



HEALTHY AGING I[†]

A VITAMIN/MINERAL SUPPLEMENT FOR ALL AGES, IN
POWDER FORM FOR MAXIMUM BIOAVAILABILITY[†]

Healthy Aging I[†] is an advanced multi vitamin and mineral formula for children and adults in powder form for maximum bioavailability.* It combines over 56 nutrients that support brain, bone, immune, cardiovascular and metabolic functions through out the aging process.*

Healthy Aging I[†] is free of copper and iron, which make it easy to incorporate into the diet of highly sensitive individuals.

Healthy Aging I[†] focuses on completeness, bioavailability, balance and potency and is based on input from industry leaders.

Brain Support

- Supplementing with brain fuels and nutrients for nerve health like Choline, Inositol and Lecithin help to support the myelin sheaths to keep nerves healthy and functioning correctly.* L-Glutamine acts as brain fuel to increase mental and physical energy which supports proper mood balance.* Minerals such as Magnesium and Calcium which are essential for normal brain and nervous system functions also support cognitive function.*

Bone Support

- Calcium, Magnesium, Phosphorus, Vitamin D3 and Boron support growing and mature bones.* Magnesium assists with calcium and potassium uptake while boron is needed for the metabolism of calcium, phosphorus and magnesium. Along with promoting strong bones, calcium helps to protect bones and teeth from lead by inhibiting its absorption.* When calcium is deficient, lead can be absorbed and deposited in the teeth and bones.

Immune System Support

- DMG, Alpha Lipoic Acid, B Vitamins, Digestive Enzymes, Bioflavonoids and Vitamin C help to support the immune system by reducing oxidative stress.* Also included to support healthy aging and the immune system function are vegetarian digestive enzymes. Enzopharm[®] II Plus is a proprietary blend of amylase, protease, lipase, hemicellulase and lactase to support digestion and absorption of food nutrients.*

Cardiovascular Support

- Coenzyme Q10, L-Carnitine, DMG, Vitamin D3 and GLA support cardiovascular health.* Together they work to provide cellular energy, antioxidant activity, and better circulation.* By supporting fat metabolism L-Carnitine also helps protect the liver and blood vessels from fat deposits.*
- Healthy Aging I[†]** can be mixed in any cold beverage or soft food like yogurt, applesauce and pudding. It has a light fruit flavor and flexible dosing, 1 serving for children and 2 for adults. **Healthy Aging I[†]** is a convenient way to support optimal health for the family.*

Supplement Facts

Serving Size 1 (13.7 g) Scoop

Each serving contains:

Calories	45
Total Carbohydrates	11 g
Dietary Fiber	1 g
Vitamin A (2,000 IU as Acetate & as Beta Carotene)	7,500 IU
Vitamin C (as Calcium Ascorbate & Ascorbic Acid)	9,500 IU
Vitamin D3 (as Cholecalciferol)	500 mg
Vitamin E (as d-alpha Tocopheryl Succinate)	1,000 IU
Vitamin K	200 IU
Folic Acid	90 mcg
Thiamin	200 mcg
Riboflavin	35 mg
Niacin (as Niacinamide)	35 mg
Vitamin B6 (as Pyridoxine HCl)	20 mg
Vitamin B12 (as Methylcobalamin)	35 mg
Biotin	75 mcg
Pantothenic Acid	150 mcg
Calcium (as Ca Citrate)	35 mg
	500 mg

Iron	0.1 mg
Iodine (from Kelp)	50 mcg
Magnesium (as Mg Citrate)	250 mg
Zinc (as Zn Gluconate)	10 mg
Selenium (as Se Amino Acid Chelate)	75 mcg
Manganese (as Mn Gluconate)	2.5 mg
Chromium (as Cr Polynicotinate)††	120 mcg
Molybdenum (as Mo Amino Acid Chelate)	30 mcg
Sodium	20 mg
Potassium (as K Citrate)	25 mg
Soy Lecithin	175 mg
Mixed Citrus Bioflavonoids	100 mg
Choline (as Choline Citrate)	80 mg
Inositol	65 mg
L-Glutamine	50 mg
L-Carnitine	50 mg
Linoleic Acid	50 mg
PABA (Para-aminobenzoic Acid)	35 mg
DMG HCl	25 mg
Alpha Lipoic Acid	20 mg
Stevia Leaf Extract	160 mg
Hesperidin	12.5 mg
Rutin	12.5 mg
Pectin	12.5 mg
Betaine HCl	10 mg
A proprietary blend of vegetarian enzymes (amylase, protease, lipase, hemicellulase, and lactase)	8 mg
Coenzyme Q10	5 mg
RNA (Ribonucleic Acid)	5 mg
Silicon (from Horsetail Rush)	4 mg
Bromelain	2 mg
Papain (Enteric Coated)	2 mg
Cellulase Enzymes	2 mg
Boron (as B Amino Acid Chelate)	1.5 mg
Octacosanol	500 mcg
Vanadium (as Vanadyl Sulfate)	10 mcg

††ChromeMate[®] brand niacin-bound chromium.

Other ingredients: xylitol, orange juice powder, citric acid, xanthan gum, natural lemon-lime flavor.

Contains: Soy.

Warning: Do not take this product if you are taking anticoagulant/anti-platelet drugs such as Warfarin (Coumadin). If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, mix amount indicated below, into 6-8 oz of cold water or juice, or as directed by your healthcare practitioner.
Children 4-12: 1/2 scoop daily, with a meal.
Over 12: 1 scoop, daily with a meal.

ChromeMate[®] is a Registered Trademark of InterHealth N.I.

CHROMEMATE[®]

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