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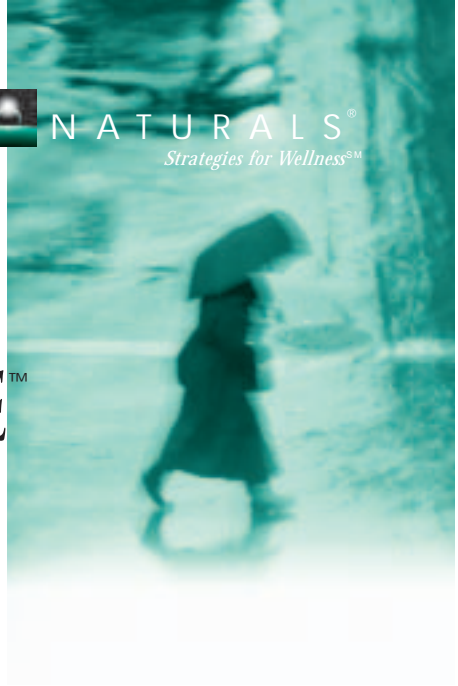


NATURALS®

Strategies for WellnessSM

Wellness MULTIPLE™

Think Wellness Everyday



From the company that brought you Wellness Formula®, an industry leader in cold weather protection, comes Source Naturals' WELLNESS MULTIPLE: the perfect companion formula for daily use.

Source Naturals WELLNESS MULTIPLE provides optimal potencies of the vitamins and minerals typically found in a multiple. But WELLNESS MULTIPLE goes a lot further, with cutting-edge nutrients, potent antioxidants and herbal adaptogens to keep you feeling great year-round.

Source Naturals WELLNESS MULTIPLE™: for everyday well-being.



Beyond the ABC's of Nutrition

In the past 15 years more than a million people have turned to Source Naturals' WELLNESS FORMULA: winter protection that *really works*. But once you've won the cold weather battle, how do you maintain wellness over the long haul? Again Source Naturals can help, with a supplement that offers the nutrients found in other multiples – and then goes a lot further.

WELLNESS MULTIPLE is a comprehensive stand-alone multiple that can be taken along with WELLNESS FORMULA, when your body is under physical stress during the cold weather. It also can be used alone to support general well-being. But don't confuse WELLNESS MULTIPLE with run-of-the-mill multiples. Altogether it contains *more than 40 ingredients* – including vitamins, minerals, specialty ingredients, phytonutrients and traditional herbs!

Vitamins and Minerals

The WELLNESS MULTIPLE™ formula begins with generous amounts of key vitamins and minerals (21 in all). Included are high potencies of energizing **B-vitamins**, as well as 100% of the USRDA of the essential minerals **zinc** and **copper** per daily use.

Some of these vitamins and minerals are potent antioxidants, including **beta carotene**, **vitamins C and E**, and **selenium**, which work separately and in combination to protect your body from free radical damage.

Specialty Ingredients

Unlike common multiples, WELLNESS MULTIPLE includes cutting-edge ingredients whose nutritional importance has only recently been recognized. The amino acid, **N-acetyl cysteine**, is an antioxidant with a strong affinity for the liver. It also contributes to increased levels of the antioxidants glutathione and glutathione peroxidase (a selenium-containing enzyme) which work together to scavenge free radicals.

Another advanced nutrient is **alpha-lipoic acid**. This vitamin-like substance is key to cellular energy production, and also is renowned as the "universal antioxidant." Alpha-lipoic acid provides antioxidant protection to both fatty and aqueous tissues. It also recycles "used" antioxidants, including vitamins C and E and glutathione, to enhance their protective properties.

WELLNESS MULTIPLE includes **coenzyme Q10**, the heart and energy nutrient that is a vital link in the body's energy-producing system. CoQ10 functions in the mitochondria, the tiny energy factories in our cells where food is turned into usable energy. Studies also have documented the use of CoQ10 for antioxidant protection, particularly in fatty tissues.

Advanced Phytonutrients

WELLNESS MULTIPLE is unusual among multiples in the scope of its protective plant compounds, including a number of bioflavonoids. Bioflavonoids occur as pigments in plants, where they are found in close association with vitamin C. Together,

bioflavonoids and C provide antioxidant protection, helping plants withstand harsh conditions.

WELLNESS MULTIPLE contains bioflavonoids from **elderberry**, as well as the bioflavonoid **quercetin**, which helps stabilize cell membranes and prevent free radical damage to this vital but vulnerable part of cells. The elderberry in WELLNESS MULTIPLE also provides anthocyanins. Elderberry's phytonutrients are known to support the body's natural defenses, to positively influence cell function and protection in the human body, and to help maintain the walls of small blood vessels.

Another important source of bioflavonoids in WELLNESS MULTIPLE is **Proanthodyn™**, or concentrated grape seed extract, with potent antioxidant properties, especially for the vascular system.

Additional advanced botanicals in WELLNESS MULTIPLE include the powerful antioxidant **green tea extract**; **milk thistle seed** (silymarin) and **turmeric**, which are renowned for liver support; and **whole leaf aloe vera concentrate**, whose polysaccharides have numerous health-supporting properties.

Herbal Adaptogens

Adaptogens help our systems adapt to environmental stresses. Unlike other health-supporting herbs, which are meant for short-term use, adaptogens provide long-term, continuous protection. They help our bodies maintain a healthy balance, or *homeostasis*, in the face of stress.

It is unusual to find herbal adaptogens in a multiple, but WELLNESS MULTIPLE contains some of the most renowned adaptogens. These include **reishi**, **shiitake** and **maitake mushrooms**, **Siberian ginseng**, **astragalus** and **cat's claw**.

The Perfect Duo for Optimal Wellness

By now many consumers have learned to reach for Wellness Formula at the first sign of seasonal imbalance. Now you can take the next step in protecting your health. Think Wellness every day with Source Naturals Wellness Multiple: available in 30, 60 and 120-tablet bottles.

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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.