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.
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 have become necessary to maintain the natural balance of essential nutrients that your body needs to stay healthy. A chronic deficiency of even one nutrient can lead to serious illness.

**Food isn’t what it used to be**

Depleted soils, premature harvesting, long transit times to market and factory processing 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.

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 losses, including another 25% of the vitamin C, 70% of vitamin B1 and 50% of vitamin B2.

Mineral deficiency is 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. For example, today you’d have to eat four carrots to get the same amount of magnesium and 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—*even in rats*. 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.

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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 to cells and tissues will increase the signs of aging and impact 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 all who take them, 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.

**Bottom Line**

- The need for nutrients is increasing, while the natural supply 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 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.
Choosing Quality Supplements

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

The problem is many companies focus on competing by price and lose sight of quality. There are thousands of vitamin brands, but few are truly effective. The cheapest brands are usually the worst bargains because they provide little to no biological benefit and are loaded with cheap fillers, even contaminated with solvent residues, artificial 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 purity ingredients, but they still may not be in 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 grade of purity. Although formulations with higher quality ingredients cost more to produce, they are of greater overall value to the consumer in terms of the degree of absorption and utilization and the ability to support 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 it’s natural counterpart yet 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 synergize with your natural body chemistry.

For example, synthetic beta-carotene is a 100% left-handed molecule, while natural beta-carotene is 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.
Choosing Quality Supplements

Allergenic Components

Natural, non-synthetic supplement ingredients are derived from food sources. However, the cheapest raw material sources for supplements are common allergens, such as corn, milk, wheat and soy. These can provoke allergic reactions and be 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 excipients such as lubricants, fillers, binders, and artificial colors or flavors. Commonly these chemicals are disclosed as "Other Ingredients" on the label. These additional ingredients are added to assist in the manufacturing process, but should only be used in very small quantities and not compromise the intended performance of the supplement. 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 a specific organic transport molecule that enables them to travel across cell membranes and be metabolized by your cells. Calcium citrate and calcium malate are examples of effective mineral forms in which the citrate and malate are the transporters.

Calcium carbonate is a widely used inexpensive form of calcium 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. 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 source of calcium.

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 glycinate, citrate and malate.

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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)

**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
- Picolinates
- Sebacates
- Succinates
- Tartrates

**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

**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**: 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
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.

To learn more about Beyond Health’s premium line of vitamins and supplements please visit www.beyondhealth.com or call us at 800-250-3063.

Raymond Francis
Author

Raymond Francis is an internationally recognized leader in the field of optimal health maintenance. A graduate of MIT, Raymond has been cited as, “one of the few scientists who has achieved a breakthrough understanding of health and disease.” Raymond is the author of the best-selling Never Be Sick Again, as well as Never Be Fat Again, Never Fear Cancer Again, and Never Feel Old Again. His latest book, The Great American Health Hoax, delves into how modern medicine is keeping us sick and how to choose a healthier, happier, disease-free life.

To learn more about Raymond’s books please visit www.raymondfrancisauthor.com.
Essential Vitamins & Supplements

Now that you know something about how to select high-quality vitamins, below are some products for you to consider. Beyond Health is a company that is passionate about creating the safest, purest, and most effective supplements possible. The Beyond Health brand is one of a handful of premium quality brands that uses only the most biologically active ingredients, includes natural co-factors to increase bioavailability, and is completely free of fillers and toxic additives. This is a winning combination, based on solid and reliable science, that offers you the highest possible value for your money.

**Vitamin C**

**Effective Ingredient: L-ascorbate**

Vitamin C is a powerful antioxidant and one of the most important molecules you can put into your body. 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 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 fully reduced, 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 and cancer.

EFA’s are critical building blocks for your cellular functions and help promote brain and cardiovascular health. One of the best ways to improve your fatty acid ratio is to consume fewer supermarket oils: soybean, safflower, sunflower, canola, peanut, and corn oils. Then supplement with high quality 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

The majority of Vitamin B12 supplements on the market are made with cyanocobalamin, which is a synthetic molecule that 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, 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. Quality B12 supplements utilize the natural, biologically active forms of B12, such as 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, extending the effectiveness of B12 intake.
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 deficiency disease, but you need higher amounts of folate 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 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. High quality supplements contain 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 few 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
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. When you receive your results, you will see a number in units of ng/ml. You are considered deficient if your Vitamin D is below 30 ng/ml. The Vitamin D Council suggests aiming for a level above 50 ng/ml, 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. These react in microscopic energy factories in our cells, called mitochondria, to make high-energy compounds like 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.
Some marketers hype the ubiquinol form of CoQ10 saying it is more bioavailable than ubiquinone. However, Beyond Health uses ubiquinone because the science is very clear. In the mitochondria, ubiquinone is the dominant form used by cells.

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 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. Even if we eat a good diet it is no longer possible to get all the nutrition we need.

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

The National Academy of Science recommends that we all take at least a multivitamin daily.

**Beyond Health’s Multi-Vitamin** formula activates the body’s metabolic machinery with synergistic cofactor molecules to aid in the absorption, uptake, utilization and metabolism of essential vitamins and minerals. It contains Vitamin A in the form of natural carotenoids, a mixture of B Vitamins including B12 from methylcobalamin and hydroxycobalamin, Vitamin C, Vitamin D3 as cholecalciferol, and Vitamin E with d-alpha tocopherol and mixed tocopherols.
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 using 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 free newsclips.

Beyond Health offers a premium brand of vitamins, minerals, flavonoids 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 offer 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 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.

Raymond Francis
Visit Raymond’s website at www.raymondfrancisauthor.com to learn more about his series of health and wellness books or to view his upcoming speaking arrangements near you.

Blog

International Shipping
To Place an International Order: Beyond Health only ships directly to the following countries – US, Great Britain, Ireland, Australia, New Zealand and the Caribbean Islands. We do not ship to Canada.

To place an international order with Beyond Health
- Phone us at +1 954-492-1324 and speak to a sales person.
- Send us an email with your order. Once you have set up your account and have a credit card on file this is probably the easiest way to place an order.
- Amazon sells our supplements and as long as you are shipping to a US address, Amazon is a good choice if contacting us directly is a problem.*

* Because we do not ship overseas, a shipping company that can handle the documentation and compliance for an overseas shipment will probably be the best way to go. This extends beyond our legal responsibility for shipment and all liability resides with the purchaser. Shipping and receiving of Beyond Health products outside of the US is at the customer’s discretion and responsibility. We cannot refund an order stopped by customs and we are not responsible for any customs fees or documentation fees that may be incurred. In addition, if your products ultimate destination is a country where the temperature exceeds 85°Fahrenheit regularly then you should be aware that not all vitamins and supplements will get to you in a viable condition.

MyUs.com and BorderLinx.com are two entities, which may be able to assist if you would like to ultimately send your product overseas. They will set up accounts and give you a US address to ship to before forwarding the product on. Please contact them directly for further information.

Shipping Department
If you have any questions on shipping please do not hesitate to call us at +1 954-492-1324 or email us at mail@beyondhealth.com. Our shipping warehouse is located in Fort Lauderdale, Florida and representatives are available to receive international calls Monday through Friday from 10am to 5pm Eastern Time.
Contact Us

Works Cited


