

COMPLETE ENERGY

FOOD COMPOUND VITAMIN

Complete Energy™ is a nutritionally targeted combination of essential minerals, stimulant-free energy factors and nourishing whole foods known to rejuvenate the body and enhance endurance. Complete Energy™ was designed for individuals seeking to enhance energy levels and optimal performance without the use of stimulants. Complete Energy™ is also beneficial to those wanting to help combat general fatigue and improve muscle tone.

FOOD COMPOUND NUTRITION

RightFoods™ created Complete Energy™ by skillfully combining nourishing whole food extracts with stimulant-free energy factors and 100% Amino Acid Chelated (AAC) minerals. RightFoods™ whole food extracts provide an abundant source of vitamins, minerals, and health-promoting food compounds. Scientific research has identified food compounds to have several health-promoting roles in the body, including acting as antioxidants, adaptogens, immune stimulators, and detoxifiers. Daily intake of food compounds is particularly important for active individuals. Physical activity increases the need for antioxidant protection and efficient detoxification, due to the associated increase in the body's production of metabolic by-products, including free radicals. Research has indicated that a diet rich in a variety of food compounds has a direct role in maintaining long-term health and wellness. Complete Energy™ taken daily provides a Complete Active Range™ of food compounds necessary for optimal antioxidant protection and detoxification.

COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. Studies have indicated a diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body.

Complete Energy™ contains a select group of 25 whole foods to fully represent each food compound class. This representation is called the Complete Active Range™. Each tablet of Complete Energy™ includes foods, such as spinach, kale, oranges, carrots, alfalfa, cabbage, flaxseed, broccoli, tomatoes, blueberries, rice bran, cranberries, lemons, and more! Only RightFoods™ Food Compound Vitamins provides the Complete Active Range™ of food compounds.

COMPLETE ANTIOXIDANT ACTIVITY

The body's tissues and cells are continuously exposed to damaging molecules called free radicals. Free radicals are created in the body from everyday exposure to pollution, household chemicals, pesticides, and even from normal metabolic reactions such as respiration (breathing). Food compounds, nutrients and herbs that protect the body from free radicals are referred to as antioxidants. Physical activity increases metabolism and metabolic by-products, which in turn increases the need for antioxidant compounds in the body. Without ample amounts of antioxidants, the body is more susceptible to developing degenerative health conditions that are linked to free-radical damage. The Complete Active Range™ of food compounds in Complete Energy™ provides you with powerful antioxidant protection. Food

compounds are antioxidants themselves and play an important role in strengthening your body's natural defenses. For added protection the following antioxidant factors are included in Complete Energy™: Selenium, Cordyceps, Reishi Mushroom, Alpha Lipoic Acid, N-Acetyl-Cysteine (NAC), and Grape Seed Extract.

Cordyceps and Reishi are health-promoting mushrooms rich in antioxidant and detoxifying compounds. Both mushrooms are commonly used in Asia for their ability to help balance the body's health systems and are known to help combat fatigue and enhance overall energy levels. Cordyceps and Reishi are also known to support immune function.

Alpha Lipoic Acid is a unique antioxidant found naturally in cells of the body. Alpha Lipoic Acid also helps to improve the effectiveness and longevity of other vital antioxidants, thus supporting the body's immune response.

N-Acetyl-Cysteine is an amino acid that is required for the body to produce L-Glutathione, a primary antioxidant compound in the body. More importantly, NAC is a strong detoxifier and is known to help stimulate the activity of toxin-eliminating enzymes in the body. The body's ability to remove toxins efficiently is important for maintaining cellular health.

Grape Seed Extract is rich in potent antioxidant compounds including phenolics, flavonoids, and proanthocyanins, all of which function as free radical scavengers in the body.

ENERGIZING TONIC HERBS

Whole herbs have traditionally been used by many cultures to promote wellness and vitality. Like whole foods, whole herbs contain numerous food compounds beneficial to our health. Tribulus terrestris is the primary herb in Complete Energy™. Tribulus is rich in saponin compounds, which are known to be helpful in building muscle mass in both men and women. It is also an abundant source of potassium, a regulatory electrolyte that is lost in perspiration. Sufficient potassium levels in the body are essential to our well-being. The additional herbs, Panax Ginseng, Eleuthero Root, Ashwagandha, Schizandra Berry, and Astragalus, were included in Complete Energy™ for each herb's ability to assist the body in recovery from stress and strenuous activity. In addition, these herbs are particularly valuable in supporting the body through environmental and biological changes such as temperature, altitude, pollution and jet lag. Optimal energy and performance are only possible if the immune system is functioning at its peak. To promote immune function, the herbs Ashwagandha and Astragalus, are also included to support the body's specific and non-specific immune response systems.

The other herbs in Complete Energy™, such as Ginkgo and Ginger, are helpful in promoting circulation. Licorice and



Supplement Facts

Serving Size 2 Tablets

Amount per Serving		% Daily Value ▼
Calcium	(AAC†, Hydrilla*)	125 mg 12
Magnesium	(AAC†, Alfalfa*)	125 mg 31
Selenium	(AAC†, Shiitake*)	50 mcg 71
Manganese	(AAC†, Wild Blueberry*)	2 mg 100
Chromium (GTF)	(AAC†, Apple*)	50 mcg 42
Molybdenum	(AAC†, Spinach*)	25 mcg 33
Potassium	(AAC†, Cabbage*)	20 mg **
Boron	(AAC†, Broccoli*)	3 mg **

Complete Active Range™ Herbal Extracts (safe to be taken on a daily basis):

<i>Tribulus Terrestris</i> 3:1	(Furanosterols, from 300 mg)	100 mg	**
Eleuthero Root 5:1	(Ginsenosides, from 375 mg*)	75 mg	**
Panax Ginseng Root 4:1	(Ginsenosides, from 300 mg*)	75 mg	**
Schizandra Berry 4:1	(Schizandrins, from 200 mg*)	50 mg	**
Ashwagandha Root 3:1	(Withanolides, from 150 mg)	50 mg	**
Astragalus Root 6:1	(Glycosides, from 240 mg*)	30 mg	**
Ginger Root 5:1	(Gingerols, from 125 mg*)	25 mg	**
Licorice Root 4:1	(Triterpenes, from 100 mg*)	25 mg	**
Spring Horsetail 5:1	(Polyphenols, from 125 mg*)	25 mg	**
Fo-Ti Root 5:1	(Glycosides, from 125 mg*)	25 mg	**
Ginkgo Leaf 8:1	(Ginkgosides from 160 mg*)	20 mg	**
Dandelion 4:1	(Sesquiterpene, from 80 mg*)	20 mg	**

Complete Active Range™ Advanced Antioxidant & Energy Factors:

Cordyceps Mycelia 4:1		100 mg	**
Reishi Mushroom Mycelia 7:1		20 mg	**
Alpha Lipoic Acid		10 mg	**
N-Acetyl-L-Cysteine (NAC)		10 mg	**
Grape Seed 5:1 (Resveratrol, from 50 mgs*)		10 mg	**

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids††: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1);
Phenols (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Kudzu 10:1); **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1); **Polysaccharides** (Rice Bran 3:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) 300 mg **

Total Food & Herb Fresh Weight is 8,170 mg.

Other Ingredients: Guar Gum, Vegetable Lubricant, Food Glaze.

* Food extract with potency up to 50 times their actual weight.

** Daily Value not established.

† Amino Acid Chelates are superior to many other mineral forms.

†† Vitamin A Palmitate, Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

Fo-Ti are commonly used in Chinese medicine to promote longevity and vitality. The nutritive herbs Horsetail and Dandelion are included in Complete Energy™ for the key nutrients they provide. Horsetail is rich in silica, which supports bone and connective tissue health. Dandelion is rich in potassium and other trace minerals essential to maintain optimal health. All of the whole herbs in Complete Energy™ work synergistically together to promote vigor, stamina and overall well-being.

Daily use of tonic whole herb extracts is safe and helps to promote good health. RightFoods™ exclusively uses Complete Active Range™ herb extracts that, unlike many other types of herb extracts, contain after extraction all of the original food compounds that each herb contained before extraction.

SUPERIOR NUTRIENT DELIVERY

RightFoods™ has carefully selected all the nutrients, foods, and herbs in Complete Energy™ to create an energy supplement with superior absorption and utilization. The whole food extracts in Complete Energy™ contain proteins and food compounds that act as “helping hands” in the absorption and delivery of nutrients to the cells that need them. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization, the nutritional value of dietary vitamins and minerals is diminished. Other distinctive elements of Complete Energy™ Food Compound Vitamins that further enhance the overall formula’s utilization include the following:

- 100% AAC (amino acid-chelated) minerals are used. Studies have shown that this chelation process increases mineral absorption up to 300%. Minerals need to attach to amino acids for proper delivery to cells in the body.
- The active compounds and nutrients in RightFoods™ whole herb extracts are readily available for utilization because the compounds are released from the protective cell wall of the plant during the extraction process, enhancing their bioavailability up to 50 times.

Complete Energy™ is an excellent Food Compound Vitamin for any active individual needing to sustain optimal energy levels, or for those looking to help combat fatigue without the use of stimulants. For a complete nutritional program, health care professionals may recommend taking Complete Energy™ with one of RightFoods™ Daily Food Compound Vitamins to suit your nutritional needs: Complete Life™, Women’s Daily™, Men’s Daily™, One Daily™, Senior’s Daily™, or Women Over 40™.

It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.

All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.

Free of GMOs based on average analysis.
 Tested Six Times For Potency And Purity.

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