



### COMPLETE NUTRIENT SYSTEM CONTAINS

- 30 Mega Multivitamin tablets
- 30 Ultra Antioxidant capsules
- 30 Hydroxy Max tablets
- 30 Immune Support capsules
- 30 Digestive/GI Support capsules
- 30 Metabolic Support tablets
- 30 Musculoskeletal Support tablets
- 30 RNA/DNA capsules

## Supplement Facts

Serving Size 1 Pack (4 tablets/4 capsules) • Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (30% as Beta-Carotene/70% [17,500 IU] as Vitamin A Palmitate)	25,000 IU 500%	Acetyl-L-Carnitine hydrochloride	100 mg *
Vitamin C (Ascorbic Acid)	605 mg 1,008%	Creatine Monohydrate	100 mg *
Vitamin D-3	400 IU 100%	Lecithin (from soy)	100 mg *
Vitamin E (as d-alpha Tocopheryl Succinate)	225 IU 750%	Phosphatidylcholine	50 mg *
Thiamine (as Thiamine Mononitrate)	85 mg 5,667%	DNA	100 mg *
Riboflavin (Vitamin B-2)	85 mg 5,000%	Citrus Bioflavonoid Complex	75 mg *
Niacin (as Niacinamide)	100 mg 500%	Standardized Curcumin Extract (root) (95% Tetrahydrocurcuminoids)	75 mg *
Vitamin B-6	78 mg 3,900%	Standardized Boswellia Extract (gum) (60% Boswellic Acids)	75 mg *
Folic Acid	500 mcg 125%	Standardized Green Tea Extract (leaf) (35% Epigallocatechin Gallate)	75 mg *
Vitamin B-12	85 mcg 1,417%	Quercetin Dihydrate	75 mg *
Biotin	75 mcg 25%	Inositol	75 mg *
Pantothenic Acid (as Calcium Pantothenate)	85 mg 850%	PABA (para-Aminobenzoic Acid)	75 mg *
Calcium (from Calcium AAC <sup>+</sup> /Calcium Chelate Complex)	62 mg 6%	Thymus (Raw Concentrate, not an extract)	50 mg *
Iron (from Iron AAC <sup>+</sup> )	10 mg 56%	N-Acetyl-L-Cysteine USP	50 mg *
Iodine	150 mcg 100%	Alpha-Lipoic Acid	50 mg *
Magnesium (as Magnesium Hydroxide/Malate/AAC <sup>+</sup> )	112 mg 28%	Choline (from 75 mg Choline Bitartrate)	35 mg *
Zinc (from Zinc AAC <sup>+</sup> /Chelate)	16 mg 107%	Lymph (Raw Concentrate, not an extract)	25 mg *
Selenium (from Selenium AAC <sup>+</sup> )	25 mcg 36%	Spleen	25 mg *
Copper (from Copper AAC <sup>+</sup> )	0.25 mg 13%	Resveravine® (Grapevine Shoot Extract) (containing approximately 2.5 mg of Resveratrol and 2.5 mg of Viniferin)	25 mg *
Manganese (from Manganese AAC <sup>+</sup> )	6 mg 300%	L-5-HTP (L-5-Hydroxytryptophan)	25 mg *
Chromium (as GTF/AAC <sup>+</sup> /Polynicotinate) <i>CHROME-MATE™</i>	110 mcg 92%	Ginger (rhizome)	25 mg *
Sodium (from 150 mg Sodium Succinate)	43 mg 2%	Rutin	25 mg *
Potassium (from Potassium AAC <sup>+</sup> )	10 mg <1%	Glutamic Acid	25 mg *
L. Acidophilus (DDS-1™)	1.150 Billion CFU *	Co-Enzyme Q10 (Ubiquinone**)	25 mg *
L. Rhamnosus	1.150 Billion CFU *	Bromelain (Dehydrated Pineapple)	20 mg *
L. Rhamnosus (Type B, Bifidus)	775 Million CFU *	Betaine (from 25 mg Betaine HCl)	19 mg *
S. Lactis	275 Million CFU *	Red Grape Seed, Skin, and Stem, dried extract	13 mg *
Bifidobacterium Longum	275 Million CFU *	Hesperidin Complex	5 mg *
B. Bifidum	275 Million CFU *	Bee Pollen	500 mcg *
S. Thermophilus	150 Million CFU *	Vanadium (50 mcg from Vanadium Krebs <sup>+</sup> /100 mcg from Vanadyl Sulfate)	150 mcg *
Garcinia Cambogia extract (fruit) supplying: <i>Chromax</i> (-)-hydroxycitric acid (HCA)	833 mg *		
Malic Acid (as Magnesium Malate)	500 mg *		
Proprietary Blend FOS (Fructooligosaccharides) and Ulmus Fulva (inner bark)	628 mg *		
RNA	215 mg *		
St. John's Wort Herbal Extract (flowers and tops) (Hypericum Perforatum) Standardized to provide 450 mcg of Hypericin	160 mg *		
	150 mg *		

\* Daily Value not established.

**OTHER INGREDIENTS:** Cellulose, gelatin (capsule), vegetable stearate, silica, Absorbisol (a blend of fatty acids and Bioprene®), alfalfa and stearic acid.

### SUGGESTED USAGE

As a dietary supplement, adults take 1 pack daily or as directed by physician, for 5 days, skip 2 days, repeat cycle. This product is best taken with meals.

This product contains NO yeast, wheat gluten, milk/dairy, corn, sugar, starch, artificial coloring, preservatives or flavoring.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

**WARNING:** If you are pregnant, trying to become pregnant, nursing, or taking any prescription medication (especially anticoagulants, oral contraceptives, anti-depressants, anti-seizure medications, drugs to treat HIV or prevent transplant rejection), consult your physician before using this product. This product may cause skin rashes or photosensitivity in some people. Avoid excess exposure to sunlight, tanning lights, or UV sources while taking this product. This product may cause serotonin syndrome in sensitive patients and may cause hair loss.

**WARNING:** Due to the Vitamin A dose, this product is not recommended for women who may become pregnant or of child bearing age.

### KEEP OUT OF REACH OF CHILDREN

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C)(35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

††AAC = Amino Acid Chelate

\*\*Formulated with Absorbisol, a blend of fatty acids and Bioperene®.

ChromeMate® brand. U.S. Patent Number 4,923,855 Inter-Health Co.

DDS-1TM is a trademark of Nebraska Cultures, Inc. by the proprietary process developed and researched by Dr. Khem Shahani of the University of Nebraska.

### REJUVITAL® FUNCTIONS

#### Mega Multivitamin Tablet

Nubeau uses only the purest, most hypoallergenic ingredients, and contains no yeast; corn; wheat; sugar or other sweeteners; artificial colors, flavors or preservatives. Every batch is expiration dated to guarantee to provide a minimum of 100% of label claim for all ingredients up to the date printed on the label. Studies have shown that a high percentage of adults and children in North America and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balances of these nutrients are needed not only for maintaining good health, but also for the dietary management and prevention of chronic diseases. Rejuvital has been carefully developed to contain potent amounts of essential nutrients, such as beta carotene, vitamin C, vitamin E and B-complex vitamins due to their vital roles in antioxidant protection, energy protection and maintenance of healthy blood cells, nervous system, hormonal balance and more. Minerals and

elements are provided in their safest and most bioavailable forms, such as amino acid chelate and other scientifically validated and superior forms

#### Ultra Anti-oxidant Capsule

The cause of discomfort, especially in the joints, can be linked to the degradation of arachidonic acid to certain leukotrienes and prostaglandins via the cyclooxygenase and lipoxygenase pathways. Many of these eicosanoids are potential mediators of inflammation. Modern science has found that by inhibiting the enzymatic activity of cyclooxygenase and lipoxygenase, the discomfort experienced with aging joints can be reduced. Non Steroidal Anti Inflammatory Drugs (NSAIDs) have been used extensively to support the joints during the normal aging process, but are often associated with side effects including gastrointestinal disorders and liver damage. Resveratrol: The use of red wine for health has been well documented. Polyphenols are a class of compounds thought to be responsible for some of wine's beneficial properties and can be found throughout the plant itself, not exclusively in the fruit itself. Resveratrol is a non alcoholic polyphenolic constituent of red wine that has been studied extensively, with results that show it to be effective for a variety of health related problems, including the regulation of normal inflammatory processes. Recent studies have demonstrated that resveratrol can modify normal inflammatory responses in human and animal cells by way of inhibition of the cyclooxygenase and lipoxygenase pathways. In addition to the inhibition of these pathways, resveratrol was also found to induce significant inhibition of the adhesion of certain inflammatory cells, thus giving way to the assertion that it plays a major role in joint health. Rejuvital contains a unique form of resveratrol, derived from grapevines, thus giving maximum benefit and absorption. Turmeric: Studies have shown that curcumin, a naturally occurring biologically active group of compounds from *Curcuma longa* (Turmeric), can function as efficient antioxidants and can help regulate the body's normal response to inflammatory processes. Unfortunately, curcumin has been shown to have poor water solubility, thus making it less biologically effective. This in turn leads to a greater amount needed for maximum benefits to occur. However, recent studies have shown that tetrahydrocurcuminoids, (derivatives isolated from curcumin), appear to have greater bioavailability than the regular plant constituents, thus meaning that a smaller amount is needed to achieve greater absorption. The standardized turmeric used in this product includes these valuable tetrahydrocurcuminoids, which allows beneficial and maximum support to occur. Quercetin: Bioflavonoids belong to a class of water soluble plant pigments. In recent studies, the use of bioflavonoids have been shown to help support the body's normal inflammatory processes. One such bioflavonoid that has been researched extensively for its beneficial properties is quercetin. Derived from various plant sources, including citrus fruits and eucalyptus, bioflavonoids assist in keeping joints and collagen in a healthy condition. Inhibiting both cyclooxygenase and leukotrienes, bioflavonoids can assist the body in supporting joint and connective tissue health. Green Tea: Green tea (*Camellia sinensis*) has been used for many centuries as a popular beverage worldwide. The

polyphenols contained in tea, often referred to as catechins, appear to provide the primary health promoting benefits associated with green tea. One such catechin, epigallocatechin gallate (EGCG), has many antioxidant properties, in addition to supporting the body's normal response to inflammatory processes as well. Tea catechins also act as antimicrobial agents and as antioxidants. **Boswellia:** Preparations of the *Boswellia* plant have been used in traditional Indian medicine for joint health for hundreds of years. It is derived from the gum resin of the Indian frankincense plant. Studies have shown it to be supportive of both lung and liver health. Its usefulness is thought to be due to its ability to help support the body's normal inflammatory processes. Research shows that it appears to inhibit the lipoxygenase pathway, thus making it a valuable tool in joint health.

### **Hydroxy Max Tablet**

Each tablet of Hydroxy Max delivers 500 mg of (-) hydroxycitric acid from 833 mg of a high quality standardized *Garcinia cambogia* extract. This natural extract comes from a tropical fruit grown in several Asian rain forest areas. Research shows that (-) hydroxycitric acid helps maintain a healthy balance of hepatic lipogenesis and gluconeogenesis, thus preventing excessive conversion of glucose from dietary carbohydrate into body fat. Further, research indicates that (-) hydroxycitric acid plays an important role in the regulation of normal appetite. Unlike many commonly used diet ingredients, (-) hydroxy-citric acid is not a central nervous stimulant. Chromium is also provided in a significant level by Hydroxy Max. This essential trace mineral, and vanadium as well, potentiate insulin action and thus influence carbohydrate, protein, and fat metabolism. Its biologically active form, sometimes called glucose tolerance factor (GTF) from brewer's yeast, chromium is associated with nicotinic acid (vitamin B-3). Chromium polynicotinate closely resembles the brewer's yeast GTF in both biological activity and chemical composition as it also contains chromium associated with nicotinic acid. Chromium polynicotinate is yeast-free and has documented high bioavailability. The typical dietary chromium intake in the U.S. can vary considerably depending on eating habits. Most self-selected diets contain less than 50 mcg per day, which is below the minimum of the Estimated Safe and Adequate Daily Dietary Intake established by the National Research Council, Food and Nutrition Board. Extracts of St. John's Wort, together with L-5-hydroxytryptophan, may improve the functioning of the body's feeding mechanisms by reducing stress associated anxiety that could lead to overeating.

### **Immune Support Capsule**

The main purpose for using raw tissue concentrate material is because of its rich nutrient properties. The procedure is a concentrating process, not an extraction method. In an extraction method, some of the desirable nutrient factors would be lost. During the process of concentration (Lyophilization, which is a freeze drying technique) the raw tissue product is concentrated in the first solute phase, but never reaches the freezing point, otherwise the process would not work. As a result of low temperature, there is less molecular movement and, therefore, a minimum amount of loss, because of the

probability of the nutrient factors' molecules reacting during processing is much lower. The excess fat surrounding the organ and connective tissue is surgically removed. However, the fat portion of normal healthy raw tissue concentrate material is valuable, as nutritional factors such as the oil or fat soluble vitamins A, D, E and K are present. Also, beneficial hormones and sterols which play a part in the body's production of certain hormones would be lost. In utilizing this method we do not use solvents of any nature, including aqueous, organic or chlorohydro-carbon solvent. There is no risk of harmful effects and no possibility of a residual reaction with naturally occurring enzymes. Lyophilization is as moisture-free as modern technology permits. All of these products are low allergenic and contain no yeast, corn, wheat, soy protein, sugar, dairy/milk, starch, salt or solvent residues. Raw tissue concentrates are encapsulated in clear (non-colored, preservative free), hard gelatin capsules. Because raw tissue concentrates are so fragile relative to vitamins, minerals and other nutrients used in our products we chose to avoid the heat generated by compressing into tablets. We believe that these are the ultimate in raw tissue concentrate formulas and are grateful for the help of the many Physicians who have helped develop this unique approach. We offer this series of pure tissue concentrates for the allergic or hypersensitive patient, or otherwise when a pure tissue material is needed (no additives). Each contains only pure, lyophilized New Zealand tissue concentrates - free from colors, flavors, preservatives, fillers, or excipients of any kind, in pull-apart gelatin capsules for easy administration of the pure contents, if desired.

### **Digestive/GI Support Capsule**

Oral supplements of live, beneficial intestinal microorganisms for nutritional health and well-being are known as probiotics. Probiotic dietary lactobacilli colonize the intestinal tract, depending on the specific bacterium-to-host affinity. Bacteria are continually in competition for colonization space. The original bacterial colonies have an advantage over transient bacteria. Nevertheless, the composition of the intestinal microflora is dynamic and constantly changing. If harmful microorganisms proliferate, the equilibrium is disturbed, and it becomes difficult even for indigenous bacteria to maintain their necessary territory to colonize the intestine. Antibiotics tend to kill off both beneficial and harmful bacteria, and thus may also disturb the normal, healthy balance of intestinal microorganisms. When potent probiotic supplements are supplied regularly, chances are greatly increased for establishing and maintaining a healthy population of beneficial intestinal microorganisms. Once established, a normal intestinal microflora rich in lactobacilli creates acidic conditions that are unfavorable for the settlement of pathogenic microorganisms.

### **Metabolic Support Tablet**

Mitochondria are the cellular components responsible for generating the energy required to sustain life. Energy is produced from the flow of free electrons through the electron transport chain produced by oxidative phosphorylation. Because mitochondria serve as the powerhouse of the cell, their proper functioning is essential to the integrity and opti-

mal performance of the living organism. Cumulative oxidant stress is a major cause of mitochondrial dysfunction and is implicated as a principal underlying event in numerous degenerative diseases and age-related decline in physical and mental performance. Free radicals are normal byproducts of mitochondrial respiratory chain function. They can be damaging when produced in excessive amounts and not neutralized by naturally occurring antioxidants. Their accumulation may lead to peroxidation of membrane lipids, decline in oxidative phosphorylation, inefficient electron transport, and further increased oxidant flux. Repletion with specific nutrients necessary to support electron transport chain function and antioxidant protection appears to nutritionally support many age- and disease-associated deficits in mitochondrial function. Our approach to the formulation of Rejuvital included the following important points: (1) Completeness: Rejuvital provides several major beneficial nutrients which support key areas of mitochondrial function and protect against oxidant stress. (2) Scientifically sound: Only those nutrients that are backed by convincing scientific evidence from clinical, epidemiological, and experimental studies are included. (3) Quality: Rejuvital contains only the purest, high-quality nutrients that accurately reflect those used in scientific studies. (4) Potency: Each of the nutrients in Rejuvital are provided in physiologically meaningful amounts that are based on published scientific and/or clinical studies. Rejuvital is suitable for long-term health maintenance.

**Coenzyme Q10.** Coenzyme Q10 is a critical rate-limiting constituent of the mitochondrial electron transport chain, the biochemical pathway in cellular respiration from which ATP (adenosine triphosphate) and metabolic energy are derived. When mitochondrial energetics are inhibited, such as occurs during stress, degenerative disease, or aging, demand for coenzyme Q10 increases which must be met by dietary intake in order to optimize mitochondrial function. Mitochondria are exposed to high levels of oxidant stress (i.e. free radical damage) during cellular respiration. Coenzyme Q10 is one of the key antioxidant nutrients that protect mitochondrial membrane lipids and proteins and mitochondrial DNA from free radical-induced oxidative damage. It also regenerates and extends the action of vitamin E by reducing the  $\alpha$ -tocopherol radical, thus further protecting against membrane lipid peroxidation.

**Acetyl-L-Carnitine (ALCAR).** This multifunctional nutrient facilitates the transport of fatty acids into mitochondria where they are oxidized, thus providing a major source of energy for the heart, brain, and skeletal muscle. ALCAR also stimulates the synthesis of cardiolipin which plays a crucial role in mitochondrial membrane structure and function. Cardiolipin plays a pivotal role in maintaining mitochondrial proton gradients, permeability of inner mitochondrial membrane to small molecules, and activity of mitochondrial membrane translocase proteins. Cardiolipin content declines with age and oxidative stress.

**Alpha-Lipoic Acid.** Alpha-lipoic acid is a required coenzyme involved in the energy metabolism of proteins, carbohydrates, and fats. It is also a potent antioxidant that neutralizes free radicals generated both inside and outside of membranes. In addition to its direct antioxidant activity, alpha-lipoic acid helps recycle vitamins C and E and stimulates the synthesis of glutathione.

**Vitamin C and Vitamin E.** Vitamin C is a critical

part of the glutathione/alpha-lipoic acid antioxidant pathway. Vitamin E protects against mitochondrial membrane lipid peroxidation, thereby preserving membrane stability and function.

**N-Acetyl-L-Cysteine (NAC).** NAC is a nutrient precursor to glutathione and is effective at raising intracellular glutathione levels. Like alpha-lipoic acid, glutathione is an important antioxidant protector of mitochondrial membranes.

**Magnesium Malate and Sodium Succinate.** Malic acid and succinic acid are key metabolic intermediates in the Krebs' citric acid cycle which is primarily responsible for the release of energy (as ATP) from food fuels. Magnesium is a requisite cofactor for numerous mitochondrial enzymes. Creatine. Creatine phosphate constitutes a major energy reserve by providing a readily available high-energy phosphate which in turn can be used to reform ATP from ADP. This prevents the rapid depletion of ATP that results from intense muscle activity or reduced mitochondrial function.

**Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), and Niacinamide.** Thiamin, riboflavin and niacinamide stimulate the synthesis of NADH, FAD, and NAD respectively which play key roles in the functioning of the citric acid cycle.

**Lecithin.** The various phosphatides contained in lecithin maintain cell membrane stability and fluidity and are precursors to the synthesis of cardiolipin.

**Red Grape Extract.** The skins, seeds, and stems of red and black grapes are rich in dark red-violet flavonoids, the proanthocyanidins. Proanthocyanidins are among the most powerful free radical scavengers yet discovered. Proanthocyanidins appear to be especially effective in neutralizing highly reactive hydroxyl and singlet oxygen radicals. Both of these reactive oxygen species are generated during mitochondrial functioning.

#### **Musculoskeletal Support Tablet**

**Malic Acid,** sometimes known as the "apple acid," has been used traditionally in a wide variety of conditions including gout, rheumatism and jaundice. While studies have not yet determined the role it may play with these conditions, it has been established that malic acid is a naturally occurring organic acid that is involved in the process of manufacturing ATP from food. Magnesium is one of the most essential minerals that the body uses everyday. It is needed for protein and fatty acid formation, generation of new cells, activating B vitamins, relaxing muscles, clotting blood, and forming ATP. The mineral also plays an important role in bone formation, as well as blood pressure regulation. Studies have demonstrated the powerful effects of vitamin C, which has a powerful antioxidant abilities that can be useful in against atherogenic peroxidative damage. This can have clinical significance in providing protection from free radical damage to the eyes, lungs, blood and the immune system.

**Bioflavonoids** are a potent class of antioxidants, which scavenge many potentially damaging free radicals. They are also capable of binding to metal ions, which prevents these metals from acting as catalysts in the body to enhance free radical production. One study has suggested that the use of malic acid and magnesium supplements could have a beneficial effect on patients with fibromyalgia. More research is required to confirm this finding; however, many practitioners have found it to be useful to support the healthy structure and function of the immune and skeletal systems.

**RNA/DNA Capsule**

Alpha-Ketoglutarate is a Krebs cycle (citric acid cycle) intermediate and a precursor of glutamine in muscle. During stress and after intense anaerobic exercise, muscle needs for the amino acid glutamine and its precursor alpha-ketoglutarate can be greatly increased. The transamination reaction that converts alpha-ketoglutarate into glutamine and back is dependent on pyridoxine. Pyridoxine (vitamin B6) is involved in the metabolism of amino acids and other nitrogen compounds. In the liver, pyridoxine is essential for glucose production from amino acids via its role as coenzyme for the transaminase enzymes. Pyridoxine is also needed by

the liver and muscles to make stored glycogen available for glucose production, and to synthesize niacin from the amino acid tryptophan. In red blood cells, pyridoxine is needed for hemoglobin synthesis, and regulates its oxygen affinity. Additionally, steroid hormone action is modulated by pyridoxine at the receptor level. In the nervous system, pyridoxine is needed to synthesize several neurotransmitters, such as serotonin (from tryptophan), taurine, dopamine, norepinephrine, histamine, and gamma-aminobutyric acid (GABA). Many experimental and clinical observations support the fact that adequate amounts of dietary vitamin B6 are required to maintain normal nervous system function.