



Lorna Vanderhaeghe, MS, is Canada's leading women's health expert and has been researching nutritional medicine for over 25 years. With degrees in nutrition and biochemistry, she is the author of 10 books including *A Smart Woman's Guide to Hormones* and *A Smart Woman's Guide to Weight Loss*. She has a monthly newsletter which you can read and sign up for at her website.

MULTIsmart™

What to expect from this product:

- ♥ All the nutrients you need every day
- ♥ Easy-to-use powder packets with a delicious fruit taste
- ♥ Now available in capsules too!
- ♥ Highly absorbable nutrients
- ♥ Complete bone nutrient formula—no need for additional calcium
- ♥ Safe for pregnant women, nursing moms and teens
- ♥ Gluten-free



MULTINUTRIENTS: AN INSURANCE POLICY FOR HEALTH

According to a recent Canadian Community Health Survey, less than half of adults eat the minimum recommended five servings of fruits and vegetables a day. This amount of fruit and vegetables is required to get just the basic vitamins and minerals needed to maintain health. Vitamins and minerals are required to make hormones and digestive enzymes, to support your thyroid and much more.

Often we hear that we get all of our nutrients from food and that we don't need extra vitamins and minerals. However, fruits and vegetables are harvested before they are ripe and they are grown on soils exhausted of nutrients. Broccoli, for example, contains half as much calcium and vitamin A as it did in 1975. Cauliflower contains 40 percent less vitamin C.

Lifestyle also plays a role in depleting the body of nutrients. Oral contraceptives deplete the body of B vitamins and folic acid. Stress, alcohol, prescription medications, caffeine and carbonated drinks rob magnesium and other nutrients from the body.

For all of these reasons, it is imperative that every woman, from teens to the elderly, take a multivitamin with minerals daily. Multismart™ is a complete nutritional formula containing all the nutrients you need in easy-to-use powder packets or capsules. This formula contains the most absorbable forms of nutrients, including selenomethionine, vitamin B6 (required to make red blood cells), the right type of calcium that will not cause breast calcification, the best form of magnesium and more.

www.hormonehelp.com

FORMULA:

VITAMINS

Vitamin A (Palmitate).....	1250 IU
Beta-Carotene	7500 IU
Thiamine (Vitamin B1, Thiamine Hydrochloride)	30 mg
Riboflavin (Vitamin B2)	30 mg
Non-flushing Niacin (Inositol Hexanicotinate)	15 mg
Niacinamide	15 mg
Vitamin B6 (Pyridoxal 5-Phosphate)	30 mg
Vitamin B12 (Methylcobalamin)	500 mcg
Pantothenic Acid (Vitamin B5, Calcium D-panthothenate).....	125 mg
Folate (Folic Acid)	500 mcg
Biotin	250 mcg
Vitamin C (Calcium Ascorbate)	300 mg
Vitamin D (Vitamin D3, Cholecalciferol)	500 IU
Vitamin E (D-Alpha Tocopheryl Succinate)	100 IU

LIPOTROPIC FACTORS

Choline (Bitartrate)	50 mg
Inositol	50 mg

MINERALS

Magnesium (Glycinate) (Elemental)	250 mg
Potassium (Citrate)	50 mg
Manganese (Citrate)	7.5 mg
Zinc (Citrate)	7.5 mg
Iodine (Potassium Iodide)	150 mcg
(Chromium (III) Polynicotinate)	100 mcg
Selenium (Selenomethionine)	50 mcg
Vanadium (Citrate)	37.5 mcg
Molybdenum (Citrate)	12.5 mcg
Calcium (Glycinate, Aspartate, Citrate) (Elemental)	500 mg

SPECIAL NUTRIENTS

Silicon (Equisetum arvense L., Horsetail, aerial)	2mg
Citrus Bioflavonoids (Citrus peel) (4:1 extract)	50mg
Fennel Seed (Foeniculum vulgare) (4:1 extract)	25mg
Glutamic Acid	25mg
Lutein (Tagetes erecta, Marigold flower)	500mcg

Sweetened with stevia, natural orange juice, mango and pineapple flavours.

SUGGESTED USAGE:

Adults 12 and older)

- Shake one to two packets vigorously with water or juice or mix in yogurt.
Capsules: Take 6 to 12 capsules per day with food.

Does not contain artificial preservatives, colors or sweeteners, dairy, wheat or yeast. **GLUTEN-FREE.**

TRY THESE DELICIOUS MULTISMART™ RECIPES

In a shaker cup, shake well:

- 1 packet of Multismart™
 - 8 oz (250 mL) of water or orange/mango juice
- Add more juice or water for desired flavor.
Children and teenagers love Multismart™, too!

In a blender, add:

- 4 oz (125 mL) citrus juice or water
- 1 to 2 packets of Multismart™
- 1 banana, a few frozen mango cubes, raspberries or any seasonal fruit

ALL FORMULAS ARE THIRD PARTY INDEPENDENTLY TESTED FOR QUALITY AND POTENCY.

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Health Solutions, Inc.

For more information on Lorna Vanderhaeghe products, and to sign up for Lorna's FREE e-letter, go to www.hormonehelp.com.

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