

COMPLETE LIFE™

FOOD COMPOUND VITAMIN

COMPLETE LIFE™ is a Food Compound Vitamin specifically designed to provide superior nutritional support from a unique combination of essential nutrients and whole foods, to promote optimal health and well-being.

FOOD COMPOUND NUTRITION

RightFoods™ has created **COMPLETE LIFE™** by skillfully combining each essential vitamin and mineral with a nourishing whole food extract. RightFoods™ whole food extracts are naturally rich in vitamins, minerals, and a multitude of beneficial food compounds. Scientific research has identified food compounds to have several health-promoting roles in the body, including acting as potent antioxidants, immune stimulators, and detoxifiers.

It has been proven, a diet comprised mostly of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. These are the foods rich in food compounds. Since the average American diet lacks enough servings per day of these foods, it is important to choose a multivitamin that supplements your diet not only with essential nutrients but also with the right foods rich in food compounds. **COMPLETE LIFE™** is a nutritionally advanced Food Compound Vitamin that provides essential nutrients with the right foods to promote optimal health.

NOURISHING HERBS

Tonic 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. A broad range of whole herbs are included in **COMPLETE LIFE™** to support the health of the following health systems of the body:

Cardiovascular	<i>Eleuthero</i> , formerly known as Siberian Ginseng, has been shown to help maintain blood pressure. <i>Fo-Ti</i> , is known to help reduce cholesterol levels in the body.
Genital-Urinary	<i>Nettle Leaf</i> helps to support genital-urinary health.
Cognitive	<i>Ginkgo Leaf</i> and <i>Gotu Kola</i> are widely used to help improve memory and brain function.
Skeletal	<i>Horsetail</i> is naturally rich in trace minerals that are important for bone health.
Liver	<i>Turmeric</i> contains curcuminoids and <i>Milk Thistle</i> contains silymarin, compounds known to promote liver health and function. <i>Dandelion</i> is a good source of lecithin that supports liver health.
Immune	<i>Licorice</i> and <i>Astragalus</i> contain numerous compounds known to promote the function of the immune system.

Daily use of tonic whole herb extracts is safe and helps to promote good health. Like food, whole herbs contain numerous beneficial compounds. 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.

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. Food compounds and nutrients that protect the body from free radicals are referred to as antioxidants. Without ample amounts of antioxidants, the body is more susceptible to developing health conditions that are linked to free-radical damage. The Complete Active Range™ in **COMPLETE LIFE™** provides you with powerful

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 LIFE™ contains a select group of 31 foods to fully represent each food compound class. This representation is called the Complete Active Range™. Each tablet of **COMPLETE LIFE™** includes foods such as spinach, kale, onions, carrots, soy, cabbage, flaxseed, broccoli, tomatoes, blueberries, rice bran, cranberries, lemons, and more. Only RightFoods™ Food Compound Vitamins provides the Complete Active Range™ of food compounds.



antioxidant protection. Food compounds are antioxidants themselves and play an important role in strengthening your body's natural defenses. For added protection, the antioxidant nutrients Alpha lipoic acid, Selenium, Vitamin E, Beta-carotene, and Vitamin C are also included. To ensure you are getting the most complete antioxidant protection from a Complete Active Range™ of food compounds, choose **COMPLETE LIFE™** for your daily Food Compound Vitamin.



Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount per Serving	% Daily Value ▼
Vitamin A (Vitamin A ^{††} , Carrot*)	5000 IU 100
Vitamin C (Vitamin C, Orange*)	500 mg 833
Vitamin D (D3, Alfalfa*)	200 IU 50
Vitamin E (Tocopherols, Flax*)	100 IU 335
Vitamin K (K1, Kale*)	60 mcg 75
Thiamine (B1, Rice Bran*)	25 mg 1667
Riboflavin (B2, Pumpkin Seed*)	25 mg 1471
Niacin (B3, Green Papaya*)	25 mg 125
Vitamin B6 (B6, Green Pepper*)	25 mg 1250
Folic Acid (Folate, Onion*)	400 mcg 100
Vitamin B12 (B12, Beet*)	125 mcg 2083
Biotin (Biotin, Tomato*)	300 mcg 100
Pantothenic Acid (B5, Cranberry*)	50 mg 500
Calcium (AAC [†] , Hydrilla*)	200 mg 20
Iron (AAC [†] , Kudzu*)	18 mg 100
Iodine (Kelp*)	150 mcg 100
Magnesium (AAC [†] , Alfalfa*)	100 mg 25
Zinc (AAC [†] , Black Currant*)	15 mg 100
Selenium (AAC [†] , Shiitake*)	50 mcg 71
Copper (AAC [†] , Lemon Peel*)	200 mcg 10
Manganese (AAC [†] , Wild Blueberry*)	3 mg 150
Chromium (GTF) (AAC [†] , Apple*)	50 mcg 42
Molybdenum (AAC [†] , Spinach*)	50 mcg 66
Beta Carotene (Beta Carotene, Carrot*)	5000 IU **
Potassium (AAC [†] , Cabbage*)	99 mg **
Lecithin (Rice Bran*)	50 mg **
Inositol (Inositol, Orange Peel*)	30 mg **
Choline (Choline, Rice Bran*)	30 mg **
PABA (PABA, Spinach*)	20 mg **
Alpha Lipoic Acid (Broccoli*)	5 mg **
Boron (AAC [†] , Broccoli*)	1 mg **
Vanadium (AAC [†] , Flax*)	30 mcg **

Complete Active Range™ Herbal Extracts:	Complete Active Range™ Enzymes:
Eleuthero 5:1 (Ginsenosides, from 200 mg*) 40 mg**	Amylase 1000 DU
Turmeric Root 10:1 (Curcuminoids, from 300 mg*) 30 mg**	Protease 3750 HUT
Schizandra 5:1 (Schizandrins, from 125 mg) 25 mg**	Lipase 20 LU
Astragalus Root 4:1 (Glycosides, from 100 mg*) 25 mg**	Glucosylase 1.1 AG
Ginkgo Leaf 8:1 (Ginkgosides from 160 mg*) 20 mg**	Cellulase 25 CU
Nettle Leaf 4:1 (Glycosides, from 60 mg*) 15 mg**	Invertase 0.03 IAU
Fo-Ti Root 5:1 (Glycosides, from 75 mg*) 15 mg**	Lactase 100 LacU
Licorice Root 4:1 (Triterpenes, from 60 mg*) 15 mg**	Complete Active Range™ Food Compounds:
Gotu Kola 5:1 (Asiaticoside, from 50 mg*) 10 mg**	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: Grape Extract 3:1, Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Soy 4:1, Kudzu 10:1); Amines (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1, Ginger 5:1); Polysaccharides (Rice Bran 3:1, Reishi 7:1, 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) 925 mg
Spring Horsetail 5:1 (Polyphenols, from 75 mg*) 15 mg**	Total Food & Herb Fresh Weight is 9,785 mg.
Dandelion 4:1 (Sesquiterpene, from 40 mg*) 10 mg**	
Milk Thistle Seed 4:1 (Silymarins, from 40 mg*) 10 mg**	

* 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.

VITAMINS ALONE ARE NOT ENOUGH

As the demand for dietary supplementation grew, vitamins and minerals were pharmaceutically isolated and manufactured into pills without food. Unfortunately, scientists noticed that the biological activity of these isolated nutrients was notably lower than the activity of the same nutrients combined with other compounds contained in food. To compensate for the lost biological activity of synthetic vitamins and minerals, higher doses were recommended. For decades people assumed that if they took a "complete" multi-vitamin, they would be getting all the nutrients they needed for good health. New research has shown that high dosages of vitamins and minerals cannot replace the health benefits of the missing food compounds. As scientists discovered the powerful health-promoting activities of food compounds in the body and their interaction with other nutrients, it became clear that *vitamins and minerals alone are not enough* for optimal health. **Food compounds are the key to complete nutrition and wellness.**

SUPERIOR NUTRIENT DELIVERY

RightFoods™ has carefully selected all the nutrients, foods, and herbs in **COMPLETE LIFE™** to create a supplement with superior absorption and utilization. The whole food extracts in **COMPLETE LIFE™** contain proteins and food compounds that act as "helping hands" in the absorption and delivery of vitamins and minerals 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 LIFE™** 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 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.
- The inclusion of 7 plant-source digestive enzymes supports your body's own ability to enable the absorption of the nutrients, herbs, and food compounds efficiently.

COMPLETE LIFE™ is an excellent Food Compound Vitamin for the entire family. Reduce the recommended dosage accordingly for younger adults and teenagers. For a complete nutritional program, health care professionals recommend taking **COMPLETE LIFE™** with RightFoods™ Daily Cal-Mag™, Daily Antioxidants™, and Digestive Care™. 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.

Additional RightFoods™ Food Compound Vitamins available are UnStress™, Daily Bone Care™, Daily Minerals™, Prostate Care™, and Daily C-500™.

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