



Naka Products

Nutri MULTI for Women: Available in 900 ml liquid plus a 60 ml sample size

Product benefits by category:

GOLD Anti-aging, Antioxidant, Athletic Performance, Digestion Aid, Fatigue & Low Energy, General Prevention, Mood, **Vitamins & Minerals, Women's Health.**

SILVER Arthritis & Joint Care, Blood Sugar, Detoxification, Essential Fatty Acids, Gallbladder, Hair, Skin & Nails, Heart Health, Immune System, Injuries, Memory, Osteoporosis, PMS, Varicose Veins, Weight Management.

Up to 98% bioavailable vs. 20-40% for tablets and capsules (as per the Physician's Desk Reference).

Bone Health:

1000 IU of Vitamin D *providing protection and a more appropriate dosage.*

Cal/Mag 250 mg each 1-1 ratio *elemental, from Coral & Oxide.*

Boron 2 mg *important in the formation of bones.*

Silica 10 mg *important in the absorption of calcium.*

Digestion:

Betaine Hydrochloride - *most North Americans have poor digestion.*

Papain from papaya, *proteolytic enzyme.*

Aloe Vera *healing, high in nutrients and amino acids.*

EFA's:

Blackcurrant Oil 200 mg *the most bioavailable EFA, approx. ALA 26 mg, GLA 34 mg, Omega 9- 18 mg, Stearidonic acid 5 mg.*

Bladder:

Cranberry 10 mg *for everyday protection.*

Hormonal:

Vitamin B6 50 mg *Extra hormone forming Bs for natural balance.*

D-Panthenol 100 mg.

Vitamin B12 100 µg *anti-stress.*

Herbal Antioxidants: 98% absorption rate for full range protection from free radicals and early aging.

Recommended purpose or use: Vitamin-Mineral supplement for the maintenance of good health.

Recommended dose: (Adult women) Two tablespoons (30 ml) once daily.

Direction of use: Shake well before each use. Take with a meal, two tablespoons (30 ml) once daily. Use the calibrated measuring cap provided in the package to obtain an accurate dosage. Do not drink directly from the bottle.

Duration of use: For prolonged use, consult a health care practitioner.

Medicinal ingredients: Daily Dose/30 ml (Two 15 ml tablespoons)

Vitamins	
Vitamin A (Palmitate)	1510 µg (mcg), 5000 IU
Vitamin D3 (Cholecalciferol) ...	25 µg (mcg), 1000 IU
Vitamin C (Ascorbic Acid)	500 mg
Vitamin B1 (Thiamine Hydrochloride).....	25 mg
Vitamin B2 (Riboflavin).....	25 mg
Niacinamide	25 mg
Vitamin B6 (Pyridoxine Hydrochloride).....	50 mg
Vitamin B12 (Cyanocobalamin).....	100 µg (mcg)
Folate (Folic Acid)	1000 µg (mcg)
Biotin	150 µg (mcg)
Vitamin E (d-alpha tocopherol)	45 mg, 100 IU
Pantothenic Acid (D-Panthenol)	100 mg
Lipotropic Factors	
Choline (Bitartrate)	50 mg
Inositol.....	50 mg
Minerals	
Calcium (Citrate, Gluconate).....	125 mg
Magnesium (Gluconate)	50 mg
Zinc (Citrate).....	10 mg
Iodine (Potassium Iodide).....	300 µg (mcg)
Manganese (Citrate).....	2 mg
Silica (Silicon Dioxide).....	10 mg
Potassium (Citrate).....	25 mg
Chromium (Chromic Chloride)	200 µg (mcg)
Selenium (Sodium Selenite)	200 µg (mcg)
Molybdenum (Sodium Molybdate).....	25 µg (mcg)
Copper (Cupric Sulfate).....	15 mg
Vanadium (Sodium Metavanadate)	50 µg (mcg)
Boron (Sodium Borate)	2 mg

Other ingredients:

PABA (Para Amino Benzoic Acid)	12.5 mg
Betaine Hydrochloride.....	12.5 mg
Quercetin	50 mg
Papain (Carica papaya) [Fruit]	5 mg
Lutein.....	200 µg (mcg)
Blackcurrant Oil (Ribes nigrum) [Seed].....	200 mg
Aloe (Aloe Vera) [Leaf]	50 mg
Citrus Bioflavonoids (Fruits)	50 mg
Reishi Mushroom (Ganoderma lucidum) [fungus].....	20 mg
Shiitake Mushroom (Lentinus edodes) [fungus].....	12 mg
Maitake Mushroom (Grifola frondosa) [mycelium].....	10 mg
Grape Powder (Vitis vinifera) [Seed]	20 mg
Turmeric (Curcuma longa) [Rhizome].....	50 mg
Rosemary (Rosmarinus Officinalis) [Leaf]	10 mg
Cranberry (Vaccinium Macrocarpon) [Fruit].....	10 mg
Bilberry Powder (Vaccinium Myrtillus) [Fruit].....	10 mg
Lecithin.....	20 mg

Non-medicinal ingredients: Purified water, Stevia, Glycerin, Potassium Sorbate, Fructose, Xanthan Gum, natural orange flavouring. Contains no added artificial colours, dairy, starch, wheat, yeast, eggs or nuts. Contains no beef or pork products.

Cautions and Warnings:

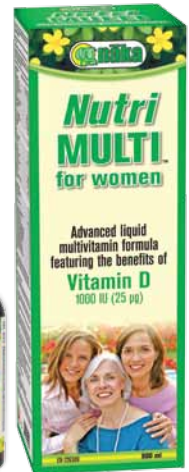
- Vitamin B12 supplementation can mask a folate deficiency. Consult a health care practitioner if you are uncertain whether or not

you are taking adequate folate.

- Folate supplementation can mask a vitamin B12 deficiency. Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12.
- Consult a health care practitioner prior to use if you have impaired liver function.
- Consult a health care practitioner prior to use if you are taking Tetracyclines. Zinc supplementation can cause a copper deficiency. Consult a health care practitioner if you are unsure whether or not you are taking adequate copper.
- Avoid using two (2) hours prior to or until four (4) hours after taking other medications.
- Consult a health care practitioner prior to use if you have a history of non-melanoma skin cancer.
- Herbs may cause transient adverse effects such as nausea, vomiting and GI distress due to a variety of chemical constituent.
- Caution should be used in individuals having known allergies to plants.
- Consult a doctor before use if you have serious or known medical conditions.
- Keep out of the reach of children.

Contraindications:

- Do not use if you are pregnant or breastfeeding.
- Do not use if you have a copper storage or metabolism disorder, such as Wilson's disease.



60 ml sample size also available.