

# 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.

# Beth Ann

## DICE

### Pure Whey Protein

Most people think all protein is the same. It's not.

Imagine pulling up to a gas station with more than 50 pumps — each with a different quality of fuel and each with a different price. That's the protein marketplace and it's incredibly confusing.

So, let's make it a little easier to understand. In simplified terms, the 3 most important factors that affect the value (price) of protein powders are:

- **Quality**
- **Process**
- **Age**

**QUALITY:** Protein powders can come from several different sources, including soy, milk and whey (cheese). Most sports nutrition formulas use whey protein. Whey protein formulas are available in different grades where actual protein content can vary from a low of 30% to a high of 80% protein.

Some companies import various forms of protein from Asia and China. Some experts argue that QC issues and time-of-transport can negatively impact the quality of the protein.

This Whey Protein is at the highest level (80%) content and the raw whey is secured from a GMP (Good Manufacturing Practices) compliant whey processing manufacturer in Southern California.

**PROCESS:** The method by which protein is processed (manufactured) is equally important and even more varied. The process that results in highest quality protein calls for a calibrated, low-temperature environment with precise micro-filtration processes in order to maintain a full spectrum of intact bioactive peptides, including beta-lactoglobulin, alpha-lactalbumin, glycomacropeptides, immunoglobulins, bovine serum and lactoferrin as well as other amino acids and nutrients.

This Pure Whey Protein formula starts with a proprietary blend of pure, premium quality, partially pre-digested (hydrolyzed) and micro-filtered whey protein isolate and concentrate and is low-volume, batch processed using the precision protocol as described.

**AGE:** All protein powders experience some form of degrading due to exposure to air and other natural chemical reactions as they age. While there is no getting around the fact that bio-active formulas degrade, there is much debate as to "how much" degradation occurs and "how long" it takes to occur (shelf life).

Some experts maintain that it is alright for a protein powder to sit in a warehouse for 2 years before **making it to a retail store shelf. We disagree!** Some of the world's top athletes use this exact same whey protein powder as a recovery supplement. With that in mind, our philosophy is, **"Why take chances?"**

<b>Nutrition Facts</b>			
Serving Size 1 Scoop (32 g)			
Servings Per Container 28			
<b>Amount Per Serving</b>			
<b>Calories</b>	<b>130</b>	Calories From Fat 15	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	2 g	2 %	
Saturated Fat	1 g	5 %	
Trans Fat	0 g	0 %	
<b>Cholesterol</b>	40 mg	14 %	
<b>Sodium</b>	60 mg	3 %	
<b>Potassium</b>	260 mg	6 %	
<b>Total Carbohydrate</b>	5 g	2 %	
Dietary Fiber	1 g	4 %	
Sugars	2 g		
<b>Protein</b>	22 g	44 %	
Vitamin A	0 %	Vitamin C	0 %
Calcium	10 %	Iron	0 %
Phosphorus	10 %		
Not a significant source of Vitamin A, Vitamin C or Iron.			
*Percent Daily Values are based upon a 2,000 calorie diet. Your daily values may be higher or lower depending upon your calorie needs.			
		Calories	2,000    2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram:			
		Fat 9	• Carbohydrates 4
			• Protein 4

**INGREDIENTS:** Partially predigested [hydrolyzed] and microfiltered **Whey Protein Concentrate and Whey Protein Isolate** [providing di-, tri-, oligo-, and poly-peptides (short, medium and longer chains of peptide bonded amino acids)] and bioactive fractions [45-52 % beta-lactoglobulin, 18-22 % alpha-lactalbumin, 15-20 % glycomacropeptides, 5-7 % immunoglobulins and bovine serum albumin, 1 % lactoferrin and other naturally occurring whey fractions, Natural Cellulose Fiber, Natural and Artificial Flavors, Xanthan Gum and Reb-A (Natural Sweetener from Stevia). **Allergen: Contains Milk.**

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.

# Beth Ann

## DICE

### Salmon Oil

The Greenland Inuit people, living by their natural diet, are known to have almost no heart disease. They, in fact, seem to have superb cardiovascular health.

Further, they seem to suffer far less than Americans or Europeans from rheumatoid arthritis, diabetes mellitus and psoriasis.

This is quite remarkable since the Inuit diet is nearly 60% fat – most of that fat coming from fish (fish oil).

Eventually researchers realized that it was these same foods that provided real disease-countering benefits. Fish oils contain two very important fatty constituents, called **fatty acids**. They are **eicosapentaenoic acid, EPA** for short, and **docosahexaenoic acid, or DHA**. These constituents belong to the family of fatty acids called **omega-3 fatty acids**.

Adequate levels of EPA and DHA are essential to maintaining our cardiovascular system in good health.

Different scientific studies on the oil of ocean water fish have demonstrated that EPA and DHA reduce the “bad” cholesterol (the low density lipoprotein cholesterol LDL) and raise the “good” cholesterol (the high density lipoprotein HDL). These fatty acids assist in lowering blood pressure by helping to reduce arterial constriction.

They also help lower blood fat, known as triglycerides, which if elevated can present significant risk for heart disease. EPA and DHA have also been shown to reduce risk of inappropriate blood clotting that can also lead to a stroke or a pulmonary embolism.

**Beyond the Heart:** EPA and DHA also enhance the health of all other body systems as well. DHA is very important to the brain, retina, testes and adrenal glands for facilitating optimal functioning. DHA deficiency in the brain is thought to be an important contributing factor in many of its functional problems, including depression.

**EPA and DHA the Natural Way:** Eating fresh ocean fish like salmon, sardines, tuna, herring, etc. at least three times per week will supply EPA and DHA in adequate amounts. However if fish or their oils do not appeal to you, you can turn to flax seed oil, a land-based source of omega-3 oil. Flax seed oil provides linolenic acid, which needs to be converted by your body into EPA and DHA. For many North Americans, the conversion is difficult because of dietary habits.

**Contraindications:** Fish oil or flaxseed oil will contribute to blood thinning, and this is desirable. However, if you are on blood thinning medication or using ASA frequently, check with your physician first. These oils are contra-indicated in hemophiliacs and those who have a tendency to hemorrhage.

**A Recommended Amount:** The recommended amount is 3 capsules of one gram each of the fish oil per day or as directed by a physician. If you’re using flaxseed oil, the recommended amount is 9 grams per day with meals. Oils removed from their natural setting and processed are subject to oxidation. It is a good practice to complement your use of supplemental oils with vitamin E, which is a potent antioxidant, able to reverse oxidation of consumed oils and prevent oxidation inside the body. The recommended daily dosage is 400I.U. of natural vitamin E. If you take blood thinning medication speak to your physician before using vitamin E.

Supplement Facts		
Serving Size 2 Softgels		
Servings per Container 50		
Amount Per Serving	% Daily Value	
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0.5 g	†
Cholesterol	10 mg	3%
Salmon Oil	2000 mg (2g)	†
Provides 420 mg of Total Omega-3 Fatty Acids ††comprising of:		
Eicosapentaenoic Acid (EPA)	150 mg	†
Docosahexaenoic Acid (DHA)	180 mg	†
Other Fatty Acids		†

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

Other Ingredients: Gelatin, Vegetable Glycerin, Purified Water.  
Contains fish (salmon) ingredients.

†† as Natural Triglycerides

No Artificial Color, Flavor, or Sweetener, No Preservatives, No Sugar, No starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free