

NOURISH & CLEANSE



# Daily BioBasics™

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### PREMIUM NUTRITION POWERHOUSE!◇

#### What will Daily BioBasics do for me?

Daily BioBasics is an amazingly comprehensive multiple-vitamin-mineral product formulated in a convenient, concentrated form that you just scoop into your favorite beverage and drink once a day. It contains 100% of the Daily Values (DV) of the essential vitamins and minerals, intentionally excluding iron, phosphorous, potassium and sodium. (Supplemental iron is excluded because most people don't need it and it can stimulate free radical production, while phosphorous, potassium and sodium are minerals that are prevalent even in diets of poor quality.) Daily BioBasics is unique as it also contains 100% of the Daily Values for both the important minerals calcium and magnesium.

Daily BioBasics also contains phytonutrient concentrates from 35 fruits and vegetables, 20 herbs, numerous antioxidants, plus prebiotics and probiotics as well as over half of the recommended USDA Daily Value of fiber so important to routine cleansing and healthy bowel function.◇ All this nutrition in a convenient, single serving makes Daily BioBasics a popular way to get this valued nutritional insurance.

#### ARE YOU GETTING ALL OF THE NUTRIENTS YOU NEED?

According to data compiled by the United States Department of Agriculture (USDA) regarding the American diet for the mid 1990s, average consumption is heavily weighted toward added fats and sugars, while falling short of serving recommendations for fruits and vegetables. According to *National Eating Trends*, the preferred American meal is an already prepared, one-dish entree and only 41% of all dinners served in America include a vegetable, other than salad or potatoes.

Fruits and vegetables are critical sources of vitamins, minerals, fiber, and phytonutrients. Unfortunately, improved efficiency in growing, harvesting, and storing fruit and vegetables has also had impact on their nutritional content. The United States Department of Agriculture (USDA) published data between 1963 and 2000, which shows that the content of calcium and carotene in broccoli has decreased nearly 50%. The amount of carotenes in collard greens has fallen 42%, potassium has dropped nearly 60%, and magnesium is only 16% of its 1963 level. Vitamin C in peppers has dropped

from 128 mg to 89 mg, beta-carotene in apples from 90 to 53 mg, calcium in pineapple has dropped from 17 mg (per 100 grams raw fruit) to 7 mg. Cauliflower has lost nearly half of its amount of vitamins B1, B2, and C over the past 37 years. Many important nutrients, such as selenium, chromium, zinc, folic acid, indole-3-carbinol, and flavonoids, were not measured in the past. Some of these are still not measured, so their status is still unknown.

Busy lifestyles and depreciation of vital nutrients in our agriculture continue to make it difficult to meet the Daily Values (DV) for nutrition as suggested by the USDA. *The DV's were set as the minimum daily requirement of vitamins and minerals necessary to maintain one's health, not necessarily to ensure optimum health.*

#### HIGH QUALITY FIBER

Daily BioBasics (DBB) is a uniquely comprehensive nutritional supplement, with 13 grams of fiber from psyllium seed and husk, maltodextrin-soluble fiber, guar gum, flaxseed and alginate, along with other superior cleansing agents like magnesium trisilicate, beet root, lactobacillus, and black walnut leaf.

**Adding just two scoops of DBB to a favorite beverage provides an amazing amount of nutrition, plus supports daily colon cleansing and bulk at the same time.◊**

One serving of DBB supplies 500% of the DV for vitamin C, 125% for folic acid, 100% of the DV for biotin and at least 150% for all the rest of the B vitamin family, 333% for vitamin E, and at least 100% of the DV for calcium and magnesium.

In addition to the minerals and vitamins for which a DV has been established, DBB also supplies trace and ultra trace minerals, such as boron, vanadium, and silicon, along with other vitamin factors such as inositol, choline, and para-amino-benzoic acid (PABA).

#### **CONTAINS A WIDE VARIETY OF ANTIOXIDANTS**

Beyond the well-known antioxidant vitamins (A, C, and E), DBB provides an entire range of other important antioxidants such as alpha lipoic acid, lutein, lycopene, and glutathione. This is then reinforced using flavonoids with potent antioxidant activity such as hesperidin, quercetin, rutin, citrus bioflavonoids, and herbs known for outstanding antioxidant potency, including: Rosemary, Bilberry, Turmeric, Green tea leaf extract, and Milk Thistle Seed (Silymarin). The antioxidant activity of these herbal concentrates is primarily due to their rich content of polyphenols and flavonoids. Since antioxidants function as a network in scavenging many different types of free radicals, it is important to consider that the greater the spectrum of antioxidants taken in the diet, the more effective they can be in protecting sensitive cell membranes from free radical attack.

Sea vegetables such as *Laminaria digitata*, Norwegian Kelp (*Ascophyllum nodosum*), and Dulse leaf, harvested from pristine waters, provide an unparalleled source of essential trace nutrients. DBB also supplies super food concentrates, known for their unique nutritional value, including the microalgae known as spirulina and chlorella.

#### **AND SO MUCH MORE!**

A blend of freeze-dried vegetable concentrates

includes five members of the cruciferous (Brassica) family; broccoli, cabbage, Brussels sprouts, kale, and cauliflower. These vegetable concentrates are rich sources of indoles, isothiocyanates, and sulforaphane, which have been shown to particularly promote health, despite exposure to harsh environmental chemicals. Celery contains abundant amounts of phthalides and polyacetanes, two phytonutrients that help in assisting the body's cleansing processes.◊ Spinach and parsley are good sources of glutathione and chlorophyll; parsley is rich in polyactylenes and in the flavonoid apigenin, a powerful antioxidant. Watercress releases phenethyl isothiocyanate that, as shown in animal studies, helps maintain lung health despite exposure to harsh environmental chemicals, and contains other compounds that assist the natural cleansing processes of the liver.◊ Carrots, beet-root, green pepper, and green peas are rich sources of betaine, necessary for critical methylation reactions in the body, as well as carotenoids, and natural vitamins and minerals.◊

The final category of ingredients in this marvelous recipe for health are the herbs: alfalfa, rose hips, acerola, chamomile flower, lemon grass leaf, Ginkgo biloba, Eleuthero (*Eleutherococcus*), and red clover blossom. Used for centuries for their health-sustaining properties, these plants are a treasure chest of flavonoids, antioxidants, isoflavones, phytochemicals, vitamins, and minerals.

#### **UMBRELLA OF PROTECTION**

Although no supplement can provide you with all of the benefits of a diet rich in whole fruits and vegetables, Life Plus® has gone to great lengths to formulate one of the most complete multi-nutrient supplements available on the market today. Truly, Daily BioBasics provides a far broader umbrella of nutritional support to assist your body in coping with the environmental and lifestyle stresses of modern life than the vast majority of multiple vitamin, mineral and antioxidant formulas on the market today. You and your family can have one of the best health insurance policies by including Daily BioBasics in your daily diet. Try some today and see for yourself.

# Supplement Facts

Serving Size  
Servings Per Container

Two level scoops (26.4 g)  
30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	64	Blond Psyllium Seed Husk	3.8 g **	Carrot ( <i>Daucus carota</i> L.) Root	180 mg **
Total Carbohydrate (Including Fiber)	20 g 7%*	Blond Psyllium Seed	12.3 g **	Cauliflower ( <i>Brassica oleracea</i> var. <i>botrytis</i> ) Floret	50 mg **
Dietary Fiber	13 g 52%*	Guar Gum Seed Endosperm	277 mg **	Celery Stalk	25 mg **
Soluble Fiber	8 g **	Flax Seed (De-Oiled)	277 mg **	Chamomile Flower	20 mg **
Insoluble Fiber	5 g **	Marine Alginate ( <i>Laminaria digitata</i> ) Whole Plant Isolate	147 mg **	Chlorella ( <i>Chlorella Pyrenoidosa</i> ) Single Cellular Algae	10 mg **
Vitamin A (33% (2500 IU) as Preformed, 67% (5000 IU) as Carotenes)	7500 IU 150%	Black Walnut Leaf	140 mg **	Dulse Leaf	10 mg **
Vitamin C (Ascorbic Acid)	300 mg 500%	Magnesium Trisilicate	140 mg **	Ginkgo Biloba Leaf Extract	10 mg **
Vitamin D-3 (Cholecalciferol)	600 IU 150%	Boron (Total)	300 mcg **	Eleuthero ( <i>Eleutherococcus</i> ) Root	10 mg **
Vitamin E (D Alpha Succinate)	100 IU 333%	Vanadium (as Vanadyl Sulfate)	25 mcg **	Green Pea ( <i>Pisum sativum</i> L.) Seed	40 mg **
Vitamin K-1 (Phytomenadione)	80 mcg 100%	Silicon (from Silicic Acid)	1 mg **	Green Pepper ( <i>Capsicum annuum</i> L. var. <i>grossum</i> ) Fruit	30 mg **
Thiamin (Vitamin B-1)	3 mg 200%	Choline Bitartrate	5 mg **	Green Tea Leaf	35 mg **
Riboflavin (Vitamin B-2)	3.5 mg 206%	Inositol	30 mg **	Kale ( <i>Brassica oleracea</i> L. var. <i>acephala</i> ) Leaf	20 mg **
Niacin (Nicotinic Acid and Niacinamide)	40 mg 200%	Lecithin (Soy)	50 mg **	Lemon Grass Leaf	20 mg **
Vitamin B-6 (Pyridoxine HCl)	4 mg 200%	Lemon Bioflavonoids	50 mg **	Milk Thistle Seed	25 mg **
Folic Acid	500 mcg 125%	PABA	10 mg **	Norwegian Kelp ( <i>Ascophyllum nodosum</i> L.) Whole Plant	10 mg **
Vitamin B-12 (Cyanocobalamin)	12 mcg 200%	Alpha Lipoic Acid	5 mg **	Parsley Leaf	35 mg **
Biotin	300 mcg 100%	Hesperidin	8 mg **	Red-Clover Blossom	50 mg **
Pantothenic Acid (as Calcium D Pantothenate)	20 mg 200%	Quercetin	10 mg **	Rose Hips Fruit	10 mg **
Calcium (Total)	1000 mg 100%	Rutin	10 mg **	Rosemary Leaf	25 mg **
Iodine (as Potassium Iodide)	150 mcg 100%	Lutein Extract	2 mg **	Spinach ( <i>Spinacia oleracea</i> L.) Leaf	10 mg **
Magnesium (Total)	400 mg 100%	Lycopene Extract	2 mg **	Spirulina ( <i>Spirulina maxima</i> ) Phytoplankton Microalgae	10 mg **
Zinc (as Zinc Gluconate)	15 mg 100%	L-Glutathione	2 mg **	Curcuminoids (from Turmeric Root Extract)	19 mg **
Selenium (as Selenium Aspartate)	105 mcg 150%	Soy Isoflavones Extract	13 mg **	Watercress Leaf	25 mg **
Copper (as Copper Gluconate)	2 mg 100%	Acerola ( <i>Malpighia punicifolia</i> L.) Fruit Extract	10 mg **	ProBioTx™ Stabilized Probiotic Blend	35 mg **
Manganese (as Manganese Gluconate)	2 mg 100%	Alfalfa Leaf	191 mg **		
Chromium (as Chromium Aspartate)	180 mcg 150%	Ashwagandha Rhizome Extract	8 mg **		
Molybdenum (as Sodium Molybdate)	125 mcg 167%	Astragalus Rhizome Extract	8 mg **		
Sodium (Total)	15 mg 1%	Beet ( <i>Beta vulgaris rubra</i> L.) Root	46 mg **		
		Bilberry Leaf	20 mg **		
		Broccoli ( <i>Brassica oleracea</i> L. var. <i>cymosa</i> ) Flower Head	75 mg **		
		Brussels Sprout ( <i>Brassica oleracea</i> L. var. <i>gemmifera</i> ) Head	20 mg **		
		Cabbage ( <i>Brassica oleracea capitata</i> L.) Leaf	25 mg **		
Maltodextrin Soluble Fiber	3.6 g **				

\*Percent Daily Values are based on 2,000 calorie diet.  
\*\*Daily Value not established.

**INGREDIENTS:** Blond Psyllium Seed, Blond Psyllium Seed Husk, Maltodextrin Soluble Fiber, Calcium Carbonate, Magnesium Oxide, Vitamin C (Ascorbic Acid), Flaxseed (De-Oiled), Guar Gum Seed Endosperm, Alfalfa Leaf, Magnesium Carbonate, Carrot Root, Calcium Citrate, Marine Alginate (*Laminaria digitata*) Whole Plant, Magnesium Trisilicate, Black Walnut Leaf, Zinc Gluconate, Calcium Lactate, Vitamin E (D Alpha Succinate), Broccoli Flower Head, Niacin (Nicotinamide), Selenium Aspartate, Cauliflower Floret, Lecithin (Soy), Lemon Bioflavonoids Whole Fruit, Red Clover Blossom, Beet Root, Carotenoid Complex, Green Pea Seed, Green Tea Leaf, Parsley Leaf, ProBioTx™ Stabilized Probiotic Blend (each serving provides three hundred fifty million (350,000,000) beneficial micro-flora including *Lactobacillus acidophilus* DDS-1™, *Bifidobacterium bifidum*, and *Lactobacillus salivarius*), Green Pepper Fruit, Inositol, Cabbage Leaf, Celery Stalk, Milk Thistle Seed, Rosemary Leaf, Watercress Leaf, Calcium D Pantothenate, Bilberry Leaf, Brussels Sprout Head, Chamomile Flower, Turmeric Root Extract, Hesperidin Complex, Kale Leaf, Lemon Grass Leaf, Niacin (Nicotinic Acid), Manganese Gluconate, Copper Gluconate, Soy Isoflavones Extract, Vitamin B-6 (Pyridoxine HCl), Riboflavin (Vitamin B-2), Acerola Fruit, Chlorella (*Chlorella Pyrenoidosa*) Single Cellular Algae, Dulse Leaf, Ginkgo Biloba Leaf Extract, Norwegian Kelp (*Ascophyllum nodosum* L.) Whole Plant, PABA, Quercetin, Rose Hips Fruit, Rutin, Eleuthero (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim.) Root, Spinach Leaf Powder, Spirulina (*Spirulina maxima*) Phytoplankton Microalgae, PhytoZyme® proprietary blend (Bromelain, Papain, Aloe Vera, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Spinach, Cauliflower, Asparagus, Celery, Beet, Chili Pepper, Green Bean, Pea, Sweet Potato, Cucumber, Pumpkin, Snow Pea, Tomato, Zucchini, Lima Beans, Mushroom, Banana, Cantaloupe, Cranberry, Guava, Lemon, Mango, Orange, Papaya, Peach, Pineapple and Grapefruit), Thiamin Mononitrate (Vitamin B-1), Chromium Aspartate, Ashwagandha Rhizome Extract, Astragalus Rhizome Extract, Boron Chelate proprietary blend (Boron Citrate, Boron Acetate, and Boron Glycinate), Alpha Lipoic Acid, Choline Bitartrate, Vitamin A Acetate, Silicic Acid, L-Glutathione, Lutein Extract, Lycopene Extract, Vitamin D-3 (Cholecalciferol), Folic Acid, Silica, Sodium Molybdate, Potassium Iodide, Vanadyl Sulfate, Vitamin K-1 (Phytomenadione), and Vitamin B-12 (Cyanocobalamin).

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Each serving contains a stabilized Probiotic Blend providing three hundred fifty million (350,000,000) beneficial micro-flora including *Lactobacillus acidophilus* DDS-1™, *Bifidobacterium bifidum* and *Lactobacillus salivarius*.

**CAUTION:** Contains 2500 IU of preformed Vitamin A. Women trying to conceive or those pregnant should not consume more than 10,000 IU of preformed Vitamin A per day from both supplements and the diet together.

**NOTICE:** This product should be taken with at least a full glass of liquid. Taking this product without enough liquid may cause choking. Do not take this product if you have difficulty in swallowing. As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast feeding, under a doctor's care or taking prescription medication.

**Allergy Information:** This product is processed in the same facility that processes products containing fish/shellfish, soy and dairy.

Suitable for vegetarians. This product not tested on animals.

**DIRECTIONS:** Once daily, add two level 20 cc scoops (approximately 26.4 g) to 8-12 ounces (240-360ml) of your favorite cold liquid. Mix or shake vigorously. Drink immediately. Drink an additional 8-12 ounces (240-360ml) of liquid within the next hour for best results.

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This product is not intended to diagnose, treat, cure or prevent any disease.