

# MULTIVITAMIN

## Multivitamin

We went shopping to see just how much organic food you would have to buy and eat each day to get the same nutrients found in a day's worth of Ageless Essentials™ with Product B™.

### 1 DAY'S EQUIVALENT TO Ageless Essentials with Product B

- 250 GLASSES RED WINE
- Resveratrol
- 10 POUNDS LEAN BEEF
- CoEnzyme Q10,
- Vitamin B12
- 34 DRIED APRICOTS
- Vitamin A
- 33 OUNCES PISTACHIOS
- Vitamin B1
- 1 CUP PEANUT BUTTER
- Vitamin B3
- 13 CUPS WHEAT BRAN
- Vitamin B6
- 224 RAW AVOCADOS
- Vitamin B5
- 11 ORANGES
- Vitamin C
- 46 RAW OYSTERS
- Vitamin D3
- 7 SPEARS ASPARAGUS
- Vitamin K2
- 30 CUPS RAW SPINACH
- Folic acid
- 20 MANGOS
- Magnesium
- 20 FREE-RANGE EGGS
- Biotin
- 9 OUNCES SHRIMP
- Selenium
- 250 CUPS SUN-DREID TOMATOES
- Copper

TOTAL: \$550

**Magnesium**  
22 mangos

**Vitamin B5**  
22.5 raw avocados

**Folic acid**  
10 cups raw spinach

**Vitamin K2**  
7 spears asparagus

**Vitamin B1**  
33 ounces pistachios

**Selenium**  
9 ounces shrimp

**Resveratrol**  
250 glasses red wine

**Copper**  
2.5 cups sun-dreid tomatoes

**CoEnzyme Q10,**  
**Vitamin B12**  
10 pounds lean beef

**Vitamin B3**  
1 cup peanut butter

**Vitamin D3**  
45 raw oysters

**Biotin**  
20 free-range eggs

**Vitamin B6**  
13 cups wheat bran

**Vitamin C**  
11 oranges

**Vitamin A**  
13 dried apricots

**\$550 A DAY** is what you'd spend to purchase all the nutrient-containing foods you get in Ageless Essentials with Product B!

\* Source: Healthiciousness.com and USDA National Nutrient Database for Standard Reference.

### FOR A DAILY COST AROUND \$4.15

Ageless Essentials with Product B delivers important ingredients such as calcium, three types of vitamin C, and CoQ10 that's 800 percent more absorbable than commonly used powder forms. It is one of the most effective and complete vitamin and mineral packs on the market for heart, brain, joint, immune and cellular health. Included is the youthful-aging breakthrough of Product B, containing a full spectrum of natural bio-active antioxidants that support telomere health by combatting harmful free radicals, which are known to accelerate aging and contribute to poor health.

