



Total Nutrition Plus

Micronized and Concentrated Whole Body Nutrition

4 fl. oz. of Highly Absorbable Liquid Concentrate
30 Servings Per Container

Complete Whole Food Liquid Nutrients

Your body is designed to recognize and utilize nutrients best when they come from food. Each individual nutrient delivered to your body from food comes intact with its own specific and unique cofactors that tell your body where and how to utilize that nutrient. When vitamins or minerals are isolated from food or synthesized in a lab, their cofactors can be removed, inhibiting their ability to effectively nourish your body. While no supplement can compare to the benefits of eating raw, whole foods, if you are going to supplement, you should seek out a raw, whole food nutrient formula.

Why 'Total Nutrition Plus'

Total Nutrition Plus, a comprehensive multi-vitamin liquid formula made with raw whole food vitamins and minerals—providing essential vitamins and minerals for extraordinary health and vitality. Made with raw whole food vitamins and minerals from 46 superfoods, including 34 raw fruits, veggies and sprouts. Total Nutrition Plus has a tasty, natural fruit punch flavor—and no artificial flavors or colors—to give your body raw energy. Go beyond vitamins and minerals with Total Nutrition Plus. You only get one body, so feed it nutrients as nature intended.

Total Nutrition Plus Benefits

- Supports mental and physical energy
- Supports a healthy heart
- Provides antioxidant cellular protection
- Supports Immune System
- Supports a healthy metabolism
- Supports healthy joints and bones
- Supports Anti-aging and telomeres
- Raw, Vegetarian, Gluten Free, Dairy Free
- Total Nutrition Plus —Multi-vitamin formula made with raw, whole food vitamins and minerals that is free of artificial flavors, colors or preservatives.

Nanoceutical Benefits

- Cell Ready Nano Nutrients.
 - 100% Bio Absorption
 - 100% Bioavailability
 - Cellular absorption within minutes
- Biophotons
 - Cellular communication
 - Healthy biogenetic blueprint
 - Promotes proper DNA regulation

Total Nutrition Plus

Ingredient Overview

Vitamin & Mineral Complex - Provides Essential Building Blocks of the Body

Supports: *Mental & Physical Energy—Vitamin B Complex, Chromium, Iron, *Healthy Heart—Vitamin B Complex, Vitamins C, E
Antioxidant Cellular Protection—Vitamins C, E
Healthy Immune—Vitamins A, C, D3, Selenium, Zinc
Healthy Metabolism—Vitamin B-Complex, Chromium
Healthy Joints and Bones—Vitamins A, C, D3, Calcium, Magnesium, Zinc

Mixed Tocopherols Complex

Vitamin E (Tocopherol) is an important **vitamin** required for the proper **function** of many organs in the body. It is also an antioxidant. It performs its functions as antioxidant in the glutathione peroxidase pathway, and it protects cell membranes from oxidation by reacting with lipid radicals produced in the lipid peroxidation chain reaction. Other Benefits: Supports a healthy heart, breast & prostate, supports Eye health and immune system support.

Citrus C Complex

You need **vitamin C** for the growth and repair of tissues in all parts of your body. It helps the body make collagen, an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels. **Vitamin C** is needed for healing wounds, and for repairing and maintaining bones and teeth.

Benefits: Living Vitamin C, naturally occurring citrus bioflavonoids enhance your body's ability to effectively utilize vitamin C, plus an Organic Antioxidant Berry Blend helps protect your body against free radical damage.

Contains Lemon-Lime citrus bioflavonoids to support your body's ability to effectively utilize vitamin C.

Immune Mushroom Complex

Immune Mushroom Blend is a dynamic, broad-spectrum formula that provides multidimensional support for a balanced immune system and extraordinary health. Formulated with our Immune Balance Blend, time-tested traditional mushroom botanicals. Works naturally to balance your body's immune defense systems. Benefits: Supports the body's immune system, supports optimum respiratory health, increases secretory immunoglobulin A—an integral part of the body's immune system, Promotes and maintains a healthy nose and throat, supports glutathione production, the body's own antioxidant, Supports gut-related immune system function.

Organic Sprout Complex

Sprouts contain a significant amount of **protein** and **dietary fiber**, as well as **vitamin K**, **folate**, pantothenic acid, **niacin**, **thiamin**, **vitamin C**, **vitamin A**, and **riboflavin**. In terms of minerals, sprouts contain manganese, copper, zinc, **magnesium**, **iron**, and **calcium**. Other benefits: Build lean muscle mass, help repair it after work-outs and sustain it with certified organic plant protein.

Anti Aging Complex

PQQ - Vital Nutrient - for more information [click here](#)

Supports & generates fresh Mitochondria

Extends Telomeres which is shown to extend life

Cellular Anti Aging

cell *signaling modulator* & a superior antioxidant (great for Heart & Brain Health)

Nicotinamide Riboside

Total Nutrition Plus promotes systemic youthful functions by providing **nicotinamide riboside** — a patented compound for reversing the age-related decline in **NAD+** (*nicotinamide adenine dinucleotide*) levels. Found in every cell in the body, this enzyme plays a critical role in maintaining healthy cellular metabolism. Nicotinamide riboside represents an innovative advance to combat aging that functions via unique mechanisms not found in typical dietary supplements. And with **Total Nutrition Plus**, you now have an effective and affordable method to boost the critical NAD+enzyme for refreshed vitality.

Benefits at a Glance: Promotes systemic youthful functions, supports healthy cellular metabolism, regulates genes that control aging, supports energy levels and physical performance, preserves cognitive function during aging, Promotes insulin activity.

Fight Fatigue and Lack of Motivation with More Energy

If you are experiencing fatigue and lack of motivation, it may be due to the age-related decline in NAD+ levels and subsequent impairment of healthy cellular metabolism. NAD+ promotes systemic youthful functions and is found in every cell in the body.³ In addition, NAD+ plays an essential role in regulating genes^{4,5} that control aging.

Nicotinamide Riboside Boosts NAD+ and Promotes Systemic Youthful Functions

Newly patented nicotinamide riboside increases cellular levels of NAD+ in the body. For the first time, aging humans have an effective and affordable method to boost the critical NAD+ enzyme for refreshed vitality. Nicotinamide riboside has been documented to help replenish cellular NAD+ and in the process: Promotes sirtuin (SIRT1 and SIRT3) gene activation, enhance growth and efficiency of mitochondria — supporting energy levels and physical performance, favorably

modulate metabolism, contribute to neuronal health — supporting cognitive function during aging, promote insulin sensitivity — supporting healthy blood sugar levels in those within the normal range.

References

PLoS One. 2012;7(7):e42357, *Cell*. 2013 Dec 19;155(7):1624-38, *PLoS One*. 2008 May 21;3(5):e2267, *Cell*. 2007 May 4;129(3):473-84, *Nature*. 2000 Feb 17;403(6771):795-800, *Cell Metab*. 2012 Jun 6;15(6):838-47.

Marine Phytoplankton:

Enhanced brain function, Improved immune function, Antiviral/antifungal/antibacterial effects, Improved cellular repair, Radiation protection, detoxification support, Anti-inflammatory support, Antioxidant support, Improved circulation, Improved heart function, Allergy/asthma relief, Improved energy

Xanthohumol:

Xanthohumol may be new in supplement form, but it's not new to scientists. Over 198 published studies show Xanthohumol's potential to assist in a variety of biological functions. The most important research shows that Xanthohumol is up to 200 times more powerful than resveratrol.

Benefits: Antioxidant, Anti-inflammatory, improves glucose and lipid metabolism, protect brain cells, or neurons, Anti-rouge cells growth, protects heart, Anti-viral, protects brain and nerve cells, lowers isoprostanes within 3 weeks in humans by 36% (measured in urine). This means that xanthohumol is able to reduce the overall stress on the human system. Downregulates aromatase (natural aromatase inhibition). This protects cells from toxic estrogens and xeno-estrogens (artificial hormones like those found in plastics). Inhibits NF-k B (nuclear factor kappa beta) activation in cells. This inhibits mutations and cancerous changes in cells. Inhibits phase I cytochrome P450 enzymes. These are involved in the metabolic activation of carcinogens. This protects the body from dangerous toxins. Inhibits nitric oxide and prostaglandin E2 production. These are potent anti-inflammatory actions. Exhibits broad-spectrum anti-viral effects. Overall, anti-aging and youthening epigenetic effects. Xanthohumol stimulates the cells to stay younger, longer.

Marine Sea Plasma

This mineral-rich “soup of life” supplies 83 bioavailable elements, as well as amino acids, vitamins, and enzymes. The micro-mineral content is proportionally equivalent to our extracellular (matrix) fluid and blood plasma, and it is therefore indicated for needed repair and regeneration.

Optimum Mineralization Optimizes our Bioterrain and in doing so, supports: Cellular Nutrition, Genetic Nutrition, Natural Rehydration, Immune Support, Intestinal Wellness

Benefits: Energy, Endurance, Focus, Recovery, Flexibility, Relaxation / Sleep, Digestive Support, Immune Support Adrenal Support

Phenylethylamine:

Benefits: Strong Mood-lift which can last several hours, Increased focus and endurance, Increases energy, digestive aid.

Colostrum:

Taking colostrum daily can help your immune system stay at its normal levels to fight off infection and disease.

Benefits: Supports immune system to its top fighting form, supports hormonal system back to levels associated with youth, supports the digestive system to its optimal function/ heals gut and it even provides you with every *basic* essential nutrient, Supports athletic performance.

D-Ribose:

For millennia, people have believed that as we age, we naturally lose energy and vitality, but increasingly we’re learning that those losses are not inevitable. Humans, like all living things, must maintain high levels of ATP to support physical activity, and damaged or stressed muscle is slower at restoring those critical levels back to normal. And when ATP levels drop and cannot be restored quickly, we do indeed feel “drained” of energy.

But remarkable scientific progress has been made in the past few decades. Scientists are discovering that simply by providing injured, ailing, or fatigued muscle tissue with the ingredients for ATP, that tissue can be “rejuvenated,” restoring energy levels and boosting function. D-ribose, a natural sugar molecule with no known side effects, is one of those key ingredients. D-ribose supplementation powers damaged heart muscle back to near-normal levels of function, allowing victims of cardiovascular disease to begin the vital rehabilitation process. D-ribose can also help restore ATP levels in skeletal muscle, relieving pain and weakness post-exercise, and helping people to actually maintain the moderate level of increased exercise that is so critical to preventing heart disease and to recovering from it if it does occur. D-ribose can improve both cardiac energy and quality of life.

Provides support for: Heart disease, Chronic muscle disease, Aging, Chronic fatigue syndrome, Fibromyalgia, Athletic performance and recovery, Increases the rate of ATP and energy recovery after strenuous exercise, stress, and overwork, Shortens the time needed by heart and muscle tissue to replace energy that is lost through stress, exercise, and overwork, Helps the heart and muscles maximize energy recovery, increases stamina and endurance, and reduces fatigue.

Ubiquinone:

Benefits: *Ignite your body's engine by jump-starting energy production in your cells, *help strengthen your overall cardiovascular system, *act as an antioxidant to help protect you from free radicals, *provide your body with added defense against oxidation stress to your cells, tissues, and organs, *help you reduce the signs of normal aging, *help you potentially feel more alert and responsive, *by keeping blood levels high in CoQ10, help you maintain your vitality, *help you maintain blood pressure levels within the normal range, *help promote your healthy immune system, *support your nervous system, *help promote an active mind.

Royal Jelly:

Benefits: Antioxidant Power, Immune Modulator, Brain Function Enhancement, Liver Protection, Inflammation, Skin Healing, Blood Sugar Control, Bone Loss, Breast cell support, Cholesterol Control. Helpful for poor digestion, Stomach ulcers, High cholesterol, Insomnia, Menopausal symptoms, Anti-aging / Increase libido / Support egg and sperm health, Colds and flu, Fatigue / Stress Reactions (such as agitation, poor concentration, anxiety, skin flare-ups)

Boswellia Serrata:

Benefits: anti-inflammatory, Anti-rouge cells growth, Breathing support

Collagen:

Benefits: an important protein used to make skin, cartilage, tendons, ligaments, and blood vessels.

Dandelion:

Benefits: Supports Liver health, Bone health, UT health, Anti-rouge cells growth

Bupleurum Root:

Benefits: Immune support, Liver support, reduces stress, Improves mood, Anti-inflammatory

Supplement Facts

Serving Size 4 ml. (approx. 1 tsp.) daily.

Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	25	
Total Carbohydrate	< 5 g	1%
Dietary Fiber	< 1 g	4%
Protein	< 1 g	2%
Vitamin A (as beta-carotene)	5,200 IU	104%
Vitamin C	240 mg	400%
Vitamin D3	1,000 IU	250%
Vitamin E	27 IU	90%
Vitamin K	100 mcg	125%
Thiamine (Vit. B1)	8 mg	533%
Riboflavin (Vit. B2)	8 mg	470%
Niacinamide (as Niacinamide)	40 mg	200%
Vitamin B6	8 mg	400%
Folate	400 mcg	100%
Vitamin B12	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid	40 mg	400%
Calcium	20 mg	2%
Magnesium	10 mg	3%
Iron	3 mg	15%
Iodine	150 mcg	100%
Zinc	8 mg	55%
Selenium	125 mcg	179%
Copper	2 mg	100%
Manganese	4 mg	200%
Chromium	120 mcg	100%
Molybdenum	75 mcg	100%
Potassium	50 mg	1%

Amount Per Serving	% Daily Value
Mixed Tocopherols	+
alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol, delta-tocotrienol, beta-tocopherol, gamma-tocopherol	
Mixed Carotenoids	
alpha-carotene, gamma-carotene, Lycopene	
RAW Organic Fruit & Vegetable Blend	+
Strawberry, Cherry, Blackberry, Blueberry, Beet, Carrot, Spinach, Broccoli, Tomato, Kale, Cabbage, Parsley, Brussels Sprout, Bell Pepper, Cucumber, Celery, Garlic, Ginger, Onion, Cauliflower, Asparagus	
RAW Citrus C Blend	+
RAW Amla Berry, Grapefruit Bioflavonoids (Naringin, Isonaringin, Naringenin, Neohesperidin, Hesperidin, Rhoifolin)	
Immune Mushroom Complex	+
Reishi, Maitake, Shiitake, Cordyceps, Lion's Mane, Zhu Ling, Fu Ling, Turkey Tail, Blazer, White Wood	
Organic Sprout Complex	+
Barley, Amaranth, Quinoa, Millet, Buckwheat, Garbanzo Bean, Flax, Sunflower, Pumpkin, Lentil, Adzuki, Chia, Sesame	
Anti-Aging Complex	+
Pyrroloquinoline quinone (PQQ), Nicotinamide Riboside, Marine phytoplankton, Xanthohumol, Sage, Marine Sea Plasma, Phenylethylamine, Colostrum, D-Ribose, Ubiquinone, Royal Jelly, Boswellia Serrata, Collagen, Dandelion, Bupleurum Root	
Other Ingredients: Glycerin and Purified Spring Water	
Percentage of Daily Values are based on a 2000 calorie diet. + Daily Value not established.	

Directions

Adults take 4 ml. (approx. 1 tsp.) daily. Children 3 - 12 take half dose 2 ml. (approx. half tsp.) daily. Best served cold, can be mixed in water or juice. May be taken with or without food.

Shake well before use. For optimal freshness refrigerate after opening and use entire contents within 60 days of opening

Contains no filler ingredients. No artificial colors, flavors, preservatives or sweeteners. This product is Gluten Free and Non-GMO.

Bottled in a special dark colored PETE plastic bottle engineered to block damaging light frequencies that can degrade nutrients, ensuring maximum protection of our ingredients. Highest quality plastic that does not allow anything to leach into the product.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Do not use if safety seal is broken or missing.

Keep out of reach of children. Use only as directed.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.