buffered Tablets utilize the highest quality ingredients to deliver the most effective dose of this essential immune boosting nutrient. Our Vitamin C contains 1000 mg of pure 100% L-ascorbate, is corn-antigen free, and buffered to eliminate acid buildup.



Essential Fatty Acids

Effective Ingredients: Omega-3 and Omega-6

Essential Fatty Acids, also known as EFA's, cannot be produced by your body and must be supplied by your diet. There are two classes of EFA's: Omega-3 and Omega-6 fatty acids. The standard modern diet supplies far too many Omega-6s and not enough Omega-3s. Deficiencies in Omega-3 fatty acids affect up to 90% of the U.S. population, leading to an unhealthy Omega-3:Omega-6 ratio and a host of health problems, including premature aging.

EFA's are critical building blocks for your cellular functions and help promote brain and cardiovascular health. One of the best ways to add omega-3 fatty acids to your diet is to eat fish that is high in EPA and DHA two to three times per week. ALA is another important omega-3 fatty acid, which is found in plant sources such as nuts and seeds. While making improvements to your diet can help adjust your Omega-3:Omega-6 ratio, many people need additional supplementation to balance their levels of essential fatty acids.



Beyond Health's EFA Formula contains all the essential fats your body needs including Omega-3, Omega-6 and the added benefit of Omega-9 fatty acids, plus DHA & CLA combination as well as EPA. Most importantly, the Omega-3 to Omega-6 ratio in our EFA Formula provides ideal quantities of each to moderate deficiencies and support your overall health.



Vitamin B12/Folate

Effective Ingredients: Methylcobalamin and Hydroxocobalamin

A majority of Vitamin B12 supplements on the market are made with cyanocobalamin, which is a synthetic molecule and is not efficiently converted by the liver into the biologically active form of B12. Cyanocobalamin is commonly used because it is the cheapest form of B12 to produce, but when metabolized it leaves behind the molecule cyanide, which is highly toxic to the body and can exacerbate pre-existing cyanide toxicity in people who are already exposed to daily levels via smoking tobacco or other sources.³

Quality B12 supplements utilize the naturally occurring recommend forms of B12, methylcobalamin and hydroxocobalamin, which are easily absorbed and processed by the body. Methylcobalamin is the preferred nutrient for your system, but is processed rather quickly. Hydroxocobalamin acts more like a storage form from which methylcobalamin is made, extending the effectiveness of B12 intake.

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The National Health and Nutrition Examination Survey estimates that as many as 32% of adults over age 50 have a seriously low B12 level and many more have a borderline deficiency. Vitamin B12 deficiency can cause tiredness, weakness, constipation, loss of appetite, weight loss, and anemia. Other symptoms of Vitamin B12 deficiency include problems with balance, depression, poor memory, lack of mental clarity, confusion, and soreness of the mouth or tongue.⁴

Deficiencies in Vitamin B12 are often accompanied by deficiencies in its partner folate. Most Americans get considerably less than half the Recommended Daily Allowance (RDA) of folate. The RDA is set very low to avoid severe symptoms, but you need even higher amounts of folate in your diet to achieve optimal health.

Vitamin B12, folate, and Vitamin B6 are all important to a biochemical process in the body called methylation. When these vitamins aren't supplied in sufficient quantities, methylation pathways become weak. In addition, a toxic protein called homocysteine builds up in the blood. Weak methylation and excessive levels of homocysteine have been linked with cognitive decline, fatigue and tiredness, poor immunity, and cardiovascular issues. To make sure you are getting enough Vitamin B12 and folate in your diet, a daily nutritional supplement is recommended.



Beyond Health's Vitamin B12/Folate formula combines fast-acting methylcobalamin with long-lasting hydroxocobalamin for maximum coverage. It includes 2 mg of Vitamin B12, 800 mcg of Folate, and 5 mg of Vitamin B6 to give you the key nutrients you need. The B12/Folate supplement comes in small sublingual tablets that are as potent and effective as painful B12 shots and allow the B12 to be absorbed directly through the mucous membranes of the mouth, avoiding various absorption problems caused by low stomach acid, lack of intrinsic factor, leaky gut, and gut inflammation.



Vitamin E

Effective Ingredients: d-alpha tocopherol, d-gamma tocopherol, d-delta tocopherol, d-beta tocopherol

Vitamin E is an essential fat soluble vitamin that we can't live without. The two principal roles of vitamin E are as an antithrombin, to prevent blood clots inside blood vessels, and as an antioxidant protecting our cells from free radical damage. Vitamin E also is one of the most important nutrients for protecting our heart, brain, skin, and immunity.

The body employs a complex antioxidant defense system to protect itself from free radical oxidative damage. Unless we protect our cells with critical antioxidants, free radicals can react with the fatty acids in our cell membranes causing lipid peroxidation. Once this oxidation begins, it can start a chain reaction that will damage the structure and function of our cells. Vitamin E is a particularly important antioxidant because it is oil soluble. This allows it to sit right in the cell membrane, adjacent to the unsaturated fatty acids, and to protect our cells from damage.

Despite its critical role in protecting our cells, a 2006 *American Journal of Clinical Nutrition* study shockingly revealed 93% of men and 96% of women do not consume the recommended dietary allowance of vitamin E. What's worse, the recommended daily intake is only 15 milligrams per day, which is significantly lower than the hundreds of milligrams that most health experts recommend.⁵

There are several very important considerations in choosing the right vitamin E supplement. First, alpha tocopherol is only one form of vitamin E. In nature, it is found together with 3 other tocopherols – beta, delta and gamma tocopherols. Each tocopherol is slightly different in chemical structure and function, and taking one in isolation presents an artificial situation. Although we don't know all the ramifications of taking isolated tocopherols, there is evidence that it may be harmful to take alpha tocopherol without gamma. Reputable supplement companies now offer all four tocopherols together.

Second, there is a considerable difference between natural vitamin E and synthetic vitamin E. Synthetic vitamin E is not well absorbed and has been found to be only half as potent as natural vitamin E, with very little antioxidant benefits. Worse, it actually does harm by interfering with the absorption of beta-carotene from food and as a result lowering levels of carotene in the blood. You can tell whether a supplement contains natural or synthetic tocopherols by looking at the label: natural tocopherols are preceded by a "d" (for example, d-alpha-tocopherol) while synthetic tocopherols are preceded by a "dl" (for example, dl-alpha-tocopherol).

Third, even natural forms of Vitamin E often contain one-third to one-half vegetable oil, which becomes rancid, creating supplement-damaging free radicals. The optimal Vitamin E is natural, with mixed tocopherols, and free of additives or oils.



Beyond Health's Vitamin E contains all the key components of an effective Vitamin E supplement with a proprietary blend of four tocopherols (d-alpha, d-gamma, d-delta, and d-beta tocopherol). It also utilizes the natural forms of these tocopherols and does not contain any vegetable oil or unnecessary additives.



Vitamin D3

Effective Ingredient: Vitamin D3 (cholecalciferol)

According to the latest statistics from the National Health and Nutrition Examination Survey, a whopping 75% of all U.S. adults and teenagers are deficient in Vitamin D.⁶ Vitamin D has long been known for promoting bone health by helping you absorb calcium, but it also plays a crucial role in many other areas including supporting immune health, energy, mood, cardiovascular health, and reducing aches and pains.

Very few food sources contain Vitamin D in the proper form you need. Sunshine is the best way to get sufficient Vitamin D, but most people aren't exposed to enough sunlight to improve their Vitamin D levels due

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to spending a majority of time indoors. If you are 50 or older, you will have even more difficulty getting the Vitamin D you need because your skin doesn't generate as much Vitamin D in response to sun exposure. In addition, your kidneys become less efficient at converting Vitamin D into the form your body needs.

If you haven't had your vitamin D levels tested recently, we encourage you to have your doctor check your levels using a 25(OH)D test, also known as a 25-hydroxyvitamin D test, as part of your yearly physical. When you receive your results, you will see a number in units of ng/ml. According to the Vitamin D Council, you are considered deficient if your Vitamin D is below 30 ng/ml. The Vitamin D Council suggests aiming for a level of 50 ng/ml,⁷ which can be achieved by taking a Vitamin D supplement and monitoring your dosage until the ideal level is reached.

There are two basic forms of Vitamin D: Vitamin D2 and Vitamin D3. Vitamin D2 (ergocalciferol) is synthesized by irradiating yeast or fungi and isn't generally found in the human body. Because it's easier and less expensive to manufacture, D2 is the form most often used for food fortification and in medications. It's more difficult for the body to utilize and may even be detrimental to your health. Vitamin D3 (cholecalciferol) is the preferred form, since it is the form produced by our skin when exposed to sunlight. It is also the most natural and absorbable Vitamin D form. Therefore, supplements or food fortified with Vitamin D2 should be avoided.



Beyond Health's Vitamin D3 Formula contains 5,000 IU of highly absorbable Vitamin D3 from fish liver oil. It also provides additional synergistic ingredients with vitamins A and K2, d-alpha tocopherol, and mixed natural tocotrienols. There are absolutely no synthetic ingredients or fillers and one easy-to-swallow softgel per day will provide you the vitamin D3 your body needs for essential good health.



Coenzyme Q10 (CoQ10) Effective Ingredient: Ubiquinone

We get our energy by taking in food and oxygen, which little energy factories in our cells, called mitochondria, use to make the high-energy compound ATP (adenosine triphosphate). The amount of energy you have is dependent on your ability to make and then to utilize adequate amounts of ATP. If ATP isn't made effectively, free radicals are generated, toxic metabolites will build up, and you will feel tired and sluggish.

CoQ10 plays a critical role in mitochondrial energy production – energy cannot be made without it. It is found in every cell in the body, especially in the heart, liver, kidneys and immune system. CoQ10 is one of the most important supplements you can take to fight free radicals. It is a powerful antioxidant, and it teams up with Vitamin E to protect against mitochondrial damage from oxidative stress.

Although our bodies synthesize CoQ10, as we age, we make less and less, while factors like stress, toxicity, hormone imbalance, medications, nutrient deficiencies and illness deplete it further. If you are taking a statin drug, CoQ10 is an essential supplement to take because statins deplete your natural CoQ10 levels.

There are hundreds of different CoQ10 products sold in retail stores and online. Most of these products are overpriced, have poor absorbability, and are made with synthetic CoQ10 from unhealthy sources, such as tobacco leaves.



Beyond Health's CoQ10 formula was developed with pure CoQ10 in the soluble ubiquinone form and is mixed with the right oil for maximum absorption along with cofactor Vitamin E and mixed tocopherols to guide absorption not only into the bloodstream but into the cells and the mitochondria within the cells.



Multivitamin

In order to help your body run at its optimum performance levels, you need many different vitamins and minerals all working together. Since we lead such busy lives, it's hard to eat all the food you need each day to get the proper amounts of nutrients and to supplement separately, you could be taking over 20 pills a day. A multivitamin is the best way to acquire most of the essential nutrients you need each day in just one small dose.

High-quality multivitamin formulas are made with very pure, biologically correct and active molecules that the body needs and does not contain any ingredients that are toxic, allergenic, or interfere with proper metabolism.



Beyond Health's Multi-Vitamin formula activates the body's metabolic machinery, while synergistic cofactor molecules aid in the absorption, uptake, utilization and metabolism of essential vitamins and minerals. It contains Vitamin A in the form of beta-carotene, a mixture of Vitamin Bs including B12 from methylcobalamin and hydroxycobalamin, Vitamin C, Vitamin D3 as cholecalciferol, and Vitamin E with d-alpha tocopherol and mixed tocopherols.

Choosing Quality Supplements

Any supplement you put into your body should be both safe and effective.

The supplement industry offers a wide range of products, therefore many companies focus on competing by price and lose sight of quality. There are thousands of vitamin brands, but few are effective. The cheapest brands are usually the worst bargains because they provide little to no biological benefit and are loaded with cheap fillers, and contaminated with solvent residues, artificial food colors and flavors, allergens and other potentially harmful chemicals.

Quality products will provide nutrients in forms best suited to synergize with the body's biochemical pathways for optimal effectiveness. Even when quality ingredients are used, improper formulation and care in the manufacturing process can make a huge difference in the efficacy of the final product. Temperature, humidity, exposure to light, processing time and other factors must be carefully controlled.

The following are some of the ways supplement manufacturers lower their costs, resulting in inferior and ineffective products:

Purity & Potency

Supplement manufacturers can purchase ingredients in a range of purities and chemical forms. Some opt to use less expensive, lower-grade purities to reduce raw material costs and keep their price points low, while others may choose higher quality ingredients that still may not offer the most effective biological form the body needs.

Generally speaking, the price of the raw ingredient directly correlates to the degree of purity and potency. The least expensive options often have the lowest degree of purity and may also contain artificial fillers and contaminants. Although formulations with higher quality ingredients may cost more to produce, they are of greater overall value to the consumer in terms of the degree of absorption and utilization with your natural cell chemistry.

Chemical Structure

Most vitamins are synthetic, made from petroleum-based chemicals. Petroleum-based synthetics lack the natural cofactor and synergist molecules found in food. The issue with a synthetic ingredient is that the shape of the molecule is often a mirror image of its natural counterpart and it is the precise shape of a molecule that tells the body exactly how to process it.

Compare your right hand to your left hand; both hands appear the same yet are fundamentally different. A slightly different shape will produce different results, often with ineffective or even toxic outcomes. Forms that are biologically correct are the most effective because they sync with your natural body chemistry.

For example, synthetic beta-carotene is a 100% left-handed molecule, while natural beta-carotene is mostly right-handed. This is why synthetic carotene is a poor choice for supplementation, it has the wrong shape and studies have shown it to be ineffective. Synthetic vitamin E also presents a similar problem, it is not absorbed well by the body and can interfere with normal beta-carotene absorption from food.

“Quality products will provide nutrients in the forms best suited to synergies with the body's biochemical pathways for optimal effectiveness.”

Allergenic Components

Natural, non-synthetic supplement ingredients are derived from food sources. However, the cheapest raw material sources for supplements tend to have common allergens, such as corn, milk, wheat and soy. These can provoke allergic reactions and be very harmful to the consumer. Additionally, additives such as fillers, binders and lubricants may contain allergens. Since many brands may opt to use lower grade materials with potential allergenic components, consumers must pay close attention to the ingredient panel when selecting a dietary supplement.

Additives

Almost all vitamin pills contain lubricants, fillers, binders, and artificial colors or flavors. Commonly these chemicals are disclosed as "Other Ingredients" on the label without an amount per serving provided. These additional ingredients are sometimes added as part of the manufacturing process, but should only be used in very small quantities and not compromise the intended performance of the supplement. Yet, some low quality formulas can contain up to 50% of their total weight as excipients. Consumers must watch out for supplements containing a high amount of "Other Ingredients" which take up a significant portion of the total weight of the supplement. If your supplement contains a high level of additives, it may hinder the absorption and intended level of nutrients you were seeking through supplementation.

Minerals

Minerals are most effectively used by your body when combined with an organic transport molecule that enables them to travel across cell membranes and be metabolized by your cells. Calcium citrate or calcium malate are examples of effective mineral forms in which the citrate and malate are the transporters.

Calcium carbonate is an inexpensive form made from ground-up seashells that has low biological activity. Only about 10% of the calcium is actually available for use by the body. In addition, calcium carbonate is devoid of the magnesium required to help it metabolize properly, so instead of ending up in your bones, it can calcify soft tissues and accumulate on your artery walls. However, calcium carbonate does have an appropriate use in supplements but only in very small quantities to act as a dispersing agent. Carbonate reacts violently with acid (i.e. your stomach acid) to create a small burst that helps a pill to dissolve. In high quality supplements, calcium carbonate is only used for dissolution purposes and not as a major source of the calcium nutrient.

Magnesium is often found in the form of magnesium oxide, which is about 4% bioavailable. Better formulations contain magnesium in highly bioavailable forms such as ascorbate, citrate and malate.

“Minerals are most effectively used by your body when combined with an organic transport molecule that enables them to travel across cell membranes.”

Quality Indicators

With so many variables, how can you possibly tell if a supplement is any good?

Don't despair! There are some unmistakable indicators of inferior quality that can help you weed out 80% of the poorly formulated supplements on the market.



Red Flags

If the minerals are in these forms, the manufacturer is definitely not serious about making a quality supplement. Put these back on the shelf - don't waste your money.

Low Absorption/Bioactivity

- Carbonates (e.g. calcium carbonate)
- Oxides (e.g. magnesium oxide)
- Sulfates
- Phosphates (except coenzyme forms)



Yellow Flags

These mineral forms have better absorption rates and bioavailability than the previous group, but are still not the best forms. The manufacturer may be cutting corners - keep looking.

Medium Absorption/Bioactivity

- Aminoates
- Chelates
- Gluconates
- Protein Hydrolysates



Green Flags

High-quality formulas will contain expensive ingredients for maximum absorption and utilization. While not a guarantee of a perfect supplement, if you find minerals in these forms the manufacturer is more likely to be serious about creating a quality product.

High Absorption/Bioactivity

- Alpha-ketoglutarates
- Ascorbates
- Aspartates
- Citrates
- Fumarates
- Glycinates
- Malates
- Picolines
- Sebacates
- Succinates
- Tartrates

Bonus Factors

If you've found a supplement that is "in the green," also look for these additional factors that benefit your selection for a high quality product. These are the biologically active forms for each of these vitamins to support normal cell chemistry and help you gain peak cellular function.

Vitamin B2: riboflavin with riboflavin 5-phosphate

Vitamin B6: pyridoxine hydrochloride with pyridoxol 5-phosphate

Vitamin B12: cobalamin with methylcobalamin and hydroxocobalamin

Vitamin C: L-ascorbate

Vitamin D3: cholecalciferol

Vitamin E: d-alpha tocopherol, d-gamma tocopherol, d-delta tocopherol, d-beta tocopherol

Essential Fatty Acids: Omega-3 and Omega-6

Coenzyme Q10: Ubiquinone

Summary

In today's world, it is almost impossible to obtain the nutrients your cells need even if you eat a good diet filled with fresh fruits and vegetables. Supplements have become a necessity, but most supplements are poorly formulated with cheap ingredients and are often ineffective, allergenic or even have a toxic effect. High-quality supplements play a critical role in maintaining health, but selecting the right formulation is a job for the well-informed consumer.

Beyond Health strives to provide educational information and products to the consumer by painstakingly researching and selecting the highest quality health-supporting products and supplying these resources all in one place, via our online store and weekly newsclips.

Beyond Health offers a premier brand of vitamins, minerals, enzymes and antioxidants, based on more than twenty years of experience in the supplement industry. We continually work towards providing supplements with only the purest, highest quality and most biologically active ingredients, using the latest technology and best manufacturing practices.

Beyond Health's products often cost more than seemingly similar supplements. However, they offer the highest value to the consumer because they do not contain unnecessary additives, while having extraordinary and truly superior biological activity. No matter how little you pay, a supplement that doesn't work is the most expensive supplement you can buy. In the long run, a carefully crafted product with the best ingredients is your best value and the wisest choice.



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Visit our website at www.beyondhealth.com to learn more about our products or sign up for our weekly emails to start receiving online resources and exclusive deals delivered right to your inbox.



Please feel free to call us at **800-250-3063** or email us at mail@beyondhealth.com for order inquiries and product support. We're happy to help answer any questions you may have on selecting the right vitamins for your healthy lifestyle.

Company Hours: 9 a.m. - 5 p.m. EST, Monday - Friday

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Blog

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