

# Beth Ann

## DICE

### Daily Multi-Vitamin & Mineral Complex

This is one of the most sophisticated **Daily Multi-Vitamin and Mineral formulas** ever developed. It was specifically designed for **active lifestyle enthusiasts, athletes** and others who put their bodies through a **higher level of physical stress**.

When multi-dosed throughout the day, this formula is a key component of an "Optimal Nutrition" program – crucial for athletes as well as those changing their body composition (weight-loss or muscle gain).

Most supplements are coated with a varnish to make them smooth for swallowing and to mask its natural aroma. However, often, the human body can not break down the varnish coating resulting in limited or no uptake at all.

This Multi-Vitamin & Mineral Formula uses Pure Food Glaze as the binding agent. It allows each tablet to dissolve more quickly and to start working synergistically with the foods you just ate. You can actually break a tablet in half using your fingers.

As physically active people increase metabolism they tend to eat higher quality, whole foods. Therefore, **digestive enzymes** were a major consideration in the formulation. Digestive enzymes help break down and more *fully utilize* food.

This sophisticated **Daily Vitamin & Mineral Formula** includes **Pancreatin 5X** consisting of **Amylase, Protease** and **Lipase**. This type of enzyme is expressed in **NF units** (National Formulary).

**Amylase** aids in the digestion of carbohydrate. **Protease** helps with the digestion of protein and **Lipase** with fat.

The **conversion rates** are remarkable. A daily dosage of our Daily Vitamin & Mineral Formula has the equivalent capacity to digest:

**Amylase:** 21 slices of bread  
**Protease:** 6.5 oz. steak  
**Lipase:** 2.0 oz. of olive oil

These digestive enzymes adapt to their environment. For example, if you eat only two slices of bread, then, after digesting the two slices, the remaining enzyme is broken down as a protein. This is what's known as being **"amphoteric."** Enzymes also are expensive. They account for more than **35%** of manufacturing costs -- which is why you rarely, if ever, find them in retail vitamins.

Supplement Facts		
Serving Size 4 Tablets • Servings Per Container 37		
Amount Per 4 Tablets		% Daily
Vitamin A (as 50 % beta carotene & 50 % retinyl palmitate)	5,000 IU	100 %
Vitamin C (as ascorbic acid)	1,280 mg	2,133 %
Vitamin D (as water dispersible)	640 IU	160 %
Vitamin E (as d-alpha tocopheryl)	320 IU	1,067 %
Vitamin B1 (as thiamin HCl)	40 mg	2,667 %
Vitamin B2 (as riboflavin)	40 mg	2,353 %
Niacin (as niacinamide)	80 mg	400 %
Vitamin B6 (as pyridoxine HCl)	40 mg	2,000 %
Folate (as folic acid)	240 mcg	60 %
Vitamin B12 (as cyanocobalamin)	80 mcg	1,333 %
Biotin	400 mcg	133 %
Pantothenic Acid (as d-cal. pantothenate)	40 mg	400 %
Calcium (as amino acid chelate)	400 mg	40 %
Iron (as amino acid chelate)	8 mg	44 %
Iodine (as Atlantic kelp)	100 mcg	67 %
Magnesium (as amino acid chelate)	400 mg	100 %
Zinc (as amino acid chelate)	60 mg	400 %
Selenium (as amino acid chelate)	67 mcg	96 %
Copper (as amino acid chelate)	2.4 mg	120 %
Manganese (as amino acid chelate)	10 mg	500 %
Chromium (as amino acid chelate)	67 mcg	56 %
Potassium (as potassium proteate)	67 mg	2 %
Inositol	80 mg	†
Choline (as choline bitartrate)	80 mg	†
PABA (as para amino benzoic acid)	40 mg	†
Citrus Bioflavonoids	80 mg	†
Natural Diatomaceous Colloid	100 mg	†
Betain HCl	195 mg	†
Pancreatin 5X Pwd.	150 mg	†
Whey Protein Conc. (75 % Protein)	1,080 mg	†

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

**Other Ingredients:** D-Calcium Phosphate, Microcrystalline cellulose, stearic acid, magnesium stearate.

**Suggested Use:** As a dietary supplement take 4-6 tablets daily.  
 1,000- 2,500 calories / 65 - 165 lbs 4 tablets daily  
 2,500 - 3,500 calories / 165-235 lbs 5 tablets daily  
 3,500 plus calories / over 235 lbs 6 tablets daily

This product is safety sealed for your protection. Do not use if seals are broken. To preserve optimal potency, keep cap tightly sealed and store in a cool, dry place.

This quality dietary supplement does not contain fillers, artificial ingredients, colors, flavors or preservatives.

This product has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before taking any nutritional supplement.

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## Lipotropic Plus

**Lipotropic Plus** is scientifically-engineered to assist in the **breakdown, distribution** and **burning** (oxidation) of fatty acids.

During exercise (particularly cardiovascular) **fatty acids** are **released** from adipose tissue and are **transported** through the blood to the working **muscles** where they are **utilized for energy**.

The active ingredients actually **accelerate** the **fat-burning process** by breaking down fat cells into **smaller particles** (emulsification) to be used for fuel **during exercise**.

This breakdown or emulsification of fat cells into smaller particles is similar to how soap breaks down grease on dishes.

**Lipotropic Plus** increases levels of **energy** and **stamina** during exercise while providing **resistance** to **fatigue**.

Here's a simple analogy that demonstrates the benefits of **Lipotropic Plus**.

Open a can of vegetable soup. Floating on the top are big fat globules and little fat globules. Imagine they are your body-fat traveling through the bloodstream to your muscle tissue where they will eventually be burned as fuel. The smaller fat globules will get there first because they travel more freely.

**Lipotropic Plus** is a **PRE** and **POST**-workout formulation.

**What does this mean?**

Typically, a fitness enthusiast will take 2-3 tablets with plenty of water 30 minutes before (pre) a cardiovascular workout (**of at least 40 minutes continuous duration**) and then another 2-3 tablets directly after (post) that workout.

Even after you've completed the workout your body **continues to burn fat** for up to **2 to 4 hours**.

**Lipotropic Plus** contains **no stimulants**. You will not get a "buzz" or feel "jittery." Instead, you'll feel more **naturally energized** and **less fatigue** since your muscles are being supplied with fuel. At a point where your quads typically feel a "burning" sensation... you'll note that they not only don't burn, but feel strong and willing to go further.

That is the direct result of **efficient "lipid transport!"**

### Supplement Facts

Serving Size 3 Caplets  
Servings per Container 30

Amount Per Serving		% D.V.*
Vitamin B6 (as pyridoxine HCl)	10 mg	500 %
L-Carnitine	300 mg	†
Choline (as choline bitartrate)	250 mg	†
Trimethylglycine	500 mg	†
L-Methionine	100 mg	†
L-Glycine	500 mg	†

\*Percent Daily Values are based upon a 2,000 calorie diet.  
†Daily Value not established

Other Ingredients: Calcium Carbonate, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Povidone, Silicon Dioxide, Magnesium Stearate

**Lipotropic Plus Formula** contains L-Carnitine and other ingredients that help the body to mobilize and burn body fat during exercise.

**Suggested Use:** Take (1) Lipotropic Plus caplet for every 25 lbs of bodyweight. Take 1/2 of total serving before and 1/2 after exercise.

**Caution:** This product is not intended for children. If you are pregnant, nursing, use prescription medications, or have a medical condition, consult a physician before using this product. This product is most effective when combined with a sensible, nutritious diet & exercise program.

**Premium Quality 100 % Natural Herbal Formula**  
**No Artificial Ingredients or Preservatives**

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### Super L-Carnitine

**Super L-Carnitine** is essential for fat burning.

**I.B. Fritz** and **K.T.N. Yue**, physiologists from the **University of Michigan**, discovered that **Carnitine** actually **accelerates** the **fat-burning process** in the **liver** and **muscles**.

Without it, fat is unable to **penetrate the walls** of the **mitochondria** of the **muscle cells**.

**Carnitine** is the **shuttle** that carries fat into your body's furnaces (muscles) to be burned for energy. **Super L-Carnitine increases** the **rate of fat utilization** for **fuel**.

Unfortunately, the richest **natural sources** of Carnitine are meats such as **sheep, lamb** and **beef**. However, they're also high in calories and **saturated fats** and would have to be eaten in excessive quantities to supply the body with sufficient amounts of Carnitine.

One serving of **Super L-Carnitine** is equal to one and one half pounds of beef without the calories and fat.

Here's a simple analogy to demonstrate how Super L-Carnitine works.

Imagine your blood stream is a river. Your body-fat cells are little people in boats floating down the river to reach their final destination: **The Muscle Hotel**, (muscle tissue-where fat will be burned as fuel for energy).

But, when they arrive, they find the door **too heavy** to open.

**Super L-Carnitine** is the **doorman** to **The Muscle Hotel**. It allows your **body-fat** to **more easily enter (permeate)** your **muscle tissue** to be **burned as fuel energy**.

In a **pilot study** involving college students, subjects receiving 300 mg doses of Super L-Carnitine experienced **dramatic increases** in **aerobic capacity** as determined by the **MaxVO2** (*maximal volume of oxygen consumed*). This explains why **Super L-Carnitine** is used for both **athletic performance** (especially endurance athletes including **cyclists, runners** and **ironman competitors**) as well as people involved in **weight-management** — **efficient transport** and **energy expenditure**.

The **Super L-Carnitine Formulation** is a **PRE** and **POST**-workout formulation. Typically, a fitness enthusiast will take **1 Tablespoon** (per 100 lbs or 45kg) with plenty of water 30 minutes before (pre) a cardiovascular workout (**of at least 40 minutes continuous duration**) and then another equal dose directly after (post) workout. **Super L-Carnitine** is often used in combination with the **Lipotropic Plus Formula** to aid in the breakdown (emulsification) transport and final oxidation of fat as it is used for energy during fat metabolism.

#### Supplement Facts

Serving Size 1 Tablespoon (15 mL)  
Servings Per Container 32

Amount Per Serving	% Daily Value*	
Calories	16	1 %
Total Carbohydrates	4 g	1 %
Sugar	0 g	
Vitamin B6 (as Pyridoxine HCl)	5 mg	250 %
Chromium (as Chromium Polynicotinate) <sup>††</sup>	50 mcg.	42 %
L-Carnitine	500 mg	*

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

†† ChromeMate brand of oxygen coordinated niacin bound chromium polynicotinate. ChromeMate is a registered trademark of the Interhealth Company 1993.

**Other Ingredients:** Purified Water, Vegetable Glycerine, Citric Acid, Stevia, Natural Raspberry Flavor, Sodium Benzoate and Potassium Sorbate.

**CONTAINS NO:** Sugar, Dairy, Eggs, Peanut, Tree Nut, Fish, Shellfish, Soy, Wheat, Gluten or Yeast.

This product has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before taking any nutritional supplement.