

## Superfood Multiple

**(U.S. product)**

**Article No. 02260 (30-day supply)**

The core formula, to be used by everyone. This advanced formula supplies every important vitamin and mineral in the potencies recommended by leading nutritionists and researchers.\* Includes high potencies of all antioxidant vitamins and minerals. Just three caplets replace handfuls of ordinary supplements. 90 caplets; three per day.

- **Multi-sourced:** Unlike leading brands, which contain only synthetic vitamins, this formula provides vitamins in their natural form, as well. Vitamin A is 100% derived from mixed carotenes, the preferred form recommended in current studies.
- **Iron-free:** Excess iron has been implicated in shortened lifespan; supplementation is not recommended for those without a specific need for it.
- **All 72 colloidal trace minerals:** Unlike other colloidal minerals, ours is certified to be free of toxic heavy metals.
- **Cere-Green™ Concentrate:** Provides vitamins, plant pigments and antioxidant enzymes from cereal grasses and blue-green algae.
- **Global Grains™ Concentrate:** A collection of the world's 12 important grains. Many of these grains, rich in vitamins and essential lipids, are no longer in use, as our modern tastes demand the lighter textures of highly-refined flours.
- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.\*

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

Formulated and analyzed to meet stringent USP (United States Pharmacopeia) standards.



### Supplement Facts

Serving Size 3 Caplets

	Amount Per Serving	% Daily Value†
Vitamin A (100% beta carotene, with natural mixed carotenoids from Dunaliella salina)	10,000 IU	200
Vitamin C (ascorbic acid)	500 mg	833
Vitamin D (cholecalciferol)	200 IU	50
Vitamin E (dl-alpha tocopheryl acetate and d-alpha tocopheryl succinate)	200 IU	667
Vitamin K (phyloquinoneΔ)	80 mcg	100
Vitamin B-1 (thiamine mononitrate, coenzyme cccarboxylaseΔ)	25 mg	1667
Vitamin B-2 (riboflavin, coenzyme riboflavin-5'-phosphateΔ)	25 mg	1471
Niacin (niacinΔ)	25 mg	125
Vitamin B-6 (pyridoxine HCl and pyridoxal-5-phosphateΔΔ)	25 mg	1250
Folate (folic acidΔΔ)	400 mcg	100
Vitamin B-12 (cyanocobalamin and coenzyme cobamamideΔΔ)	25 mcg	417
BiotinΔΔ	300 mcg	100
Pantothenic acid (D-calcium pantothenate and coenzyme pantethineΔ)	25 mg	250
Calcium (dibasic calcium phosphate and calcium citrate)	200 mg	20
Phosphorus (dicalcium phosphate)	180 mg	18
Magnesium (magnesium oxide and magnesium citrate)	100 mg	25
Zinc (zinc citrate)	15 mg	100
Selenium (L-selenomethionine)	100 mcg	142
Copper (copper gluconate chelate)	2 mg	100
Manganese (manganese gluconate chelate)	2 mg	100
Chromium (niacin-bound Chelavite®)	200 mcg	167
Molybdenum (sodium molybdate)	75 mcg	100

ΔΔWatkins Proprietary Cere-Green™ Concentrate	100 mg	†
Alfalfa juice (Medicago sativa), barley grass juice (Hordeum vulgare) wheat grass juice (Triticum aestivum), Klamath blue-green algae (Aphanizomenon flos-aquae)		
ΔWatkins Proprietary Global Grains™ Concentrate	200 mg	†
Amaranth (Amaranthus tricolor), brown rice (Oryza sativa), buckwheat (Fagopyrum esculentum) (seed), kamut (Triticum africanum), millet (Eleusine indica), oat (Avena sativa), quinoa (Chenopodium quinoa), rye (Secale cereale), sorghum (Sorghum bicolor), spelt (Triticum vulgare), soy (Glycine max) (bean), wheat germ (Triticum aestivum)		
Colloidal trace minerals (72 minerals from natural bentonite deposits)	100 mg	†
Vanadium (BMOV chelate)	50 mcg	†
Boron (boron citrate chelate)	1 mg	†
Rutin [Japanese pagoda buds (Sophora japonica)]	50 mg	†
Quercetin	25 mg	†
Seville orange flavonoid (Citrus aurantium) (fruit)	100 mg	†
Watkins Bio-Activator™ Blend	75 mg	†
Black Pepper (Piper nigrum) (fruit)		
Ginger (Zingiber officinale) (root)		
Cellulase plant enzyme		

† Daily value not established

Other ingredients: Microcrystalline cellulose, cellulose gum, vegetable stearic acid, silica, vegetable magnesium stearate and pharmaceutical glaze.

### Testimonials—

*These are personal testimonials. Individual results may vary.  
Consult your physician before taking any dietary supplements.*

#### **Derron Lemke's Amazing Story**

Derron, the son of Sue Skomsky, was experiencing severe behavioral problems that seriously impacted his performance at school and life at home. He was diagnosed with ADD (Attention Deficit Disorder) and given a prescription for Ritalin, which he took for eight years. In search of an alternative, the family traveled hundreds of miles to consult with a doctor of research specializing in children with ADD.

The specialist placed Derron on a program of dietary modification and intensive vitamin supplementation, believing that proper nutrition could correct the chemical imbalances in the boy's brain. The program worked well — well enough that Derron was allowed to stop taking the Ritalin. But in order to get all of the nutrients prescribed by the specialist, Derron had to take upwards of ten pills every morning; “not a very pleasant way to start the day,” according to Sue.

When Sue noticed that Watkins Superfood Multiple was similar to the nutrition profile of the vitamins Derron was taking, she faxed the ingredient statements to their specialist, who “was amazed at the formulations,” said Sue, “and gave instant approval. She got totally excited!”

Since Derron started taking Watkins Superfood Multiple, his whole outlook has changed. His grades in school have been excellent, and he has not had a single episode. Although every case is different and needs to be evaluated by a physician, Derron's physician, Dr. Brian Baxter, agrees that “Derron has done very well. The combination of the diet and the vitamins have allowed him to stop taking Ritalin. It's certainly a very holistic approach, and an alternative to prescription drugs.”

— Sue Skomsky, New York

“My son has been taking Superfood Multiple (Super Multi) for several months, and he is a different little boy! He is getting much better grades and has been able to focus at school, which was very difficult for him before taking the Watkins vitamins.”

— Kelly Borchardt, Ontario