

# ONE DAILY™

## FOOD COMPOUND VITAMIN

**One Daily™** is designed to provide essential vitamins and minerals with nourishing foods to achieve optimal health and vitality. **One Daily™** is unique from RightFoods™ other Food Compound Vitamins because it was designed to meet specific nutritional needs without including herbs and is available in an Iron-Free formula.

### FOOD COMPOUND NUTRITION

RightFoods™ has created **One Daily™** Food Compound Vitamin 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 important health-promoting roles in the body, including acting as antioxidants, immune stimulators, and detoxifiers.

It has been proven, a diet mostly comprised of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. These are the foods rich in vital food compounds and essential nutrients. Since the average American diet lacks enough servings per day of these foods, it is important to choose a **One Daily™** Food Compound Vitamin that provides essential nutrients 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.

**One Daily™** contains 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™ Food Compound Vitamins. Each tablet of **One Daily™** includes foods such as

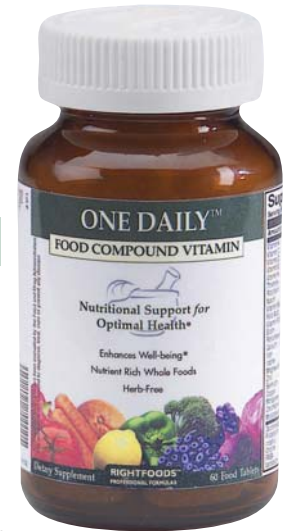
spinach, kale, onions, carrots, cabbage, flaxseed, broccoli, tomatoes, wild blueberries, rice bran, cranberries, lemon peel, and more.

### 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 were 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.**

### COMPLETE ANTIOXIDANT PROTECTION

The body's tissues and cells are continuously exposed to damaging molecules called free radicals. Free radicals are a result of environmental factors such as pollution and chemicals, and also are created by normal metabolic reactions in the body. 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



# Supplement Facts

Serving Size 1 Tablet

Amount per Serving		% Daily Value ▼	
Vitamin A	(Vitamin A <sup>††</sup> , Carrot*)	5000 IU	100
Vitamin C	(Vitamin C, Orange*)	100 mg	167
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*)	10 mg	667
Riboflavin	(B2, Pumpkin Seed*)	10 mg	588
Niacin	(B3, Green Papaya*)	20 mg	100
Vitamin B6	(B6, Green Pepper*)	10 mg	500
Folic Acid	(Folate, Onion*)	400 mcg	100
Vitamin B12	(B12, Beet*)	50 mcg	833
Biotin	(Biotin, Tomato*)	300 mcg	100
Pantothenic Acid	(B5, Cranberry*)	20 mg	200
Calcium	(AAC <sup>†</sup> , Hydrilla*)	50 mg	5
Iron	(AAC <sup>†</sup> , Kudzu*)	10 mg	55
Iodine	(Kelp*)	100 mcg	67
Magnesium	(AAC <sup>†</sup> , Alfalfa*)	25 mg	6
Zinc	(AAC <sup>†</sup> , Black Currant*)	10 mg	67
Selenium	(AAC <sup>†</sup> , Shiitake*)	50 mcg	71
Copper	(AAC <sup>†</sup> , Lemon Peel*)	200 mcg	10
Manganese	(AAC <sup>†</sup> , Wild Blueberry*)	2 mg	100
Chromium (GTF)	(AAC <sup>†</sup> , Apple*)	50 mcg	42
Molybdenum	(AAC <sup>†</sup> , Spinach*)	25 mcg	33
Carotenoids	(Beta Carotene, Carrot*)	5000 IU	**
Potassium	(AAC <sup>†</sup> , Cabbage*)	15 mg	**
Inositol	(Inositol, Orange Peel*)	10 mg	**
Choline	(Choline, Rice Bran*)	10 mg	**
PABA	(PABA, Spinach*)	2 mg	**
Vanadium	(AAC <sup>†</sup> , Flax*)	50 mcg	**

## Complete Active Range™ Food Compounds:

**Terpenes** (Carotenoids<sup>†††</sup>: 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) 440 mg \*\*

**Total Food & Herb Fresh Weight is 4,850 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.

††† Carotenoids include Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

health conditions that are linked to free radical damage. The Complete Active Range™ in **One Daily™** provides you with numerous food compounds and vitamins that exhibit potent antioxidant activity. For added protection, **One Daily™** is created with the additional antioxidant nutrients Selenium, Vitamin E, Beta-carotene, and Vitamin C.

## SUPERIOR NUTRIENT DELIVERY

RightFoods™ has carefully selected the nutrients, herbs, and foods in **One Daily™** to create a Food Compound Vitamin with superior absorption and utilization. The whole food extracts in **One Daily™** contain proteins and other 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.

For those who are concerned about their Iron intake, **One Daily™ Iron Free** is also available.

For optimal results, health care professionals recommend taking **One Daily™** with RightFoods™ Daily Cal-Mag™ and Daily Antioxidants™. **One Daily Iron-Free** is also available. Additional Food Compound Vitamins by RightFoods™: Complete Digest™, UnStress™, Prostate Care™, Daily Minerals™, Daily C-500™ and Daily Bone 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.**

**RightFoods™, Inc.**

An FDA Registered Establishment

PO Box 25, Windham, NH 03087 USA

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

[www.right-foods.com](http://www.right-foods.com)

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