

Supper_Food_Total_Nutrition_Formula_2004.txt

In this particular formula a "part" means a measurement by volume and not weight. What volume you use is up to you. All ingredients are either Organic or Wildcrafted.

I added Astragalus as it is the #1 herb for balancing metabolism and blood sugar levels. Without changing my diet one iota, I dropped 10 pounds when I added this little goody to the formula. I also upped the Spirulina and Chlorella 50% each to increase the protein, and mineral intake.

My favorite way to take it is:

2 heaping tablespoons of TN
1 Tbl spoon of UDO's
1 Tbl spoon of Flaxseed Oil
1 Teaspoon of Bee Pollen (the reason I haven't added Bee Pollen to the TN formula is because pollen should be refrigerated where TN doesn't need to be)

2 raw organic eggs
& sometimes 1 teaspoon of MSM Powder
Blended in Apple cider for a minute makes the best morning drink I ever tasted.

Total Nutrition Formula

1 part Alfalfa Grass Powder
1 part Barley Grass Powder
1 part Wheat Grass Powder
1 part Norwegian Purple Dulse Seaweed Powder
1 part Beet Root Powder
1 part Spinach Leaf Powder
1 part Rosehips Powder

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1 part Orange Peel Powder
1 part Lemon Peel Powder
1 part Astragalus Powder
1.5 parts Spirulina Green Algae
1.5 parts Chlorella Broken Cell Algae
5 parts Yeast Flakes
5 parts Yeast Powder

NB. Yeast (both the flakes and the powder) must be Non-active Saccharomyces Cerevisiae Nutritional Yeast. Which is safe for patients with Candida Albicans.

TOTAL NUTRITIONr
100% ORGANIC and WILDHARVESTED
VITAMIN and MINERAL WHOLEFOOD SUPPLEMENT

This perfectly balanced blend of Superfoods is specifically formulated to supply you with Natural Food Source Vitamins, Minerals, Amino Acids and Essential Trace Nutrients.

These are Nature's Nutrients, not man made synthetic vitamins. All ingredients are from the richest, whole food sources on the planet. All the ingredients are organically grown or wildcrafted. This zero fat formula will give you quick energy, and it tastes great. It should be the foundation of any health program because it is nutrients that build your body and health.

Spirulina Blue Green Algae
Spirulina is one of the most concentrated, nutritious foods on this planet. It is the highest natural source of complete protein (75%). We use the only organically grown Spirulina in the world, from Hawaii. The high amount of sunshine there makes this Spirulina higher in Beta Carotene than any other. It is also a rich source of B-Vitamins. especially B-12. Grown using water

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pumped from 2000 feet deep in the ocean, this Spirulina is one of the richest sources of minerals also. Being one of the oldest types of algae, it has a soft cell wall for easy digestion and assimilation.

Chlorella

Chlorella is second only to Spirulina in nutritional content. Another of the algaes, it Is an extremely concentrated source of nutrition and compliments Spirulina well. The cell wall has been cracked to make the nutrients more available and increase its digestibility.

Astragalus

In Oriental Herbology, Astragalus shares the #1 spot with Ginseng. Astragalus not only has a reputation for preventing Cancer, but it is famous for rejuvenating digestive organs and regulating blood sugar. Astragalus also raises and improves metabolism and can therefore bring about a certain amount of weight loss for those who desire it. Furthermore, it strengthens the immune system, promotes the healing of wounds and injuries, reduces Edema and is well known for dramatically increasing energy levels, and assisting those who are diabetic.

Alfalfa, Barley and Wheat Grasses

These are the Vitamin / Mineral herbs. They are mildly cleansing and the greatest sources of nutrition and minerals of any of the grasses. Grain grasses are more potent than the grains themselves, offering us a rich array of vitamins, minerals and chlorophyll.

Purple Dulse Seaweed

Seaweeds are the richest source of assimilable minerals on the planet. They contain all the minerals and trace minerals that are found In the oceans and the earth's crust. We chose Purple Dulse because it has the highest mineral concentration, but also a bland taste. Many seaweeds taste fishy and are

offensive to vegetarians.

Beet Root and Spinach Leaf

Beets and Spinach are some of the richest, most assimilable sources of organic iron. Beets, being a root vegetable and growing underground, change inorganic raw elements into plant minerals, that are useable by us. Spinach is a rich source of Calcium, Iron and Vitamin K. Both of these plants are famous for their blood building ability.

Rose Hips, Orange and Lemon Peels

Revered as the best sources of Vitamin C, these fruits are also a balanced C-Complex source. They contain BioFlavinoids, Rutin, Hesperidin, Calcium and all of the trace elements that are now known to be necessary to assimilate Vitamin C. The citrus peels are also one of the highest sources of Pectin, which has been proven to remove heavy metals (Mercury, Lead, etc.) from the body, even remove radioactive contamination like deadly Strontium 90.

Non-Active *Saccharomyces Cerevisiae* Nutritional Yeast

This yeast is grown on beets and pure molasses. It is the second highest source of complete protein in nature (50%), and the richest source of B Vitamins. It is also a rich source of Iron and many other minerals. The yeast we choose is heated high enough to absolutely destroy any yeast activity, but not high enough to lessen the B Vitamin content. It is totally NON active and safe for patients with *Candida Albicans* or on yeast free diets.

Nutritional Analysis

Serving size 2 level tablespoons Servings per container
30 (1 month supply) Protein 60% per serving - Low fat 1/10th
of a gram - Calories 27. Each serving of Total Nutrition

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contains naturally occurring vitamins, minerals, amino acids, enzymes and other complex and trace nutrients. One serving contains the following R.D.A. percentages for an adult male. Vitamin A Beta Carotene 7,000 I.U. 700%, B1 Thiamine 7 mg. 400%, B2 Riboflavin 7 mg. 400%, B3 Niacin 36 mg. 200%, B6 Pyridoxine 7 mg. 300%, B12 - 8 mcg. 250% plus a normal balance of all the B-Complex nutrients including Folic acid, Pantothenic acid, Biotin, Inositol, Choline and PABA. 30 mg of Vitamin C and its complex nutrients of Rutin, BioFlavinoids and Hesperidin are present and when combined with the suggested blender drink on the other side of the label well over 100% of the R.D.A. is supplied. Vitamin E is present along with Omega 3 and 6 Essential Fatty Acids including Alpha Linolenic, DHA, Gamma Linolenic GLA and Essential Linolenic. The Total Nutrition Plants are also mineral rich. Over 12% of the volume is pure plant minerals. Each dose has 21% of your needed Iron and also contains Calcium, Magnesium, Zinc, Potassium Selenium, Phosphorus, Chromium, Sulfur, Copper, Boron, Manganese and is a rich source of Iodine. This product is loaded with RNA. over 1,000 milligrams per serving and DNA.. It is a complete protein averaging 60% and contains all the amino acids but especially the 8 essential. Contains Chlorophyll. Remember, its not how much you take, but how much you can assimilate!

Additional Serving Suggestions Total Nutrition takes on a whole new delicious taste when mixed with olive oil and pressed garlic and spread over a whole grain bread and topped with tomatoes or used to stuff celery. It is also good sprinkled on a salad with an oil and vinegar dressing.

Lay a bed of "Spring Mix" salad greens on a dinner plate. Top with one mound of fresh, shredded carrots and one mound of fresh, shredded beets. This is the main body of the salad. You can vary

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the toppings each day, so you won't get bored. One day you can use tomatoes, cucumbers and celery. Another day avocado, onion and olives. Another day, sprouts and Greek olives. The point is that you ALWAYS use the main ingredients and vary the toppings. Everything should be organic. After you've made the salad, sprinkle a generous amount of Total Nutrition on top (2 tablespoons). Then put some Olive Oil dressing on top of the Total Nutrition. Now sprinkle some VINEGAR dressing on top of the whole thing. EAT AND ENJOY!

2 Rounded Tablespoons of Total Nutrition
Added to your favorite juice or blender drink, gives you
2 to 5 times the vitamins you need for the entire day. What's even better is that you can assimilate these foods so easily, the nutrients are in your bloodstream going to work within 15 minutes.

Much love,

Ian

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