

# SENIOR'S DAILY™

## FOOD COMPOUND VITAMIN

**Senior's Daily™** provides complete nutritional support from essential nutrients and whole foods to promote optimal health and vitality of mature individuals.

### FOOD COMPOUND NUTRITION

RightFoods™ has skillfully created **Senior's Daily™** by combining each vitamin and mineral with a nourishing whole food extract. RightFoods™ whole food extracts are rich in naturally occurring vitamins, minerals, and a multitude of beneficial food compounds. Current 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 mostly comprised 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 nourishing foods, it is important to choose a Food Compound Vitamin that supplements your diet not only with essential nutrients but also with the all right foods that are rich in food compounds. Research has indicated that the daily consumption of natural compounds from food helps to maintain healthy cellular activity. Maintaining cellular health is particularly important as we age to promote a continued life of wellness.

### NOURISHING HERBS

A select group of tonic whole herbs is also included in **Senior's Daily™** to provide additional nutritional support. As the body matures, all health systems can benefit from taking tonic whole herbs. Daily use of tonic whole herb extracts is safe and helps to promote good health. Like food, tonic herbs contain numerous compounds beneficial to our health. RightFoods™ exclusively uses Complete Active Range™ herb extracts that, unlike many other types of herb extracts, contain after extraction *all* of the original compounds that each herb contained before extraction.

The herbs chosen for **Senior's Daily™** are widely used to support and strengthen the following health systems of the body:

#### Cardiovascular

*Hawthorn Berry is recognized to promote heart health.*

*Eleuthero, formerly known as Siberian Ginseng, has been shown to help maintain blood pressure.*

#### Circulation

*Rosemary contains the antioxidant compound Rosmarinic acid which is known to help maintain healthy circulation.*

*Red Clover Blossoms support healthy blood production.*

#### Genital-Urinary

*Saw Palmetto and Nettle help to support genital-urinary health.*

#### Cognitive

*Ginkgo Leaf is helpful in maintaining healthy cognitive function.*

#### Digestive

*Turmeric, Milk Thistle Seed, Dandelion, and Ginger are known to aid and support liver health and digestion.*

#### Skeletal

*Horsetail is naturally rich in trace minerals that are important for bone health.*

#### Nervous

*Wild Green Oats is excellent for strengthening the nervous system.*

### 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.

**Senior's Daily™** contains a select group of 32 foods to fully represent each food compound class.

This representation is called the Complete Active Range™, a quality unique to RightFoods™. Each tablet of **Senior's Daily™** provides a broad range of foods such as spinach, kale, onions, carrots, cabbage, flaxseed, broccoli, tomatoes, wild blueberries, rice bran, cranberries, lemon peel, and more. To ensure you are getting the Complete Active Range™ of food compounds for optimal health, choose **Senior's Daily™** as your daily Food Compound Vitamin.



# Supplement Facts

Serving Size 6 Mini Tablets

Amount per Serving		% Daily Value	
Vitamin A	(Vitamin A <sup>††</sup> , Carrot*)	1667 IU	33
Vitamin C	(Vitamin C, Orange*)	167 mg	278
Vitamin D	(D3, Alfalfa*)	267 IU	67
Vitamin E	(Tocopherols, Flax*)	133 IU	447
Vitamin K	(K1, Kale*)	26 mcg	33
Thiamine	(B1, Rice Bran*)	7 mg	445
Riboflavin	(B2, Pumpkin Seed*)	7 mg	392
Niacin	(B3, Green Papaya*)	17 mg	83
Vitamin B6	(B6, Green Pepper*)	7 mg	333
Folic Acid	(Folate, Onion*)	267 mcg	67
Vitamin B12	(B12, Beet*)	33 mcg	555
Biotin	(Biotin, Tomato*)	133 mcg	45
Pantothenic Acid	(B5, Cranberry*)	17 mg	167
Calcium	(AAC <sup>†</sup> , Hydrilla*)	67 mg	7
Iron	(AAC <sup>†</sup> , Kudzu*)	7 mg	37
Iodine	(Kelp*)	67 mcg	45
Magnesium	(AAC <sup>†</sup> , Alfalfa*)	33 mg	9
Zinc	(AAC <sup>†</sup> , Black Currant*)	10 mg	67
Selenium	(AAC <sup>†</sup> , Shiitake*)	50 mcg	71
Copper	(AAC <sup>†</sup> , Lemon Peel*)	50 mcg	3
Manganese	(AAC <sup>†</sup> , Wild Blueberry*)	1.3 mg	67
Chromium (GTF)	(AAC <sup>†</sup> , Apple*)	50 mcg	42
Molybdenum	(AAC <sup>†</sup> , Spinach*)	20 mcg	27

Carotenoids	(Beta Carotene, Carrot*)	1667 IU	**
Choline	(Choline, Rice Bran*)	20 mg	**
Potassium	(AAC <sup>†</sup> , Cabbage*)	13 mg	**
Inositol	(Inositol, Orange Peel*)	13 mg	**
Boron	(AAC <sup>†</sup> , Broccoli*)	2 mg	**
PABA	(PABA, Spinach*)	1 mg	**
Vanadium	(AAC <sup>†</sup> , Flax*)	17 mcg	**
Lecithin	(Rice Bran*)	67 mg	**

### Complete Active Range™ Herbal Extracts

Hawthorn Berry 4:1	(Polyphenols, from 80 mg*)	20 mg	**
Rosemary 4:1	(Rosmarinic Acids, from 68 mg*)	17 mg	**
Eleuthero 5:1	(Ginsenosides, from 85 mg*)	17 mg	**
Astragalus Root 4:1	(Glycosides, from 68 mg*)	17 mg	**
Ginkgo Leaf 8:1	(Ginkgosides from 136 mg*)	17 mg	**
Ginger Root 5:1	(Gingerols, from 65 mg*)	13 mg	**
Red Clover Blossom 5:1	(Isoflavones, from 65 mg*)	13 mg	**
Saw Palmetto Berry 5:1	(Sterols, from 65 mg*)	13 mg	**
Turmeric Root 10:1	(Curcuminoids, from 130 mg*)	13 mg	**
Spring Horsetail 5:1	(Polyphenols, from 65 mg*)	13 mg	**
Dandelion Leaf/Root 4:1	(Sesquiterpene, from 52*)	13 mg	**
Nettle Leaf 4:1	(Glycosides, from 40 mg*)	10 mg	**
Milk Thistle Seed 4:1	(Silymarins, from 28 mg*)	7 mg	**
Green Oat Seed 4:1	(C-glycosyl, from 28 mg*)	7 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: 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) . . . 580 mg \*\*

**Total Food & Herb Fresh Weight is 4,985mg**

\* 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.

## COMPLETE ANTIOXIDANT ACTIVITY

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, household chemicals, pesticides, and 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. The body needs ample amounts of antioxidants to help maintain a healthy cellular system and prevent free radical damage. The Complete Active Range™ in **Senior's Daily™** 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 antioxidant nutrients Selenium, Vitamin E, Beta-carotene, and Vitamin C are also included in **Senior's Daily™**.

To ensure you are getting the most complete antioxidant protection from a Complete Active Range™ of food compounds, choose **Senior's Daily™** for your daily Food Compound Vitamin.

To achieve and maintain wellness, health care professionals recommend taking **Senior's Daily™** with **RightFoods™ Daily Cal-Mag™** and **Daily Antioxidants™**. 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

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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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