

Organic Vitamins and Minerals Are Essential

Our bodies are amazing! Every moment of every day, the cells in our bodies are creating energy, building tissues, communicating with other cells, digesting food, pumping blood, generating movement, transporting nutrients and oxygen, synthesizing hormones and neurotransmitters, eliminating toxins and waste material and protecting and defending our cells from unfriendly bacteria, viruses and mutant cells. However, while all of this is miraculous, none of it happens by magic. To accomplish all these vital, life-sustaining tasks, the cells in our bodies require a complex variety of nutrients, such as vitamins, minerals, phytonutrients, co-enzymes and enzymes. Without adequate amounts of these fundamental nutrients, it is impossible for our cells to carry out the thousands of biochemical and metabolic processes responsible for maintaining optimal health. Nutrients are the catalysts for every life-supporting process in the body.

Once upon a time, humans could obtain essential nutrients from their diets fairly easily. For numerous reasons, though, this is no longer the case. Dietary and lifestyle choices are partly to blame. Over the last 100 years, our lifestyles have become increasingly sedentary. As a result, our caloric requirements have decreased, and we require less food to maintain a healthy body weight. Thus, our consumption of nutrient-rich foods has declined accordingly. Moreover, most of the known essential nutrients are found in fruits, greens and other vegetables, sea vegetables, herbs and algae—foods that very few modern people consume generously every day. The problem of inadequate consumption of nutrient-rich foods is compounded by conventional farming practices, which deplete nutrients and enzymes in the soil, making it difficult for fruits and vegetables to absorb sufficient amounts of these vital factors. These fruits and vegetables begin to lose nutrient value the moment they are harvested. During the approximately three weeks it takes for a fruit or vegetable to reach the plate of the consumer, around half of its nutritional value will disappear! We then add insult to injury by processing and preparing foods in ways that strip or diminish their remaining nutrient value.

While the nutrient density of our food has diminished, our need for the co-factors found in food has increased. Our lives are filled with unprecedented levels of physical, psychological and environmental stress, to which our bodies must adapt. This puts an even greater strain on our systems at a time when our nutrient intake is declining. Think for a moment about the presence of chemicals in our modern life. In the not-too-distant past, the average person was exposed to 50 toxic chemicals a day, at the most. Today, that number is closer to 5,000. This adds an enormous burden to the body, as these chemicals damage cells and must be removed from the body or neutralized quickly.

[Organic Vitamins and Minerals Are Essential, continued]

When we consider the variety of ways in which our diets and lifestyles no longer resemble those of every generation that has come before us, we can easily understand the extreme importance of supplementing with an organic whole-food vitamin, mineral and herbal formula such as *Vita Synergy*. *Vita Synergy*'s ideal blend of organic nutrients and herbal extracts provides a myriad of valuable vitamins and minerals, including antioxidants, necessary for every system in your body to optimally perform its life-sustaining work. When your body is fully nourished at the cellular level, you naturally experience authentic energy and renewed vitality as your body regenerates itself, creating glowing, radiant health and well-being.

The *Vita Synergy*® Difference

Nature's medium for delivering nutrients to our bodies has always been pure, whole food. Very simply stated, we are designed to obtain our nourishment from organic living foods, and not synthetic chemicals. This fundamental wisdom guided every step in the creation of *Vita Synergy*. Unlike other vitamin and mineral formulas, *Vita Synergy* is a deeply nutritious, organic whole food and it is 100% natural. Our innovative *Organically Grown Nutrients* are hydroponically grown and activated in a proprietary process that is actually very similar to the growth of vegetables in your garden. During this process, each vitamin and mineral is biotransformed and integrated into a potent, complex whole-food matrix composed of millions of organic microscopic plant cells rich in life-giving vitamins, minerals, complex carbohydrates, amino acids, co-enzymes, trace elements and many other phytonutrients. The result is a rich, biologically superior source of organic whole-food vitamins and minerals that your body can easily assimilate to support and enhance all its vital, life-sustaining processes.

Organically Grown Nutrients have been extensively tested in more than 60 independent, published studies. The scientific tests confirm that our unique *Organically Grown Nutrients* differ substantially from ordinary synthetic vitamins and minerals because they contain crucial food co-factors.

We've also included generous portions of rejuvenating, adaptogenic tonic herbs in *Vita Synergy* to provide you with the most comprehensive formula possible. To strengthen and protect their health, our forebearers regularly consumed a variety of these special, highly beneficial herbs as part of their normal diet. While some products offer token amounts of these herbs, *Vita Synergy*'s *Synergized*® *Botanical Extracts* provide these herbs in meaningful quantities and concentrations that help your body adapt to the stressful demands of modern life while sustaining optimal energy and vitality.

Our *Biopotentiators* are the perfect finishing touch to *Vita Synergy*'s full-spectrum formula. This exceptional blend of herbs and spices contains botanicals that are proven to assist in the absorption and utilization of all the valuable ingredients in *Vita Synergy*.

Unsurpassed Quality

ORGANIC WHOLE FOOD: All the vitamins and minerals in *Vita Synergy* are our exclusive, whole-food *Organically Grown Nutrients*, which offer you superior absorption, retention and bioavailability.



CONCENTRATED AND STANDARDIZED: Our *Synergized® Botanical Extracts* and *Biopotentiators* are pharmaceutical-quality, full-spectrum herbal extracts from the most reputable sources in the world. Each herb is expertly concentrated and thoroughly tested to ensure that all its naturally occurring, beneficial constituents are present and active. We use standardized concentrates many times more potent than those frequently used by other companies. In this way, *Vita Synergy* provides you with all the strengthening and balancing benefits of these nourishing botanicals.



SAFE AND PURE: Every ingredient in *Vita Synergy*, including our herbal extracts, is tested to ensure its origin, purity, species, potency and safety, and we maintain extensive documentation on all ingredients. Moreover, *Vita Synergy* contains NO fillers, artificial preservatives or synthetic ingredients of any kind.



PURE MANUFACTURING™: *Vita Synergy* tablets are 100% natural! Nearly all other manufacturers use a variety of chemical lubricants, shellacs, glues, stearates, fillers, disintegrants, binders and preservatives to manufacture tablets. While almost everyone else uses these methods, they are completely incompatible with our philosophy and commitment. As a result, The Synergy Company pioneered an exclusive technique for forming tablets using SOLELY 100% natural ingredients.



ULTRA FRESH PACKAGING™: All of The Synergy Company's products are protected by our *Ultra Fresh Packaging* system and made at our award-winning, organic and kosher facility. Whole-food vitamins and herbs, like fresh food, deteriorate quickly if they are exposed to light and oxygen, so we take scrupulous care to protect the ingredients in all our products. Glass is the only packaging material that is 100% inert and impermeable (research shows that plastic bottles let in nutrient-robbing oxygen and allow chemicals to leach into food). For this reason, we vacuum-pack *Vita Synergy* in light-resistant, recyclable glass bottles with a specially designed oxygen absorber and moisture-wicking desiccant. The bottles are then hermetically sealed with induction technology to protect the potency and efficacy of all *Vita Synergy's* valuable components.



VEGETARIAN: *Vita Synergy* is 100% vegetarian.

Honoring Men's and Women's Differences

Life is infinitely rich and diverse. Nowhere is this more evident than in the wonderful differences in the essential natures and physiologies of women and men. To fully support and respect their distinct nutritional and energetic needs, we have created two extraordinary formulas, *Vita Synergy for Women* and *Vita Synergy for Men*. Each of these special formulas provides a carefully crafted blend of *Organically Grown Nutrients* and *Synergized® Botanical Extracts* to create a superior nutritional foundation for women's and men's physical, mental and emotional well-being. When we are nourished at this most fundamental level, we flourish! Our bodies naturally regenerate, and we radiate a luminous, glowing health.



Vita Synergy® for Women

Vita Synergy for Women is our comprehensive, organic whole-food formula that combines the wisdom of healing traditions from around the world with the best of modern science. A woman blossoms when she is deeply nourished on all levels of her being. Vita Synergy for Women does just that. We begin with an optimal amount of our *Organically Grown Nutrients*. We then add healing botanicals and flower essences with a special affinity for a woman's unique life-cycle rhythms, along with other powerful antioxidant and restorative herbal concentrates. Vita Synergy for Women offers women of all ages a new level of nurturing nutritional support, feminine balance, renewed energy and radiant health.

Six Tablets Provide:	Amount per Serving	% DV
Organically Grown Nutrients™		
Vitamin A* (85% as beta-carotene)	15,000IU	300
Vitamin C*	250mg	417
Vitamin D3*	800IU	200
Vitamin E*	200IU	667
Vitamin K**	80mcg	100
Thiamin (B1)*	20mg	1,333
Riboflavin (B2)*	20mg	1,176
Niacinamide*	50mg	250
Vitamin B6*	30mg	1,500
Folic Acid**	800mcg	200
Vitamin B12**	200mcg	3,333
Biotin**	300mcg	100
Pantothenic Acid*	30mg	300
Calcium*	50mg	5
Iodine**	150mcg	100
Magnesium*	20mg	5
Zinc*	15mg	100
Selenium**	100mcg	143
Copper*	1mg	50
Manganese*	5mg	250
Chromium (GTF)**	200mcg	167
Molybdenum**	75mcg	100
Bioflavonoids**	125mg	‡
Choline	30mg	‡
Inositol	30mg	‡
PABA	5mg	‡
Boron	1mg	‡
Vanadium	50mcg	‡
Synergized® Botanical Extracts		
Chaste Tree Berry 10:1 extract	200mg	‡
Shatavari (<i>Asparagus racemosus</i>) Root standardized**	150mg	‡
Eleuthero Root 7:1 extract**	150mg	‡
Ashwagandha Root standardized**	100mg	‡
Brahmi (<i>Bacopa monnieri</i>) Leaf standardized**	100mg	‡
Wild Yam Root 7:1 extract**	100mg	‡
Motherwort Aerial Parts 7:1 extract	100mg	‡
Raspberry Leaf 3:1 extract	100mg	‡
Damiana Leaf 5:1 extract	50mg	‡
Lotus Seed 7:1 extract	50mg	‡
Licorice Root (<i>Glycyrrhiza uralensis</i>) 7:1 extract**	50mg	‡
Hawthorn (<i>Crataegus oxyacantha</i>) Leaf and Flower standardized	50mg	‡
Gotu Kola Aerial Parts standardized**	50mg	‡
Triphala Fruits**: Amla (<i>Phyllanthus emblica</i>)**, Bibhitaki (<i>Terminalia bellerica</i>)**, Haritaki (<i>Terminalia chebula</i>)** standardized	50mg	‡
Turmeric Rhizome standardized	50mg	‡
Holy Basil (<i>Ocimum sanctum</i>) Leaf 12:1 extract**	50mg	‡
Biopotentiators™		
Barley Grass**	875mg	‡
Ginger Rhizome standardized**	25mg	‡
Pippali (<i>Piper longum</i>) Fruit standardized**	10mg	‡
Tangerine Peel 7:1 extract**	10mg	‡
Black Pepper Fruit standardized**	5mg	‡
Synergized® Flowers and Spices	25mg	‡
Fennel Seed**, Calendula Flower**, Lavender Flower**, Passion Flower**, St. John's Wort Flower**, Chamomile Flower, Rose Flower**, Saffron**, Cardamom Seed**, Chrysanthemum Flower, Honeysuckle Flower**, Rosemary Leaf**, Clove Bud**, Sage Leaf**.		

Contains Organic Fermented Soy.

Contains no excipients, fillers, binders, lubricants, stearates, other additives, gluten or dairy products. Grown and processed without GM materials.

** Organic. * Made with organic ingredients. ‡ Daily Value (DV) not established.

Vita Synergy® for Men

Vita Synergy for Men delivers a powerful and unparalleled organic formula that enhances a man's dynamic and elemental physiology. Because men thrive when every aspect of their being is nourished and supported, we've created a scientifically balanced formula that includes a potent array of rare ingredients to maximize energy, vitality, libido, mental clarity and vibrant health. This unique combination of *Organically Grown Nutrients* with the best of Western, Asian and Ayurvedic herbal concentrates protects and restores every system of a man's being. Vita Synergy for Men offers an advanced dimension in health to men of all ages.

Six Tablets Provide:	Amount per Serving	% DV
Organically Grown Nutrients™		
Vitamin A* (80% as beta-carotene)	15,000IU	300
Vitamin C*	250mg	417
Vitamin D3*	800IU	200
Vitamin E*	200IU	667
Vitamin K**	80mcg	100
Thiamin (B1)*	20mg	1,333
Riboflavin (B2)*	20mg	1,176
Niacinamide*	50mg	250
Vitamin B6*	25mg	1,250
Folic Acid**	800mcg	200
Vitamin B12**	200mcg	3,333
Biotin**	300mcg	100
Pantothenic Acid*	30mg	300
Calcium*	30mg	3
Iodine**	150mcg	100
Magnesium*	15mg	4
Zinc*	30mg	200
Selenium**	100mcg	143
Copper*	2mg	100
Manganese*	5mg	250
Chromium (GTF)**	200mcg	167
Molybdenum**	75mcg	100
Bioflavonoids**	125mg	‡
Choline	30mg	‡
Inositol	30mg	‡
PABA	5mg	‡
Boron	1mg	‡
Vanadium	50mcg	‡
Synergized® Botanical Extracts		
Ashwagandha Root standardized**	350mg	‡
Rhodiola Root 7:1 extract	150mg	‡
Eleuthero Root 7:1 extract**	150mg	‡
Fo-Ti Root 7:1 extract**	100mg	‡
Damiana Leaf 5:1 extract	100mg	‡
Green Oats Aerial Parts 10:1 extract	100mg	‡
Shatavari Root standardized**	100mg	‡
Brahmi (<i>Bacopa monnieri</i>) Leaf standardized**	100mg	‡
Gotu Kola Aerial Parts standardized**	75mg	‡
Tribulus Fruit standardized**	50mg	‡
Triphala Fruits**: Amla (<i>Phyllanthus emblica</i>)**, Bibhitaki (<i>Terminalia bellerica</i>)**, Haritaki (<i>Terminalia chebula</i>)** standardized	50mg	‡
Turmeric Rhizome standardized	50mg	‡
Hawthorn (<i>Crataegus oxyacantha</i>) Leaf and Flower standardized	50mg	‡
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Fennel Seed**, Cinnamon Bark**, Cardamom Seed**, Saffron**, Chrysanthemum Flower, Rosemary Leaf**, Clove Bud**, Sage Leaf**.		

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