



Category 6
Multi-Vitamins & Minerals



GOODFORYOU

GOOD FOR LIFE

THE ORIGINAL FOOD TAB

The Dietary Supplement of the Future 200 Tab #50111

Description: The Original Food Tab: Balanced nutrition and 100% absorbable by the body. This is due to the Original Tab having the right ratio of carbohydrates, fibre, vitamins, minerals, protein, and vegetable fat present in each tablet.

State-of-the-art Development: The Original Tab combines essential nutrients into a compact and powerful daily dietary supplement. It has a long and commendable history. Back in the 1960's, the U.S. Federal Government set out to develop a product that could be used in special situations. Their objective was to find a product that would provide the **best possible absorbable nutrition in the smallest possible volume**. The research carried out was both involved and intense, and the product that evolved was used in the early space program. Eventually, a tablet form was perfected and used widely as an emergency dietary supplement. Professional athletes and entertainers quickly perceived its benefits and began using it. Long haul truck drivers, office workers, busy executives, and busy housewives also enjoyed it. Children and teenagers relished it! Quite simply, the people who became acquainted with its great taste and high quality refused to accept inferior imitations - they wanted **The Original**, the one that came directly from the laboratories that made history by developing it.

Maximum absorption It is important that when taking supplements you receive the **maximum absorption** possible. Too often poor quality supplements are not recognized by the body as it travels through the digestive tract. It is essential that supplements are **in a form that the body can recognize**. Synthetically produced vitamins are not identified by the body, hence the body will not absorb them effectively. Because **The Original Tab** is an optimum balance of proteins, carbohydrates, fats, vitamins, and minerals it allows **virtually complete assimilation by the body**. 6 **The Original Tab** provide 100% of the minimum recommended daily intake of 15 important vitamins, minerals, and other nutrients.

Packed With Nutrition The Original Tab is literally packed with nutrition! Each tablet contains **16 important vitamins and minerals and an**

Supplement Facts

Recommended Daily Consumption:

Adults: 6 Tabs per day Children (Under 6): 3 Tabs per day

Medicinal Ingredients	Per Tab	Per 6 Tabs
Vitamin A	833.3 IU	5000 IU
Vitamin C (sodium ascorbate)	10 mg	60 mg
Thiamine B1 (thiamine hydrochloride)	0.25 mg	1.5 mg
Vitamin B2 (riboflavin)	0.28 mg	1.7 mg
Niacin	3.3 mg	20 mg
Calcium (dicalcium phosphate)	20.8 mg	125 mg
Iron (ferrous fumarate)	3 mg	18 mg
Vitamin D	66.7 IU	400 IU
Vitamin E (alpha tocopheryl)	4 IU	24 IU
Vitamin B6 (pyridoxine hydrochloride)	0.33 mg	2 mg
Folic Acid	0.01 mg	0.06 mg
Vitamin B12 (cyanocobalamin)	0.5 mcg	3 mcg
Iodine (potassium iodide)	0.025 mg	150 mg
Copper (oxide)	0.33 mg	2 mg
Biotin	50 mcg	300 mcg
Pantothenic acid (calcium pantothenate)	1.66 mg	10 mg
Non-medicinal ingredients: Vegetable nutrients, non-fat dry milk, sucrose, eggwhite, honey, lecithin, artificial and natural flavors.		
Product Balance:		
60% carbohydrate	10% protein	
25% polyunsaturated fat	5% fiber, vitamins and minerals	
20 CALORIES PER TABLET		

an optimum balance of carbohydrates, unsaturated (vegetable) fats, and complete protein with all 8 essential amino-acids. In order for vitamins and minerals to work at their optimum in the body, they must be properly balanced with each other at the time of intake. Only **The Original Tab** has the right balance! A **one-of-a-kind nutritional balance**. Each Tab contains 60% Carbohydrate, 5% Fibre, 16 Important Vitamins and Minerals, 10% complete Protein, 25% Vegetable Fat. Recent medical research shows that illnesses from improper diet show up 15 to 20 years later in the form of heart disease, cancer, stroke, diabetes and other nutritionally related disorders. It is hardly surprising that we are suffering from these deficiencies. As a Nation we are on-the-go, often we forget to eat due to lack of time, or just poor eating habits. Billions of dollars a year are spent on high-calorie and unnutritious foods. This trend is increasingly dominating our way of life. Studies indicate that as a nation we are overfed, and overweight... but undernourished. **The Original Tab** has been designed with this in mind.

Nutritional Support: In a fast-paced world. 6 **The Original Tab** a day will give you the assurance of getting 100% of the minimum Recommended daily intake of 15 important vitamins and minerals and other nutrients.

Compact & Lightweight: Convenient to store in the home, or when on-the-move. Provides the best possible nutrition in the smallest possible volume. No preparation, no cooking or mixing.

20 Calories: Very effective for those on a diet, and need the assurance of all the correct nutrients.

Economy: 100% nutrition for only pennies a day.

Flavor: The Tabs taste so good. Enjoy Chocolate, Vanilla, Strawberry, Chocolate mint, and Butterscotch.

Contents: Vitamin A, Vitamin C, Thiamine B, Vitamin B2, Niacin, Calcium, Iron, Vitamin D, Vitamin E, Vitamin B6, Folic Acid, Vitamin B12, Iodine, Copper, Biotin, Pantothenic Acid, Concentrated vegetable nutrients - non fat dry milk, sucrose, egg white, honey, lecithin, artificial and natural flavors. Calories per Tab: 20, Protein: .4 gram, Carbohydrates: 2.6 grams per Tab, Fat: 1.0 gram per Tab.

SUGGESTED DOSAGE: Take as directed.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.