



PureFood Nutrients

Introduced 2017



What Is It?

PureFood Nutrients is a multivitamin/mineral complex providing nutrients that are derived using a unique fermentation technology, enhanced with a blend of organic fruits and vegetables to support daily wellness. For some nutrients, natural forms have been shown to be more bioavailable. Research suggests food sources of vitamins and minerals can increase beta-carotene, ascorbic acid, chromium, calcium, vitamin D, and antioxidant vitamin levels. Food sources of vitamins also provide other healthy phytochemicals.[‡]

Special Features

- Unique fermentation technology to deliver vitamins and minerals along with cofactors naturally contained in food
- Vegan vitamin D derived from mushroom
- Enhanced with a comprehensive blend of organic fruits and vegetables

What Is The Source?

The vitamins and minerals in PureFood Nutrients are derived through a unique fermentation technology. This process involves feeding budding plants, in a controlled environment, a nourishing broth enriched with bioactive peptides, vitamins, and minerals. These peptides facilitate the transformation of these nutrients into the cellular matrix of the plant, similar to how a plant incorporates nutrients from the soil. Once the growing process is complete, proteolytic enzymes are used to break down the cell walls and release the intracellular material. Biotransformed nutrient extracts derived in this manner are part of a comprehensive complex that provides cofactors contained in food. Nutrients existing in a food state cannot be isolated to one fractionated organic compound, and therefore are listed by nutrient name and main fermentation component. The nutrients in PureFood Nutrients are derived from the following:

- Vitamin D: *Agaricus bisporus* (portobello mushroom)
- A clinical study determined that healthy adults who ingested 50 mcg (2,000 IU) of Vitamin D₂ from mushrooms daily for 3 months were able to raise and maintain their total 25(OH)-D concentrations similarly to healthy adults who ingested supplements containing 50 mcg (2,000 IU) of either vitamin D₂ or D₃.[‡]

- Vitamin A, vitamin C, vitamin E, vitamin K, thiamin (B₁), riboflavin (B₂), vitamin B₆, folate, vitamin B₁₂, iodine, calcium, magnesium, zinc, selenium, manganese, chromium, molybdenum: *Lactobacillus bulgaricus*
- Niacinamide, biotin, pantothenic acid and choline: *Saccharomyces cerevisiae*
- PureFood fruit and vegetable blend contains: organic apple fruit pulp, organic strawberry fruit, organic tart cherry fruit, organic blackberry fruit, organic blueberry fruit, organic raspberry fruit, organic beet root, organic carrot root, organic spinach leaf, organic broccoli stem and floret, organic tomato fruit, organic kale leaf, organic cabbage head, organic parsley leaf, organic brussel sprout, organic green bell pepper fruit, organic cucumber fruit, organic celery stalk, organic garlic clove, organic ginger root, organic green onion bulb, organic cauliflower curd, organic asparagus shoot

Recommendations:

Pure Encapsulations® recommends 4 capsules daily, with a meal.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Vitamin K is contraindicated for individuals taking Coumadin/warfarin blood thinning medication. Consult your physician for more information.

(continued)

[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PureFood Nutrients

4 capsules contain    v 00

vitamin A (from <i>Lactobacillus bulgaricus</i>).....	900 mcg
vitamin C (from <i>Lactobacillus bulgaricus</i>).....	100 mg
vitamin D.....	25 mcg (1,000 IU)
(from whole portobello mushroom (<i>Agaricus bisporus</i>))	
vitamin E (from <i>Lactobacillus bulgaricus</i>).....	10 mg
vitamin K (from <i>Lactobacillus bulgaricus</i>).....	80 mcg
thiamin (B ₁) (from <i>Lactobacillus bulgaricus</i>).....	11 mg
riboflavin (B ₂) (from <i>Lactobacillus bulgaricus</i>).....	10 mg
niacin (as niacinamide) (from <i>Saccharomyces cerevisiae</i>).....	19 mg
vitamin B ₆ (from <i>Lactobacillus bulgaricus</i>).....	19 mg
folate (from <i>Lactobacillus bulgaricus</i>).....	667 mcg DFE (400 mcg)
vitamin B ₁₂ (from <i>Lactobacillus bulgaricus</i>).....	250 mcg
biotin (from <i>Saccharomyces cerevisiae</i>).....	300 mcg
pantothenic acid (from <i>Saccharomyces cerevisiae</i>).....	14 mg
choline (from <i>Saccharomyces cerevisiae</i>).....	30 mg
calcium (from <i>Lactobacillus bulgaricus</i>).....	9 mg
iodine (from <i>Lactobacillus bulgaricus</i>).....	150 mcg
magnesium (from <i>Lactobacillus bulgaricus</i>).....	26 mg
zinc (from <i>Lactobacillus bulgaricus</i>).....	14 mg
selenium (from <i>Lactobacillus bulgaricus</i>).....	55 mcg
manganese (from <i>Lactobacillus bulgaricus</i>).....	1 mg
chromium (from <i>Lactobacillus bulgaricus</i>).....	120 mcg
molybdenum (from <i>Lactobacillus bulgaricus</i>).....	50 mcg
PureFood organic fruit and vegetable blend.....	150 mg
(from apple fruit pulp, 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 head, parsley leaf, brussel sprout, green bell pepper fruit, cucumber fruit, celery stalk, garlic clove, ginger root, green onion bulb, cauliflower curd, asparagus shoot)	
other ingredients: microcrystalline cellulose, vegetarian capsule (cellulose, water), ascorbyl palmitate, silica	
4 capsules daily, with a meal.	