

# Total-Nutrition Program™

With L.E.A.D.S.®

Live Enzyme Activated Delivery System®



This product is an Albion Gold Medallion award winner for outstanding mineral nutrition. It contains 100% patented amino acid chelates from Albion advanced nutrition, the world leader in mineral nutrition.



## A Complete Nutritional Program!

**Total-Nutrition Program™** is the most complete encapsulated 100% natural whole food multi-vitamin, multi-mineral program in existence. Based on the famous **Ultra-Nutrition Shake™** from NWC, the **Total-Nutrition Program™** is a capsule version of that same program. It includes the six basic nutritional needs that we must consume on a daily basis (vitamins, minerals, essential fatty acids, antioxidants, enzymes and pro-biotics), plus more.

### The Total-Nutrition Program™ Supplies:

100% Natural Whole Food Vitamins
Greens from Super Foods
Minerals from Patented Amino-Acid Chelates
Antioxidants from Whole Food Sources
Full Spectrum Digestive Enzymes
Pro-Biotics also Known as Friendly Flora
Lipase and Chelated Chromium
L.E.A.D.S.® Live Enzyme Activated Delivery System®



### Who should be on the Total-Nutrition Program™?

Anyone who eats cooked or processed foods, has low energy levels, feels stress, smokes or is around others who smoke. Also, anyone who does not eat five servings of fruits and vegetables per day, drinks carbonated beverages, alcohol, tea or coffee. In addition, anyone who has difficulty losing weight would benefit from the Total-Nutrition Program™.

**Whole food vitamins** are essential and are required for good health and energy production.

**The complete spectrum of B vitamins** from whole food sources supports energy production and normal hormone balance.

**Minerals** from patented amino-acid chelates promote stronger bones, healthy hair, skin and nails, and help to maintain firm muscle tone.

**Antioxidants (vitamins A, C, and E)** from whole food sources are the most valuable free-radical fighters that support a strong immune system and fight the aging process.

**Digestive enzymes** are essential for digesting and delivering the food we eat at every meal. We have included seventeen vegetarian digestive enzymes in each serving of The Total-Nutrition Program™ (the equivalent of one capsule of Ultra-Enzyme Support®) so that you may digest your entire meal completely. That's enough enzyme activity to digest the carbohydrates in 4 baked potatoes, the protein in a 15 oz steak, the lactose in 2 glasses of milk and the fat content in an order and a half of MacDonald's French fries.

**Pro-Biotics** are also known as friendly flora. They build and support the immune system while aiding digestion and delivery of important food nutrients and minerals. Pro-biotics also support a healthy gut. A full day's supply of **Total-Nutrition Program™ (nine capsules)** supplies **two billion CFUs (colony forming units) of Acidophilus DDS-1 and Bifidum Bacteria.**

**A combination of the enzyme lipase and chelated chromium** is the most effective natural way to support energy production and the elimination of excess fat.

Like all of NWC's products, we guaranteed maximum nutritional benefit and cellular delivery with **L.E.A.D.S.® Live Enzyme Activated Delivery System®**. **L.E.A.D.S.®** is a proprietary blend



of enzymes and chelated minerals that insure digestion and delivery of all the nutrients in the **Total-Nutrition Program™** on a cellular basis.

## Ingredient Overview Of The Natural Wellness Center's Proprietary Nutrient Blend

The **Total-Nutrition Program™** is a multi-vitamin multi-mineral enzyme formula designed to provide complete nutrition for people of all ages. This proprietary blend has been created using the latest scientific research and using only whole food vitamin sources many of which are organic. It does not contain any synthetic or isolated crystalline vitamins or non-chelated minerals making it a truly natural and highly nutritional addition to anyone's dietary program.

### The proprietary nutrient blend contains over 30 nutrients such as:

Whole food Nutrient	Nutrients provided
<b>Whole flax seed meal</b>	High in omega-3 fatty acids, 48% of its fat being omega-3's
<b>Rice bran</b>	One of the richest sources of B vitamins, minerals, & antioxidants
<b>Chelated glutamine</b>	Aids in digestion, involved in muscle growth and repair
<b>Chelated Creatine</b>	Provides additional energy for your muscles and buffers lactic acid build-up
<b>Alfalfa powder</b>	Alfalfa has high chlorophyll content which detoxifies the body, especially the liver. Promotes healthy pituitary gland functions
<b>Carrot juice powder</b>	Beta-carotene, vitamins, minerals, and phytochemicals found in raw carrots
<b>Barley greens powder</b>	Barley greens provide 30 times more vitamin B1 and calcium than milk, seven times more vitamin c than oranges, and nearly five times the iron of spinach
<b>Lecithin</b>	Lecithin is a good fat that is required by every single cell in your body
<b>Wheat grass juice powder</b>	A concentrated green vegetable packed with nutrients that naturally encourage optimum health
<b>Brewer's yeast</b>	High in B complex vitamins especially B12, folate (needed for blood-cell formation) potassium, magnesium, zinc, chromium, phosphorous, thiamin and iron
<b>Ultra-Enzyme Support® blend</b>	Insures complete digestion and delivery of all the nutrients in this product on a cellular basis
<b>Spirulina</b>	This micro algae is 60% all-vegetable protein, rich in beta-carotene, iron, vitamin B-12 and the rare essential fatty acid, GLA (gamma-linolenic acid)
<b>Wheat germ</b>	A great source of vitamin E and folic acid. Plus the value of phosphorous, iron, potassium, copper & magnesium
<b>Chlorella</b>	"Chlorella is also one of the highest sources of life-giving chlorophyll, containing twenty times the amount of chlorophyll of alfalfa and nearly ten times that of spirulina." - Herbs for health, December 2001
<b>Seasel® kelp blend</b>	Living plant derived complete trace minerals, chromium, molybdenum, selenium, iodine, boron and more. An incredible natural source of selenium
<b>Rose hips extract</b>	Rose hips are a highly recognized source of whole food vitamin c, and they contain vitamins E and K, and the B vitamins riboflavin and folate
<b>Inulin FOS</b>	FOS offers pre-biotic properties for pro-biotic applications. FOS helps increase the bioavailability of minerals, particularly calcium.
<b>NWC's Custom Pro-biotic blend</b>	Science supports that good bacteria such as acidophilus DDS-1 is an important first line of defense in immunity is intestinal flora
<b>Bee pollen</b>	Bee pollen is considered a highly nutritious and complete food and contains a rich supply of B vitamins, vitamins C, A, E, carotenoids, folic acid, amino acids, and a wide array of minerals and some essential fatty acids
<b>Yellow dock root powder</b>	Is useful for liver support and has a mild bowel cleansing effect
<b>Black strap molasses powder</b>	Rich source of organically bound iron
<b>Shitake mushroom</b>	Fats, carbohydrates, proteins, fiber, lentinan, strengthens the immune system. Natural vegetable source of vitamin D
<b>Sarsaparilla root powder</b>	Sarsaparilla's root may normalize inflammation, improve digestion and elimination
<b>Blue green algae</b>	Beta carotene, thiamin B1, riboflavin B2, B6, an analogue to Cobalamine B12, vitamin C, niacin, folic acid, pantothenic acid, biotin, vitamin E, and choline
<b>Dunaliella Salina</b>	Beta-carotene, alpha-carotene, zeaxanthin, cryptoxanthin, and lutein for good eye health
<b>Vanadium</b>	Vanadium is thought to play a role in metabolism of carbohydrates and may have functions in cholesterol and blood lipid metabolism. For healthy blood sugar levels vanadium supplements may have a positive effect in supporting healthy blood glucose levels

## Highlights of Just Some of the Ingredients:

**Alfalfa and Wheat Grass Juice Powder** - have been included for nutritional support during weight loss as well as for their ability to help the body utilize fats and sugars properly. For example: Alfalfa, a natural blood cleanser, helps to keep blood cholesterol levels healthy. Wheat Grass contains every nutrient known to man and has a positive effect on bowel regularity.

**Bee Pollen** - is nature's most complete food. It contains over 5,000 enzymes, B complex vitamins and also vitamins A, C, D and E, as well as a variety of anti-bodies all in one "complete food." It is now being recognized by scientists throughout the world as a substance that can help promote a youthful feeling, build resistance to ailments, help boost healing powers and provide dynamic energy.

**Flax Seed** - is nature's most abundant source of Omega 3 fatty acids and is known to be a rich source of "lignans", a constituent of fiber that promotes a strong immune system and antioxidant effects in the body. It is helpful for strengthening immune functions and promoting healthy cardiovascular function.

**Shitake Mushroom** - extracts from this mushroom have been shown to help with immune system function. Lentinan, which is technically classified as a polysaccharide and referred to as a branched beta-glucan, has also been shown to have immune supporting activity. Shiitake has been historically used in the Orient for supporting normal blood pressure and maintaining healthy cholesterol levels. It is also a great source of vitamin D.

**Carrot Juice Powder** - contains many important nutrients, such as beta-carotene and other carotenoids, B vitamins, vitamin C, the minerals calcium and potassium and much more. This is a potent antioxidant!

**NWC's Custom Probiotic blend** - This includes Lactobacillus Acidophilus DDS-1, Bifidobacterium and FOS, which have been added to support proper digestion and to promote the growth of good intestinal flora. By increasing the good flora in your intestines, you support a healthy digestive tract.

## Mineral Profile Albion Patented Chelated Minerals

**Three servings of the Total-Nutrition Program™ supplies you with over 25% of the daily value of ALL of the essential minerals plus all of the essential trace minerals from plant sources and sea vegetables. This is a brief description of only some of the minerals in the profile:**

**Calcium and Magnesium** - both play an important role in muscle and bone building, while assisting with the metabolism of carbohydrates. These minerals also play a key role in maintaining overall health during periods of weight loss.

**Manganese** - helps with the synthesis of fatty acids and cholesterol. It is vital to proper protein, carbohydrate and fat assimilation. Manganese also works to promote healthy blood sugar levels, energy production and overall well-being.

**Zinc** - is a trace mineral involved in the digestion and metabolism of food. It is a component of insulin, playing a significant role in carbohydrate digestion. The immune system is adversely affected by even moderate degrees of zinc deficiency.

**Vanadium** - is a support mineral that aids in cellular metabolism. It is included in the formula to help establish overall body balancing for effective weight management.

**Magnesium Glycyl Glutamine chelate** - is the only stabilized glutamine in the world, protected by an exclusive patent. Glutamine is an amino acid that serves as a necessary building block for protein in the body. It is also the amino acid lost in the greatest quantity during strenuous exercise. In fact, countless research has shown that glutamine is consistently deficient in athletes during and after exercise sessions. When an individual is in a catabolic state due to strenuous physical activity or

Supplement Facts	
Serving Size: 3 Capsules	
Servings per Container: 90	
Amount Per Serving	% Daily Value
Calcium (as calcium bis-glycinate chelate) 83.33 mg	8.33%
Iron (as ferrous bis-glycinate chelate) 1.5 mg	8.33%
Magnesium (as magnesium glycyl glutamine chelate) 16.69 mg	4.17%
Magnesium (as magnesium creatine chelate) 16.67 mg	4.17%
Magnesium (as magnesium lysinate glycinate chelate) 8.33 mg	2.08%
Zinc (as zinc bis-glycinate chelate) 2 mg	13.33%
Selenium (as selenium glycinate complex) 4.17 mcg	6%
Copper (as copper bis-glycinate chelate) 200 mcg	10%
Manganese (as manganese bis-glycinate chelate) 0.42 mg	20.83%
Chromium (as chromium nicotinate glycinate chelate) 50 mcg	41.67%
Molybdenum (as molybdenum bis-glycinate chelate) 25 mcg	33.33%
Potassium (as potassium glycinate complex) 16.5 mg	0.47%

**NWC proprietary nutrient blend:** Whole Flax Seed Meal, Basmati Rice Bran, Glutamine, Creatine, Alfalfa Powder, Carrot Juice Powder, Barley Greens Powder, Lecithin, Wheat Grass Juice Powder, Brewers Yeast, NWC's L.E.A.D.S.® Enzyme Blend\*\*, Spirulina, Wheat Germ, Chlorella, Kelp\*\*\*, Rose Hip Extract, Inulin FOS, Probiotic Blend\*\*\*\*, Bee Pollen, Yellow Dock Root Powder, Black Strap Molasses Powder, Vegetarian Yeast (Torula), Shitake Mushroom, Sarsaparilla Root Powder, Blue Green Algae, Dunaliella Salina, Vanadium (As Vanadium Nicotinate Glycinate Chelate).

**\*\*NWC's L.E.A.D.S.® Live Enzyme Activated Delivery System® enzyme blend contains:** Amylase, Protease 6.0 (conc.), Glucoamylase, Peptidase, Lipase AN, Invertase, Protease 3.0, Protease 4.5, Malt Diastase, Alpha-Galactosidase, Cellulase, Phytase, Pectinase, Xylanase, Lactase, Hemicellulase, Vegetable Magnesium Stearate and Silicon Dioxide

**\*\*\*Kelp** is a natural source of trace minerals including selenium and iodine. The Total-Nutrition Program supplies 31.66 mcg of Selenium per serving, from kelp alone.

**\*\*\*\*NWC's Pro-Biotic Blend contains:** Lactobacillus acidophilus DDS-1 1 and Bifidobacterium bifidum 6,671,000 CFU (Colony Forming Units) per serving.

\* Daily Value not established

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Albion Medallion design is a registered trademark of Albion Laboratories, Inc. Amino acid chelates and complexes by Albion Advanced Nutrition. Chelates covered by Albion International, Inc., U.S. Patents 4,599,152, 4,830,716, 4,863,898, 5,114,379, 5,615,553, 5,888,553.  
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nutritional imbalances, glutamine homeostasis can be compromised. Supplemental glutamine is required to restore plasma glutamine levels, protect glutamine stores, and help conserve lean muscle mass. Free-form glutamine is not stable in solutions and may decompose into pyroglutamic acid and toxic ammonia. Although L-glutamine may be listed as an ingredient in some powdered formulas, it is known to decompose in the digestive tract and may be destroyed by various processing steps. We recognize the necessity of having a stabilized form of supplemental glutamine so we, at NWC, only use the parented Magnesium Glycyl Glutamine (MGG™).

**Creatine Magna-Power** - is one of the ingredients in Total-Nutrition Program™ because it provides cellular fuel and acts as an “energy buffer”. Creatine is stored in cells as phosphocreatine (PCr), which plays a vital role in energy production by recycling ATP (Adenosine Triphosphate). ATP is what cells use for energy and is required for all cellular functions including muscle contraction, DNA synthesis and protein synthesis. When ATP is depleted, the cell no longer has energy to perform its functions. When combined with proper exercise, Creatine supplementation can effectively increase strength, speed and power.

## Special Enzyme Enhancements

**Total-Nutrition Program™** is further enhanced with **L.E.A.D.S. ®, Live Enzyme Activated Delivery System ®**, to insure assimilation at a cellular level of all the nutrients in each capsule. Also, mineral co-factors help to activate each ingredient for maximum particle digestion and complete nutrient distribution throughout the body, thereby increasing the formula’s bioavailability.

## Questions and Answers

### 1. What research has been done on the Total-Nutrition Program™?

Over two years in development, the **Total-Nutrition Program™** was formulated using the latest research and clinical studies. Each ingredient has been independently researched by the most respected names in their fields. The **Total-Nutrition Program™** is a formulation you can trust because its ingredients are clinically tested and proven.

### 2. Are there any side effects?

The **Total-Nutrition Program™** has no known side effects. Because it contains no stimulants, like caffeine or other harmful herbs, it will not make you nervous or jittery. And, there are NO harmful herbs or synthetic vitamins. The **Total-Nutrition Program™** is safe for anyone ages 8 years and up.

### 3. If I am on medication, can I safely use this formula?

The **Total-Nutrition Program™** is safe to take with medications. There are no known drug interactions and the ingredients do not alter the action of any medications. However, before beginning any program you should check with your personal physician.

### 4. Can I take the Total-Nutrition Program™ if I am a diabetic?

While this formula is not specifically for diabetic conditions, it may help support healthy blood sugar levels.

### 5. Is this formula safe for pregnant or nursing women?

Yes. It only contains whole food nutrition and all natural ingredients. However, you should always check with your doctor before taking any supplement if you are pregnant, nursing or are currently being treated for a condition.

### 6. I am allergic to gluten. Can I take this formula?

Yes, the **Total-Nutrition Program™** contains no gluten.

### 7. What is the best time to take the Total-Nutrition Program™?

The best time to take the **Total-Nutrition Program™** is with your food at every meal. This will digest your entire meal while enriching that meal with pro-biotics, vitamins, minerals, greens, super-antioxidants, essential fatty acids and trace minerals.

### 8. Why should I avoid carbonated beverages while taking the Total-Nutrition Program?

Carbonation destroys the active digestive enzymes contained in the capsules and leaches calcium and other minerals from your system. Without these enzymes, the **Total-Nutrition Program** cannot properly digest your meals and deliver all the nutrition in the program. **So, even diet sodas can sabotage your overall health.**

### 9. If I only eat two meals a day should I skip a dose of the Total-Nutrition Program?

NO, you will want to get the entire recommended nine capsules in each day. Take four capsules at lunch and then the five remaining at dinner. If you’re unable to take any of your **Total-Nutrition Program™** capsules for the entire day, it’s perfectly fine to take all nine capsules with dinner.

### 10. My energy level seems higher while I am taking the Total-Nutrition Program™, is this common?

YES! But remember, there are **no drugs or stimulants** in this formula. The boost in energy is a result of your body receiving a super dose of whole food nutrition including many enzymes responsible for stimulating your metabolic systems. When your body has optimal levels of good nutrients, it will give you a natural boost in energy and operate more efficiently.



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