

Drinkables®

LIQUID SUPPLEMENTS

0 Grams of Sugar!

Studies from The Journal of the American Medical Association (JAMA) announced that all adults should take a vitamin supplement to support overall health. Drinkables® Liquid Multi Vitamins contains 100% of the Recommended Daily Allowance of Vitamins A, C, D, E, B12, Folic Acid and more. †

Supplement Facts	
Serving Size 1 oz (30mL)	
Amount Per Serving	
Calories 5	
	% Daily Value*
Sodium 10mg	1%
Total Carbohydrates 1g	1%
Sugars 0g	
Vitamin A (Palmitate) 5000 IU	100%
Vitamin C (Ascorbic Acid) 80mg	133%
Vitamin D (Cholecalciferol) 400 IU	100%
Vitamin E (d-alpha Tocopherol Acetate) 30 IU	100%
Vitamin K (Phytonadione) 80mcg	100%
Thiamin (Thiamine Mononitrate) 1.5mg	100%
Riboflavin 1.7mg	100%
Niacin 20mg	100%
Vitamin B6 (Pyridoxine Hydrochloride) 2mg	100%
Folate (Folic Acid) 400mcg	100%
Vitamin B12 (Cyanocobalamin) 6mcg	100%
Biotin 300mcg	100%
Pantothenic Acid (Calcium Pantothenate) 10mg	100%
Manganese (Gluconate) 2mg	100%
Chromium (Chromium Chloride) 120mcg	100%
Lutein (Tagetes Erecta)(Flowers) 250mcg	**
Lycopene 300mcg	**
Choline (Bitartrate) 3mg	**
Inositol 3mg	**
PABA 3mg	**
Proprietary Trace Mineral Blend 252mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not yet established

- **300mcg Lycopene**
Supports Heart Health †
- **250mcg Lutein**
Supports Eye Health †
- **74 Major and Trace Minerals**
Unique and Valuable Minerals Missing in an Average Diet †
- **Wild Berry Flavor**
Great Tasting and Easy to Swallow
- **Dosage Cup Included**



† These statements have not been evaluated by the Food and Drug Administration. Product is not intended to diagnose, treat, cure or prevent any disease.

www.Drinkables.com

Eye and Heart Health

Drinkables®

LIQUID SUPPLEMENTS



Ease of swallowing

Solid nutritional supplements are often oversized, hard to swallow and can leave a bad aftertaste in your mouth. A one-ounce dose of Drinkables® tastes great and can be easily swallowed.†



What do consumers think?

23% of consumers prefer to get their supplements in forms other than pills or capsules. 17% of consumers are dissatisfied with the quality of pills they take, while 17% claim to have difficulty swallowing pills/capsules.††

††NMI 2003 Health & Wellness Trends



Digestibility

Pills can upset your stomach, particularly when taken in the large quantities often required by nutritional supplements. Buffered pills reduce stomach upset, but can also slow the absorption of nutrients into the system. Drinkables® are far less likely to upset your stomach and require no buffering.†



Nutrient Quality

All three delivery methods – tablets, capsules and Drinkables® – are capable of providing quality nutrients in the high levels your body needs. While standards vary greatly among supplements, the Drinkables® product line utilizes the highest quality nutrients at levels that meet or exceed most solid supplements.†



Bioavailability

Once in your stomach, tablets and capsules must be broken down into a bioavailable form in order to enter the bloodstream. Absorption can be hampered by the buffering many pills receive in order to reduce stomach upset. Because Drinkables are delivered to your stomach in liquid form, they're fast acting and more readily absorbed (up to 92% absorption) increasing the bioavailability of nutrients to your body. Drinkables® can send their full efficacy to tissues and organs while many solid nutrients are still breaking down.†



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Maximum Absorption