



Dr. Siegfried

# Whole Food Nutrients

## by NutriPlex Formulas

*Whole, natural foods contain much more than vitamins and minerals alone.  
Vitamins are chemicals invented by scientists.  
Foods are from real plants, not manufacturing plants.*



**ADRENAPLEX** is a source of adrenal substance to offer amino acids and other nutrients, along with vitamin C and mineral foods, for energy and hormonal support.

**BFOOD COMPLEX** supports a wide range of functions, including nerves, glands, brain, emotions, mental acuity, energy, adrenals, vitality, heart, muscles and more. A lack of vitamin B FOODS can lead to chronic fatigue, exhaustion, irregular heartbeat, soreness, insomnia, memory loss, dizziness, stress-related problems, anemia, etc.

**CALMAG** provides a unique 4 to 1 ratio of calcium lactate to magnesium to support healing, muscles, bones, ligaments, joints, heart, damaged tissue, injury, blood pressure, digestion, immune system response and more.

**CAROC** contains important vitamin C foods along with synergistic vitamin A foods as well as carotenoids and helper nutrients for skin, eyes, internal organs, blood vessel linings, cardiovascular system, adrenal support, respiratory system, eyes, sex glands and more.

**CELLPOWER** is an excellent multi-food complex for energy, immune support, vitality, general nutrition, healing and active lifestyles, as well as for the aging and those needing extra nutrition for chronic illnesses.

**DIGESTPLEX** is a digestive enzyme product to break down fat, proteins and carbohydrates. This is especially helpful in this age of dead, cooked-food diets and high cholesterol.

**FEMPLEX** supplies nutrition for the female hormonal system and related functions. The foods and herbs have been shown to benefit women with a variety of "female" health problems ranging from PMS to menopausal symptoms.

**FLAVOC** is a vitamin C and bioflavonoid formula with foods and herbs promoting health of tissue linings, glands, connective tissue, teeth and gums, bones, skin cells, cardiovascular system, adrenal gland, eyes and mucous membranes. This is NOT an ascorbic acid/vitamin C product but rather a natural source of vitamin C and all of its cofactors.

**GREENNUTRIENTS** is an array of green, alkaline plants rich in enzymes and minerals favorable to hormones, skin, glands, joints, respiratory system (esp. bronchioles) blood sugar metabolism, organs, blood, with a special role in healing.

**GTF COMPLEX** contains foods and herbs, including the heralded gymnema and chromium to supply the glucose tolerance factor helpful in blood sugar metabolism and balance.

**IMMUNE SUPPORT** benefits the immune system with an array of herbs and foods. May be taken when cold or flu is coming on, or as part of a program of prevention or recovery from chronic illness.

**INFLAPLEX** is used to support the natural stages of inflammation and repair often present with swelling, pain, redness, congestion, increased body heat, soreness, mucous, etc. Nutrients such as flavonoids are needed with infection, colds, allergies, etc.

**MALESUPPORT** contains scientifically researched foods and herbs to benefit the male hormonal system, especially when problems are due to a poor or nutrient-deficient diet.

**PROMIN** is a unique combination of herbs and bone meal to support the musculoskeletal system, nails, teeth, gums and repair mechanisms. Use as a part of a nutritional schedule in bone loss, aging and nutritional deficiency. Sulfur bearing amino acids, phosphorus and silicon, plus vitamin K make this an excellent choice for muscles, joints, bone, tendons, ligaments and cartilage.

**SUPERGREENS PHYTOFOOD** is a super food supplement with more than 21 plant foods (completely vegetarian) to provide a multiple, raw, chemical free, green and pure source of vitamins, minerals, and enzymes. Used for prevention diets, chronic illnesses, cardiovascular health and a great deal more.

**ULTIMATE DEFENSE** is a blend of potent foods and herbs researched for supporting the body in eliminating toxins accumulated from the environment, food supply and personal care products. Several of the ingredients have been shown to exhibit antibacterial,

antifungal actions.

**VASCOR** contains excellent foods and herbs for cardiovascular support, including the heralded antioxidant resveratrol food, grape seed extract. Beyond blood vessels, VasCor is used with pain, inflammation, physical exertion, athletics, headaches, inflammation, back problems and more.

**VITALIV** is for the liver which is involved in detoxification, blood processing, production of healthy cholesterol, breakdown of fats, hormone production, vitamin A conversion, etc.

**WHOLEFOOD COMPLEX** is a well balanced, enzyme rich food source providing a general array of vitamins, minerals and proteins in their original food complexes.

## What's the Difference between a food & a vitamin pill?

Dr. Siegfried teaches that foods contain vitamins but vitamins NEVER contain the rest of the interwoven "whole food complex." Food is nature's complex creation, containing a vast array of nutrients that are interrelated, interdependent and balanced. Vitamins, on the other hand, are either synthetic (man-made) or so-called "natural but no longer a part of the original complex. A vitamin, even if natural, is not complete because it's missing the helper nutrients found in nature. NutriPlex Formulas' supplements are foods, not parts of foods, and not synthetic. With whole food, it's the completeness and nutrient-density that counts, not milligrams or high potency (these are merely ways of measuring artificial and isolated chemicals, not food quality). Our bodies are designed to heal, ward off illness and stay healthy by consuming whole foods. Your body knows the difference!