

WOMEN'S DAILY™

FOOD COMPOUND VITAMIN

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

FOOD COMPOUND NUTRITION

RightFoods™ has created **Women'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 adaptogens known to help balance women's health systems.

It has been proven that 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 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 rich in food compounds.

NOURISHING HERBS

The tonic whole herbs chosen for **Women's Daily™** have traditionally been used by many cultures to help support and strengthen the unique health systems and reproductive stages of a woman's life. The following herbs support the following health systems:

Reproductive System

Chaste Tree Berry (Vitex), Licorice, Ginger, and Red Raspberry.

These herbs have traditionally been used as reproductive tonics to help balance a woman's reproductive system.

Endocrine System

Licorice, Gotu Kola, Wild Green Oat Seed.

These herbs have been used widely to help a woman's adrenal and nervous system adapt physiologically to stress.

Blood Production

Nettle, Yellow Dock, Red Raspberry.

Naturally rich in nourishing vitamins and minerals, particularly iron, which is an important mineral for woman to replenish.

Daily use of tonic whole herb extracts is safe, and helps to promote good health. Like food, whole herbs contain the numerous beneficial compounds. RightFoods™ exclusively uses Complete Active Range™ herb extracts that, unlike many other types of herb extracts, contain after extraction *all* the original 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 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 have the ability to protect the body from free radicals are referred to as antioxidants. Without ample amounts of antioxidants, the

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.

Women's Daily™ contains a select group of 28 foods to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique to RightFoods™. Each tablet of **Women's Daily™** includes foods such as spinach, kale, onions, carrots, cabbage, flaxseed, broccoli, tomatoes, wild blueberries, rice bran, cranberries, lemon peel, and more. No other multi-vitamin provides as much food or as many different foods as RightFoods™.



Supplement Facts

Serving Size 3 Tablets

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*)	50 IU 167
Vitamin K	(K1, Kale*)	75 mcg 94
Thiamine	(B1, Rice Bran*)	50 mg 3333
Riboflavin	(B2, Pumpkin Seed*)	50 mg 2941
Niacin	(B3, Green Papaya*)	75 mg 375
Vitamin B6	(B6, Green Pepper*)	50 mg 2500
Folic Acid	(Folate, Onion*)	800 mcg 200
Vitamin B12	(B12, Beet*)	100 mcg 1667
Biotin	(Biotin, Tomato*)	300 mcg 100
Pantothenic Acid	(B5, Cranberry*)	75 mg 750
Calcium	(AAC†, Hydrilla*)	200 mg 20
Iron	(AAC†, Kudzu*)	18 mg 100
Phosphorus	(AAC†, Onion*)	3 mg <1
Iodine	(Kelp*)	125 mcg 83
Magnesium	(AAC†, Alfalfa*)	100 mg 25
Zinc	(AAC†, Black Currant*)	10 mg 67
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*)	50 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™ Herbal Extracts:

Chaste Tree Berry 5:1	(Agnusides from 125 mg*)	25 mg **
Red Raspberry Leaf 4:1	(Polyphenols, from 60 mg*)	15 mg **
Licorice Root 4:1	(Triterpenes, from 60 mg*)	15 mg **
Nettle Leaf 4:1	(Glycosides, from 40 mg*)	10 mg **
Ginger Root 5:1	(Gingerols, from 50 mg*)	10 mg **
Yellow Dock Root 4:1	(Glycosides, from 40 mg*)	10 mg **
Green Oat Seed 4:1	(C-glycosyl, from 40 mg*)	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) 500 mg **

Total Food & Herb Fresh Weight is 11,345 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.

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 compensate for 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 the nutrients, herbs, and foods in **Women’s Daily™** to create a multi-vitamin with superior absorption and utilization. The whole food extracts in **Women’s 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. Several other distinctive elements of **Women’s Daily™** that also enhance 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 food compounds and nutrients in RightFoods™ whole herb extracts are readily available for utilization because the compounds are released from the protective plant cell wall during the extraction process, enhancing their bioavailability up to 50 times.

For convenience, **Women’s Daily™** is also available as **Women’s One Daily™**.

For optimal results, health care professionals recommend taking **Women’s Daily™** with RightFoods™ **Daily Cal-Mag™** and **Daily Antioxidants™**. Additional Food Compound Vitamins by RightFoods™: **Digestive Care™**, **UnStress™**, **Daily Minerals™**, 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.

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
 800-634-6342, www.right-foods.com

Statements in this brochure have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.