

# MEN'S DAILY™

## FOOD COMPOUND VITAMIN

**Men's Daily™** is a Food Compound Vitamin specifically designed to provide men with superior nutritional support from a unique combination of essential nutrients and whole foods, to promote optimal health and vigor.

### FOOD COMPOUND NUTRITION

RightFoods™ has created **Men's Daily™** by skillfully combining each 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 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 food compound vitamin that supplements your diet not only with essential nutrients but also with the right foods rich in food compounds.

### 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.

**Men's Daily™** is created from a select group of 27 foods to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique to RightFoods™. Each tablet of **Men's Daily™** includes foods such as spinach, kale, onion, carrot, pumpkin seed, flaxseed, broccoli, tomatoes, wild blueberries, rice bran, cranberries, and more. No other multi-vitamin offers as much food or as many different foods as RightFoods™ Food Compound Vitamins.

### STRENGTHENING WHOLE HERBS

The herbs chosen for **Men's Daily™** have traditionally been used by many cultures to help strengthen and protect the unique health systems of men. Eleuthero, once called Siberian Ginseng, is the key herbal inclusion and is combined with Sarsaparilla, Licorice, Wild Oat Seed, and Ginger to enhance a man's vitality and health. Eleuthero taken on a regular basis is known to help improve general health during the natural aging process.

RightFoods™ exclusively uses tonic whole herb extracts.

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

### COMPLETE ANTIOXIDANT PROTECTION

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 damage caused by free radicals. The Complete Active Range™ in **Men's Daily™** provides you with numerous food compounds and vitamins that exhibit potent antioxidant activity. For added protection, the antioxidant nutrients Selenium, Vitamin E, Beta-carotene, and Vitamin C are also included.

### 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 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.**



# 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*)     | 150 mg 250      |
| 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*)         | 100 mg 6667     |
| Riboflavin         | (B2, Pumpkin Seed*)      | 100 mg 5882     |
| Niacin             | (B3, Green Papaya*)      | 100 mg 500      |
| Vitamin B6         | (B6, Green Pepper*)      | 100 mg 5000     |
| Folic Acid         | (Folate, Onion*)         | 400 mcg 100     |
| Vitamin B12        | (B12, Beet*)             | 100 mcg 1667    |
| Biotin             | (Biotin, Tomato*)        | 300 mcg 100     |
| Pantothenic Acid   | (B5, Cranberry*)         | 100 mg 1000     |
| Calcium            | (AAC†, Hydrilla*)        | 150 mg 15       |
| Iron               | (AAC†, Kudzu*)           | 9 mg 50         |
| Phosphorus         | (AAC†, Black Currant*)   | 3 mg <1         |
| Iodine             | (Kelp*)                  | 125 mcg 83      |
| Magnesium          | (AAC†, Alfalfa*)         | 100 mg 25       |
| Zinc               | (AAC†, Black Currant*)   | 20 mg 133       |
| Selenium           | (AAC†, Shiitake*)        | 50 mcg 72       |
| Copper             | (AAC†, Lemon Peel*)      | 1 mcg 50        |
| Manganese          | (AAC†, Wild Blueberry*)  | 2 mg 100        |
| Chromium (GTF)     | (AAC†, Apple*)           | 50 mcg 42       |
| Molybdenum         | (AAC†, Spinach*)         | 25 mcg 33       |
| Carotenoids        | (Beta Carotene, Carrot*) | 5000 IU **      |
| Potassium          | (AAC†, Cabbage*)         | 55 mg **        |
| Choline            | (Choline, Rice Bran*)    | 30 mg **        |
| Inositol           | (Inositol, Orange Peel*) | 30 mg **        |
| PABA               | (PABA, Spinach*)         | 10 mg **        |
| Vanadium           | (AAC†, Flax*)            | 25 mcg **       |

## 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), (Sulfuraphanes: 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) 480 mg \*\*

## Complete Active Range™ Herbal Extracts:

Eleuthero 5:1 (Ginsenosides, from 125 mg\*) ..... 25 mg \*\*  
 Licorice Root 4:1 (Triterpenes, from 100 mg\*) ..... 25 mg \*\*  
 Ginger Root 5:1 (Gingerols, from 50 mg\*) ..... 10 mg \*\*  
 Sarsaparilla Root 4:1 (Saponins, from 40 mg\*) ..... 10 mg \*\*  
 Green Oat Seed 4:1 (C-glycosyl, from 20 mg\*) ..... 5 mg \*\*

Total Food & Herb Fresh Weight is 11,175 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.

## BETTER UTILIZATION, BETTER RESULTS



RightFoods™ has carefully selected the nutrients, herbs, and whole foods in **Men's Daily™** to create a Food Compound Vitamin with superior absorption and utilization. The whole food extracts in **Men's Daily™** contain proteins and other 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. Several other distinctive elements of **Men's Daily™** that further enhance the overall formula's utilization are:

- Only 100% AAC (Amino Acid Chelated) minerals are used. Studies have shown that this chelation process increases assimilation by up to 300% and is best suited for amino acid delivery and utilization.
- 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.

For convenience, **Men's Daily™** is also available as **Men's One Daily.**

To achieve optimal health and a superior nutritional foundation, health care professionals recommend taking **Men's Daily™** with RightFoods™ Daily Minerals™ and Daily Antioxidants™. Additional nutritional formulas by RightFoods™: Digestive Care™, UnStress™, Prostate Care™, Daily Cal-Mag™, and Daily C-500™.

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

*Lycopene is a member of the carotenoid family, and is one of the most potent free-radical scavengers in nature, according to Paul Lachance, professor of food science and nutrition at Rutgers University. It tends to collect in certain cells of the body, including the lungs and prostate. Scientists have observed that lycopene consumption seems to reduce levels of cancers in these parts of the body.*

Ref: *The Color Code*, James Joseph PhD, Hyperion Books 2002

**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.**

**RightFoods™, Inc.**

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Questions? Please call 800-634-6342, or speak directly to your health care professional.

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