

Forget About the Milligrams

When you pick up a bottle of, say, vitamin C at the store, there's a nutrient panel that tells you how many milligrams of vitamin C each tablet contains. Good, right? — *Not really.*

You see, when there's a listing of milligrams, or IUs, on a nutritional supplement, it means the nutrient you're looking for was either extracted (or "isolated") from a food or, even worse, made synthetically in a lab. You wouldn't be able to count the number of milligrams of vitamin C in a product if it were made with an actual orange because every orange has a different amount of vitamin C in it — no two oranges are the same...

The problem is, when nutrients are isolated or synthetically created, the co-factors that would normally accompany them in the nutrients' natural state are missing. And, in order for a nutrient to work in your body, it needs the entire complex with all of its co-factors.

Co-factors are helper nutrients that make it possible for a vitamin or mineral to be used by the body. Without co-factors, it's impossible for your body to obtain the full nutritional value from a vitamin or mineral.

But I notice a difference when I take 100 mg of vitamin C...

Sure you do. That's because your system can force the vitamin C to work by stealing co-factors from other parts of your body — where they were being used by other processes — to make it effective. So, while the vitamin C might seem like it's doing its job for now, there are consequences to pay: Side Effects.

Especially through prolonged use of synthetic or isolated vitamins or minerals, all this "stealing" of nutrients from other parts of the body takes its toll: Your body eventually runs out of its supply of certain co-factors and begins to break down.

"Whole" Means Never Needing to Steal

When you consume a vitamin or mineral in its whole food form, all of the co-factors needed to make the nutrients work in your body already come with it, as part of the package — they're built into the complex, the way nature intended them to be — so there's no need to steal them from other parts of the body, where they're also needed.

We Don't Believe in Stealing

When you use NutriPlex Formulas' whole food supplements, you won't find any milligrams or IUs listed on the bottle. When working with whole food complexes, you can forget about milligrams and focus on complete nutrition. And when you forget about the milligrams, you can forget about the side effects, too.

Taking a NutriPlex Formulas "whole food" supplement means you're getting an abundant supply of nutrients and all the co-factors they need to work. That's why, on every one of our product pages, you'll find a list of nutrients within the original food complex under the "Ingredients" subheading.

NutriPlex Formulas — Taking two steps forward. Never one step back.



Fig fruit, an excellent source of minerals, is found in our Cell Power formula