

General Supplement FAQs

I have a difficult swallowing tablets and capsules. Can I crush the tablets?

As a general rule, you may cut tablets into pieces or crush them and mix them with food or drink. Two-part capsules with dry ingredients, such as **Mineral pH** and **Joint Solutions**, may be cut or pulled open and added into something like the **Protein Shake**, **Energizer Tea**, juice, applesauce, yogurt, etc., but make sure to eat it in a reasonable amount of time. Mixing supplements into the **Protein Shake** is a great way to take your supplements.

What are whole foods supplements and how do they compare with a multivitamin?

Whole foods supplements, such as True Essentials' **Fruit and Vegetable Essentials** and **Power Antiox**, are not multivitamin products, so they do not compare directly with a typical multivitamin. **Power Antiox** is a high-potency freeze-dried extract of three fruits: wild blueberries, pomegranates and acai berries. **Fruit and Vegetable Essentials** is produced similarly with a wide range of fruits and vegetables.

Multivitamins generally serve an important purpose of ensuring daily intake of the essential vitamins and minerals that the body is unable to make on its own. Taking a vitamin C supplement, however, does not quite replace an apple, though, because an apple contains over 10,000 components (distinct molecules) in its makeup. These plant nutrients are known to work together to benefit the body, but there are not yet recommended daily amounts (RDA's) for these nutrients. Foods contain a myriad of plant-based nutrients (phytonutrients) that work together in the body and cannot realistically be replaced by a multivitamin. One should not interpret that these plant nutrients are unnecessary because the government has not yet defined a required daily amount. That would be a daunting, if not impossible, task. Another way that **Fruit and Vegetable Essentials** differs from a multivitamin is that it also contains fiber, digestive enzymes, and three types of probiotic bacteria to assist with digestion and gut health. It is a "very rounded" product with numerous health benefits and a variety of nutritional contributions. In contrast, multivitamins target a specific amount of a limited selection of particular essential nutrients. Many people start with a multivitamin, such as the one included in the **Men's and Women's Essential Packs**, as the foundation of their supplement regimen then add the plant nutrients and other benefits of **Fruit and Vegetable Essentials** and/or **Power Antiox** to complement rather than replace or compete with the essential vitamins and minerals contained in the multivitamin.

What is ORAC value?

ORAC is an acronym for Oxygen Radical Absorbance Capacity. ORAC value is representative of antioxidant power and is used as a standard of measure for the effectiveness of antioxidants. It represents how well a substance may work to neutralize free radicals so that they do not harm cells, DNA, and other parts of our body.

The recommended daily amount (RDA) for ORAC value is 2500 and the recommendation is to eat a combination of 5 fruits and vegetables each day to obtain this amount of antioxidant benefit. A daily serving of **Fruit and Vegetable Essentials** provides approximately 5000 ORAC (2500 for the fruit capsules and 2500 for the vegetable capsules). Wild blueberries were selected for **Power Antiox** because they have been shown to have a much higher ORAC value and contain more nutrients than regular, cultivated blueberries. One gram of wild blueberry extract is rated at 6500 ORAC which is equivalent to the ORAC value and antyocyanin content of 2.5 cups of wild blueberries. Both **Power Antiox** and

Fruit and Vegetable Essentials provide a convenient, year-round supply of fabulous nutrition that would be very expensive and impractical to duplicate considering the selection and variety of fruits and vegetables provided in these two products.

What is the coating on the tablets?

The coating is a water and plant cellulose solution that serves to create a smooth coating so that the tablet is easier to swallow and in some cases it also masks unpleasant flavors and odors. It is also applied to protect the tablets from moisture and degradation. The coating is easily dissolved so that the ingredients are readily available for absorption.

Which form of supplement is better, powder, softgel, gelcap or tablet?

We select the form most appropriate for each particular product, but all four supplement forms are effective in providing nutrients to our body.

Why should we take supplements with meals?

Taking supplements with meals helps prevent discomfort in people with sensitive stomachs. Also, nutrients work together to provide maximum benefits, so combining supplements with food can promote optimal absorption and use by our body. The presence of food in our stomach stimulates the production of enzymes and acids required for the digestion and absorption of nutrients. It does not matter which meals the supplements are taken with, just that the time is convenient and becomes a regular part of your daily routine.

Where are True Essentials manufactured?

Our products are custom manufactured in the United States in a variety of places so that we can provide products that use optimal ingredients and processes. All manufacturers follow our strict guidelines, adhere to legally required General Manufacturing Procedures (GMP), and our products are produced to pharmaceutical grade standards. Different products require particular equipment and we use certain proprietary ingredients that are only available through certain sources as well. Therefore, one manufacturer does not meet all of our needs and requirements. Please review the product information pages and you will see that our formulas are unique and comprehensive. Many of our products are whole foods-based, using potent extracts or direct plant sources. Take a look at **Mineral pH, Fruit & Vegetable Essentials, Power Antiox, Fiber Powder, EFA Essentials, Joint Solutions**, etc. Although we do include multivitamins in our product line, our products extend well beyond a typical "vitamin."

Are True Essentials products natural or synthetic?

We don't use much that is synthetic at True Essentials since most of what we use is derived from natural processes. Synthetic means that something was made from other ingredients using chemistry, and does not usually refer to something that was extracted. In fact, all vitamins come from natural sources. For example, vitamin B12 is from bacteria. All minerals are ultimately sourced from the earth so they are natural as well. In fact, you cannot make them synthetically, by definition; they are atoms, basic building blocks from which other things are formed. All of our plant extracts are from natural sources. For example, our blueberry extract is 100% natural also. Synthetic blueberry extract is impossible. We use a highly purified extract of wild blueberry.

If I eat a well-balanced diet, are supplements necessary?

Surveys and studies show that a very small number of us, including the well-intentioned, actually eat according to recommended guidelines to obtain the baseline amounts of essential vitamins, minerals, antioxidants and fatty acids needed on a daily basis. North Americans are often over-fed and undernourished because we tend to eat calorie-rich, nutrient-poor foods. Supplements are necessary to make up for the nutrients our diets lack.

The nutritional value of foods has decreased over time due to nutrient-depleted soils, extended storage times, and destruction of nutrients through cooking and processing methods such as pasteurization. Daily supplementation provides a known supply of reliable nutrition to ensure we obtain important nutrition and are able to live well and feel well.

What are the various ways nutrient amounts are measured?

Minerals and water-soluble vitamins are expressed in terms of weight. Fat-soluble vitamins are usually reported in terms of activity because the various forms of these vitamins have different levels of activity. The most common form used for fat-soluble vitamins is the International Unit (IU). International Units can be converted to weight equivalents if the form of the fat-soluble vitamin is known and taken into consideration.

Some nutrients are listed in micrograms (mcg) and others are listed in milligrams (mg). A milligram (mg) indicates a unit of weight that is 1000 times heavier than a microgram (mcg).

It takes 1000 micrograms (mcg) to equal 1 milligram (mg).

So 1 microgram (1 mcg) is 1/1000 of a milligram (0.001 mg).

And 100 micrograms (100 mcg) is the same as 1/10 of a milligram (0.1 mg).

Likewise, 400 micrograms (400 mcg) is the same as 4/10 of a milligram (0.4 mg)

How can I learn more about True Essentials Supplements?

Please browse our web site, www.trueessentials.net, and familiarize yourself with the resources and information available there. Each product has detailed product information pages that you can access online and print or save on your computer if you wish to. We recommend that you print these out and have them handy for when you or a friend has questions about a product. The **True Essentials Catalog** is a convenient reference tool for familiarizing yourself with the available products and their benefits. Also posted on the True Essentials web site are issues of **Health Today**, a newsletter that covers a variety of nutritional topics and often includes information and recent research related to the benefits and value of our products. If you want to dig deeper into the science behind our nutrients, the product pages list references and web site links so that you can learn more.