

## **'FOOD STATE' VITAMINS AND MINERALS- ABSORPTION MAKES ALL THE DIFFERENCE.**

**By Dr. Dan Wagner**

I have had a change in thought about multi-vitamins and minerals in recent months. I am now convinced that FOOD STATE vitamins and minerals are the most absorbable, the most efficacious, and the most efficient supplements we can put into our bodies. I visited the GROW Company in New Jersey ([www.GROWCO.US](http://www.GROWCO.US)) in November and had a chance to meet with a number of very qualified PhDs and scientists who work there. They have done remarkable research and believe that "food state" vitamins are the next generation of nutritional science in the world. Their research has found that since the dawn of human beings on this planet, human cell physiology is designed to ONLY obtain minerals and vitamins from food (i.e. plants, fruits, meat, nuts), and that 95-98% of all the Multivitamins in America are chemicals (albeit most are naturally-derived and not synthetic), but they are not derived from natural food sources. Minerals and vitamins not derived from food are called *isolated fractions*. What occurs in the body is that our cells cannot identify minerals and vitamins except from food sources, and when isolated fractional vitamins are introduced, they are poorly assimilated by the cells and as a result much higher concentrations are needed to attain adequate absorption. The people at GROW call this new discovery the "delivery path of nutrients." Isolated fractions are lacking a vital carrier (a protein) necessary for the nutrient to be effective. The discovery that proteins have intrinsic signals in governing the transport of nutrients into cells, won Dr. G. Blobel the 1999 Nobel Prize in Physiology.

Take, for example, one of America's leading one-a-day vitamins that begins with a "C." It is all chemical with some isolated fragments and only about 19 percent absorbed. That means that 81 percent is being "spilled" into the urine and wasted. In another example, a person taking 2 or 3,000 mg of Vitamin C (even if its Ester-C), will get the same absorption rate from 300 or 400 mg of "food state" Vitamin C and Bioflavonoids.

Remember, most vitamins and minerals are very water-soluble, so ABSORPTION is the important factor, not intake. Food State vitamins are practically completely absorbed in the gut; there are no side-effects, and no interaction with other drugs (even Coumadin/warfarin). Ask Dr. Dan how Food State vitamins and minerals will enable you to take LESS supplements, get BETTER absorption, and save MONEY.

### **STATING THIS PREMISE, WE ARE PROUD TO INTRODUCE THE NEW LINE OF DR. DAN'S "FOOD STATE" VITAMINS MANUFACTURED BY THE GROW CO.**

#### ***ADVANCED MULTIVITAMIN & MINERAL COMPLEX***

The One-A-Day Multivitamin/mineral formula that is completely absorbed and will give you the basic complement of nutrients we need each day. All vegan tablets and hypo-allergenic. 60 tablets \$28.99 ; 120 tablets \$51.99

#### ***VITAMIN B-COMPLEX NUTRIENT FORMULA WITH MAGNESIUM & VITAMIN C***

The perfect vitamin B blend for optimal cellular energy function. Vitamin C protects Vitamin B complex nutrients from oxidation. Magnesium is required to get the Vitamin B group into its active form in the body. 60 Vegan tablets \$17.49

#### ***ANTI-OXIDANT FORMULATION WITH CoQ10***

A highly absorbed blend of the most essential anti-oxidant vitamins coupled with Coenzyme Q10. The body's ability to absorb CoQ10 declines in tandem with the aging process, so it is added for optimum immune benefit. 60 vegan tabs \$28.95; 120 tabs \$52.99

#### ***SELENIUM FORMULA WITH AMINO ACID BASE***

There is little doubt that most of our population is deplete in selenium, especially America men. GROW studies have found that supplementing with this whole complex selenium may produce a

50% decrease in prostate cancer mortality. I am recommending it for every man over 50. 60 vegan tablets \$22.95

*VITAMIN C WITH BIOFLAVONOIDS*

This formula certainly provides Vitamin C in a sensible dosage based upon clinical research. Bioflavonoids protect and enhance the action of Vitamin C and increase the bioavailability and absorption. 60 vegan tablets \$15.99; 120 vegan tablets \$27.99

*ESSENTIAL FATTY ACID COMPLEX OF MEGA 3,6,7,& 9*

This is our most exciting new food state formula, a unique blend of EFA found in nature but without fish. This EFA supplement can better “communicate” with genes and specific proteins better than the isolated fish components. 60 Vegan tablets \$17.49 ; 120 vegan tablets \$32.49

*FOOD STATE VITAMIN D3*

Vitamin D3 is the hottest news item in the nutritional world. D3 (7X better absorbed than D2) has a myriad of health benefits relating to aging and life extension, including stronger bones, nails, increased immunity, and anti-cancer effects. 60 Vegan tabs \$17.95