

Mega Nutritional System Ingredients from *Body Dynamics™*

Every Nutritionist knows how important vitamins and minerals are to our health, and they also know our bodies need many other nutrients to absorb and utilize them.

These other nutrients include trace elements, amino acids, cell salts, enzymes, and many others. Since they are all as hard to find in modern foods as the vitamins and minerals they support, any well designed supplement **must** include them.

We are so pleased to introduce the first supplement that does. By providing not only Mega potent vitamins and minerals, but also every co-nutrient we need to use them, a multiple is finally born that can deliver the benefits only complete nutrition can. Because it's super food/herbal base provides a nearly perfect blend of every nutrient the body requires, the vitamins and minerals are assured of having every co-nutrient they need. This all adds up to a multiple vitamin that works like no other vitamin, and a difference you can feel! We guarantee it! If you are not completely satisfied, we will refund your entire purchase price!

The Body Dynamics Mega Nutritional System contains every element the human body requires. Because of this, all its nutrients are far more assimilable than those found in traditional supplements. In addition to the nutrients listed more than 100 other nutrients are also present. These are provided through the super food and herbal base that consist of Spirulina, Bee Pollen, Ginseng and Alfalfa. Among the additional nutrients are:

- All 28 Amino Acids
- All 28 Minerals and Trace Elements
- Additional Potencies of all Vitamins
- All 12 Tissue Salts
- Every Enzyme that science has identified
- All essential Pigment, including Chlorophyll
- All Lipids for Cellular Maintenance
- Excellent Energy Fuels
- Balanced Nucleic Acids

VITAMINS	POTENCY	%RDI
Vitamin A (beta carotene)	10,000 I.U.	200%
Vitamin D3 (as Cholecalciferol)	400 I.U.	100%
Vitamin E(mixed tocopherol)	100 I.U.	333%
B-1 (Thiamine)	45 mg.	3000%
B-2 (Riboflavin)	51 mg.	3000%
B3 (as Niacinamide)	75 mg	375%
B-6 (Pyridoxine)	60 mg.	3000%
Folic Acid	400 mcg.	100%
Biotin	300 mcg.	100%
B-12 (cyanocobalamin)	180 mcg.	3000%
Chlorine Bitartrate	50 mg.	***
Pantothenic Acid	75 mg.	750%
Vitamin C (mag. Ascorbate)	1000 mg.	1600%
Bio-Flavonoids (citrus mix)	175 mg.	***
Rutin	50 mg.	***
Hesperiden Complex	10 mg	***
PABA	30 mg.	***
Octacosonal	6 mg.	***
Papain	45 mg.	***
Lecithin	30 mg.	***
RNA/DNA	50 mg.	***
Inositol	70 mg	***
Lutein	500 mcg	***

DIGESTIVE ENZYMES

Acidophilus	5 mg	***
Amylase	5 mg	***
Lipase	5 mg	***
Bromelain	5 mg	***
Betain	5 mg	***
Apple Pectin	5 mg	***
Carotenoids	3 mg	***

MINERALS	POTENCY	%RDI
Calcium carbonate	200 mg.	15%
Magnesium	300 mg.	75%
Iron (amino acid chelate)	15 mg.	83%
Zinc (gluconate)	15 mg.	100%
Potassium (chloride)	50 mg.	**
Manganese	2.5 mg.	**
Copper	500 mcg.	25%
Chromium Nitrate	16 mcg.	***
Selenium (yeast Selenite)	148 mg.	269%
Phosphorous	100 mcg.	10%
Iodine (from Kelp)	150 mcg.	100%
Boron	2mg	***
Essential and Trace Minerals	1 mg	***

HERBS

Garcinia	100 mg.	***
Gentiana	100 mg.	***
Ginko Biloba	100 mg.	***
Spirulina	10mg.	***
Bee Pollen	10 mg.	***
Ginseng (Siberian)	10 mg.	***
Alfalfa	10 mg.	***

***** daily value not yet established ** Less than 10% of RDI value**

Garcinia

Laboratory test conclusion indicated “that the inclusion of Garcinia in the diet resulted in significant reduction in food intake, body weight, epidermal fat and serum triglyceride.” and further stated in those tests.. “it would appear that the conversion of excess carbohydrate to fats is possibly affected...and contributed to the decrease in body weight...and reduction in appetite in (subjects) fed Garcinia seems to be a specific effect of Garcinia in the diet.” *

Ref. (Dr. R. Nageswara Rao and Dr. K.K. Sakariah of the Central Food Technological Research Institute)

Ginkgo Biloba

Ginkgo has been in use as a beneficial herb for thousands of years in China—certainly long before anyone knew about Antioxidants. Even today, the precise mechanisms by which Ginkgo works are still being teased out of the tree’s chemical complexity. Both the leaves and the fruit of Ginkgo Biloba contain many of substances with known biochemical activity. Already an accepted treatment for vascular insufficiency in Europe, extracts of Ginkgo Biloba have been found in study after study to improve blood flow, increase oxygenation, and increase vascular tone (Chatterjee 1985; Drieu 1985; Murray 1990). Ginkgo is known to be a strong scavenger of free radicals, primarily by virtue of the activity of a group of chemical substances known as flavonoids. *

Gentiana

Gentiana is beneficial for the stomach, liver, blood, spleen and circulation. It helps to balance stomach acid (whether too much or too little). It is helpful in cases of exhaustion from chronic disease and aids weak digestive organs. It strengthens the whole body—it warms and enlivens the system. High in iron, contains B complex vitamins, especially inositol and niacin. Contains Vitamin F, manganese, silicon, sulphur and zinc.

<p>* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure or prevent any disease.</p>
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**Body Dynamics 1-800-MEGA-910
or 972-245-5500**