

# LiquiNutrients

Introduced 2009



## What Is It?

LiquiNutrients is a liquid multivitamin/mineral complex enhanced with organic fruits and vegetables designed for adults and children over 4 years. It is a complete hypoallergenic multivitamin/mineral supplement in a convenient naturally flavored and sweetened liquid form.

## Indications

Adults and children over 4

## Vitamin/Mineral Distinctions:

- Blend of vitamins and carotenoids
- Chelated minerals for optimal absorption
- Vegan vitamin D

## Special Features:

- Hypoallergenic vegan formula
- Enhanced with natural beta carotene, lutein, and a blend of organic fruits and vegetables
- Naturally flavored and sweetened

## Uses for LiquiNutrients

**Daily Wellness:** This multivitamin/mineral formula supports optimal health with a comprehensive profile of bioavailable vitamins, chelated minerals, and antioxidants, enhanced with a blend of organic fruits and vegetables to support daily wellness. These nutrients are essential to basal mitochondrial function as metabolic coenzymes, playing key roles in energy production and nutrient metabolism. They also play a key role in the conversion of homocysteine to methionine in the synthesis of S-adenosyl-methionine, an important methyl donor used in methylation reactions. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, DNA synthesis, hormone and neurotransmitter production, and energy metabolism. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. Vitamin C, vitamin E, and zinc offer powerful free radical scavengers

to protect cellular function. Calcium and vitamin D promote calcium homeostasis and cellular health.<sup>‡</sup>

## What Is The Source?

The nutrients found in LiquiNutrients are derived from the following:

Vitamin C: corn dextrose fermentation

Vitamin D<sub>3</sub>: lichen

Vitamin E: purified soybean oil

Vitamin B<sub>1</sub> (thiamin HCl): synthetic

Vitamin B<sub>2</sub> (riboflavin-5-phosphate): corn dextrose fermentation

Niacinamide: synthetic

Vitamin B<sub>3</sub> (calcium pantothenate): synthetic

Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic

Biotin: synthetic

Minerals: naturally derived from elemental ore

Beta carotene: *D. salina* (algae)

Lutein: marigold

Source of the mineral chelates include:

Aspartate: synthetic

Citrate: corn dextrose fermentation

Glycinate: synthetic

Gluconate: corn dextrose fermentation

Fruit and vegetable powder are organic and derived from strawberry fruit, tart cherry fruit, blackberry fruit, blueberry fruit, raspberry fruit, beet root, carrot root, spinach leaf, broccoli stem and floret, tomato fruit, kale leaf, cabbage leaf, parsley leaf, Brussels sprout edible head, green bell pepper fruit, cucumber whole fruit, celery stalk, garlic bulb, ginger root, green onion, cauliflower curd and asparagus stalk.

Natural vegetable glycerin is derived from coconut, palm and palm kernel oil. Natural lemon flavor is derived from the fruit. Citric acid is derived from corn dextrose fermentation. Maltodextrin is derived from corn.

(continued)

## Recommendations

Pure Encapsulations® recommends 2 teaspoons per day, with a meal.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

## LiquiNutrients

two tsp (10 ml/0.34 fl oz) provides v

calories .....	15
total carbohydrate .....	4 g
vitamin A (as beta carotene) .....	300 mcg
vitamin C (as ascorbic acid) .....	100 mg
vitamin D (as cholecalciferol D <sub>3</sub> ) (from lichen) .....	20 mcg (800 IU)
vitamin E (as d-alpha tocopherol acetate) .....	20 mg
thiamin (as thiamin HCl) .....	7.5 mg
riboflavin (as riboflavin-5-phosphate) .....	4 mg
niacin (as niacinamide) .....	25 mg
vitamin B <sub>6</sub> (as pyridoxine HCl) .....	5 mg
biotin .....	400 mcg
pantothenic acid (as calcium pantothenate) (B <sub>5</sub> ) .....	25 mg
calcium (as calcium citrate) .....	40 mg
iodine (as potassium iodide) .....	75 mcg
magnesium (as magnesium citrate) .....	20 mg
zinc (as zinc gluconate) .....	12 mg
manganese (as manganese gluconate) .....	1 mg
chromium (as chromium polynicotinate) .....	200 mcg
molybdenum (as molybdenum citrate) .....	75 mcg
boron (as boron glycinate) .....	0.7 mg
FloraGlo® lutein .....	3 mg
fruit and vegetable powder blend (organic) .....	150 mg
strawberry fruit, tart cherry fruit, blackberry fruit, blueberry fruit, raspberry fruit, beet root, carrot root, spinach leaf, broccoli stem and floret, tomato fruit, kale leaf, cabbage leaf, parsley leaf, brussels sprout edible head, green bell pepper fruit, cucumber whole fruit, celery stalk, garlic bulb, ginger root, green onion, cauliflower curd, asparagus stalk	
other ingredients: purified water, natural vegetable glycerin, apple juice concentrate, lemon crème flavor with other natural flavors, medium chain triglycerides, xanthan gum, purified stevia leaf extract, citric acid, potassium sorbate, rosemary leaf extract, natural mixed tocopherols	

Take 2 teaspoons daily, with a meal.

*This formula requires refrigeration after opening. Shake well.*

Made with Vitashine

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ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth N.I.