

PROVIDE™

Product Information

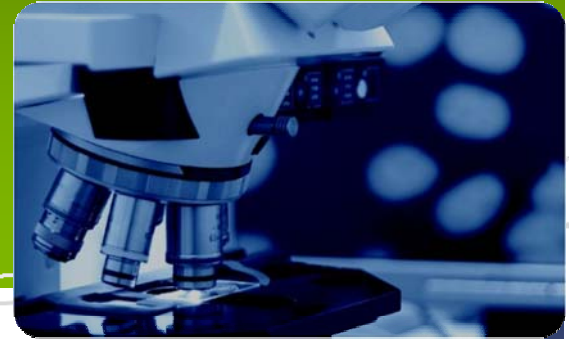
Comprehensive, broad-spectrum multi-nutrient for the foundation of optimal health

PROVIDE™ is designed by science and nutrition experts to form the foundation and building blocks of optimal health.

PROVIDE™ contains 44 nutrients, including vitamins, minerals, amino acids, antioxidants and herbs of very high quality and in forms easily absorbed by the body.

Compared to other leading multi's on the market, PROVIDE™ is superior on price, quality, dosage and the spectrum of nutrients required to maintain homeostasis or internal balance.

PROVIDE™ has been specifically designed to detoxify the body of harmful heavy metals on a daily basis (most of us have at least one heavy metal in toxic range), correct mineral imbalances seen in the majority of people, supply therapeutic doses of essential nutrients to boost the immune system, support normal brain function, and help give you more energy.



Facts

Obtaining all essential nutrients from food would be great, however, it's neither realistic or practical. We just don't get the level of nutrients we need from today's food, we're overburdened by toxins every day, and stress aggravates this even more, causing our health to fail.

PROVIDE™ is for people serious about feeling better, and helps give the body the protection it needs in today's environment.

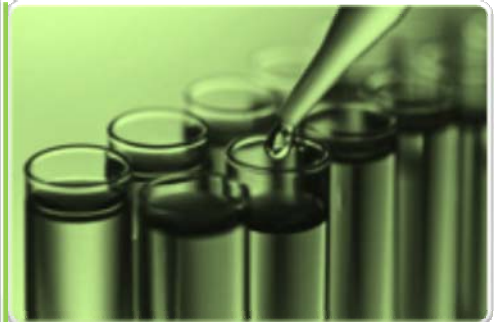
PROVIDE™ has been formulated based on the principles of Geo-Medicine and the work of renowned experts on various diseases and immune system health.

“I can think of no better way to improve how you feel, than to eat the right diet for you and fill in the gaps with a quality multi-nutrient”

Dr. Harold Foster

9 capsules contain/9 capsules contiennent:

Calcium (from Calcium Citrate and Calcium Pantothenate)/ calcium(citrate de calcium et de pantothénate de calcium)	105 mg.
Magnesium (from Magnesium Glycinate)/ magnésium (de glycinate de magnésium)	105 mg.
Boron (Citrate)/boron (citrate)	700 mcg.
Zinc (Amino Acid Chelate)/Zinc (chélate d'acide aminé)	35 mg.
Vanadium (Amino Acid Chelate)/ vanadium (chélate d'acide aminé)	150 mcg.
Chromium GTF (Polynicotinate)/chrome (polynicotinate)	350 mcg.
Manganese (Amino Acid Chelate)/manganèse (chélate d'acide aminé)	9 mg.
Horsetail Extract (7% Silica) (Aerial Parts)/ extrait de préte des champs (7% silice)(parties aériennes)	200 mg.
Iodine (as Potassium Iodide)/iode (iodure de potassium)	800 mcg.
Molybdenum (Amino Acid Chelate)/molybdène (chélate d'acide aminé)	200 mcg.
Vitamin A (5,000 IU as Palmitate/5,000 IU as Beta-Carotene)/ vitamine A (5000 UI de palmitate / 5000 UI de bêta-carotène)	10,000 IU.
Vitamin D-3 (Cholecalciferol)/vitamine D-3 (cholécalficérol)	1,000 IU.
Thiamine (Mononitrate)/thiamine (mononitrate)	100 mg.
Riboflavin/riboflavine	100 mg.
Niacin (20%) Niacinamide (80%)/niacine (20%) niacinamide (80%)	400 mg.
Pantothenic Acid (as d-calcium pantothenate)/ acide pantothénique(pantothénate de d-calcium)	400 mg.
Vitamin B-6 (Pyridoxine Hydrochloride)/vitamine B-6 (chlorhydrate de pyridoxine)	100 mg.
Vitamin B-12(Cyanocobalamin)/vitamine B-12 (cyanocobalamine)	1,000 mcg.
Vitamin E (Succinate)/ vitamine E (succinate)	200 IU.
Vitamin K-1 (phytonadione)/vitamine K-1 (phytonadione)	50 mcg.
Biotin/biotine	500 mcg.
Folic Acid/acide folique	1,000 mcg.
Choline (Bitartrate)/choline (bitartrate)	100 mg.
Inositol/inositol	200 mg.
PABA/acide para-aminobenzoïque	100 mg.
N-Acetyl-L-Cysteine/n-acétyle-l-cystéine	300 mg.
Alpha Lipoic Acid/acide lipoïque alpha	250 mg.
Selenium /sélénium (Selenoexcell™)	200 mcg.
L-5-Hydroxytryptophan/l-5-hydroxytryptophan	100 mg.
Vitamin C (ascorbic acid)/vitamine C (ascorbique)	1,000 mg.
Grapeseed Extract/extrait de pépins de raisin	100 mg.
DL Methionine/dl-méthionine	150 mg.
Olive Leaf Extract/l'extrait de feuille d'olive	100 mg.
Coenzyme Q-10/coenzyme Q-10	60 mg.
Potassium (Citrate)/potassium (citrate)	99 mg.
Citrus Bioflavonoids/bioflavonoïdes de citron	100 mg.
Lycopene/lycopène	3 mg.
Lutein/lutéine	4 mg.
Glutamine/glutamine	90 mg.
Green Tea Extract (leaf, 45% EGCG, 5% Caffeine)/ extrait de thé vert (feuille, 45% EGCG, 5% caféine)	100 mg.
Garlic Powder (bulb)/poudre d'ail (ampoule)	100 mg.
Betaine (Trimethylglycine)/bétaine(triméthylglycine)	100 mg.
L-lysine/l-lysine	200 mg.



PROVIDE™

Recommended Adult Dose 9 Capsules/day

Recommended Use To be taken daily as part of your nutritional program

Capsules per container 270



*This product does not contain yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial colouring, preservatives or flavouring.

Top 10 Reasons why **PROVIDE™** should be your first choice

1. FINALLY A PRODUCT WITH SUFFICIENT LEVELS OF B VITAMINS!

B vitamins perform thousands of tasks in our bodies every second of every day but unfortunately, we may not be getting enough. If you are currently dealing with any of the following, you should ensure proper intake of B vitamins: work, paying bills, kids, driving, holidays, public speaking, arguments, relocating, any life changes, marriage, death of close family member, sexual difficulties, divorce, retirement, or personal injury or illness. These are all sources of stress, and stress depletes us of B vitamins, which are important in things like: getting rid of harmful heavy metals in our body, helping our immune system work well, supporting our adrenal function to keep our energy levels up, and helping to maintain proper brain function and mental alertness. Even oral contraceptives for women can cause various B vitamin deficiencies, as can eating processed foods. Getting enough B vitamins is critically important and most multi's on the market are seriously deficient in this area.

2. POWERFUL INGREDIENTS TO HELP THE BODY GET RID OF HARMFUL HEAVY METALS.

Research indicates that the majority of North Americans have at least one harmful heavy metal in a range that is toxic to the body. The most common ones are aluminum, mercury, arsenic, lead, titanium, uranium, and others. If left unchecked, this state of "dis-ease" can lead to serious health issues, and so it's imperative to provide the body with a wide range of nutrients that help in a natural, daily detoxification program. **PROVIDE™** contains these important ingredients at dosages that count.



3. NO COPPER OR IRON

Why no copper? For two main reasons: (1) it is very antagonistic to zinc and should not be taken at the same time as they compete with each other for absorption; and (2) our own research shows that far too many individuals have too high of copper in their systems already, and adding more would likely further compromise their nutritional and health status and be counterproductive. Some examples are women who are taking birth control pills containing estrogen, people who swim in pools, who wear make-up, have copper pipes in their homes, who eat a lot of seafood, chocolate, or soybeans, or who have adrenal gland exhaustion.

Why no iron? For two main reasons: (1) our research indicates that the majority of people have sufficient levels of iron already in their bodies, so there is no need to supplement it, and at the same time, it's known that iron interferes with zinc absorption and that supplemental iron can aggravate a zinc deficiency. We find that most people have low zinc levels, which helps weaken their immune systems; and (2) too much iron can be dangerous and is known to cause several health issues. Some things that help increase iron levels are alcohol consumption, the use of cast iron cookware, intake of vitamin C, eating meat, and consuming olive oil.

4. LOADED WITH IMPORTANT NUTRIENTS ESSENTIAL FOR GOOD HEALTH NOT FOUND IN OTHER MULTI'S

- ✓ **The building blocks of the powerful antioxidant enzyme, glutathione peroxidase.** **PROVIDE™** gives you **NAC, 5HTP, and glutamine** to help build a powerful immune system;
- ✓ **Lysine and Extracts from Grape seed, Olive Leaf and Garlic** – more powerful immune enhancers to protect us all year long;
- ✓ **Silica** – known to reduce gastrointestinal absorption of aluminum (i.e. if it's not absorbed, it can't find its way to your brain), helps to maintain the integrity, elasticity and stability of arterial walls, helps maintain normal bone structure, helps maintain the elasticity and suppleness of the skin, and helps retain the natural shine, elasticity and strength of hair;
- ✓ **CoQ10** – depleted by stress, and more difficult for your body to make as you age, it plays an essential role in producing energy in the cells, is a powerful antioxidant and immune enhancer, and is most noted for its role in proper heart function;
- ✓ **Alpha Lipoic Acid** – is a powerful antioxidant and detoxifier of heavy metals, helps reduce radiation damage, and helps regulate glucose metabolism.
- ✓ **Methionine** – helps the body eliminate toxins, build strong, healthy tissues, and promote cardiovascular health, plays an important role in the metabolism of protein and production of enzymes including glutathione, supports liver function by regulating glutathione, and has been shown to help memory.

5. 1:1 CALCIUM TO MAGNESIUM RATIO

Our research indicates that most people have too much calcium and not enough magnesium in their body which is not good for your health. The body is always working to keep a proper balance of these two very important minerals and it's important to keep a supplemented ratio of 1 to 1 because we tend to get



excess calcium in our diet and not enough magnesium. Too many products on the market encourage you to take extra calcium, which may help explain the fact that we find the majority of people having excess calcium. Studies have shown that excess calcium is not good for your health.

6. DOSAGE

Many Multi's on the market contain various ingredients at very low dosages, below 'therapeutic significance' to help make them appear superior. **PROVIDE™** is different. Every ingredient in there is there for a reason and in a dosage that makes it count.

7. THE FORM OF MINERAL COUNTS ... A LOT!!

The old expression of "Garbage in, garbage out" is directly applicable to the food you eat and how well you feel. The same thing is true when it comes to the minerals in your daily supplement. Every mineral comes in different forms, and some forms are very poorly absorbed by the body, making them an expensive thing to take every day. Take for example the form of selenium in **PROVIDE™**, SelenoExcell®. This is an extensively tested form of selenium not found in many multi's, and is a high potency, 100% organically bound selenium yeast product. As a natural nutritional food source, yeast replicates the mineral conversion process performed by most plants, and this natural plant process converts inorganic (poorly absorbed, potentially toxic) minerals to safer organic (highly absorbed) forms for improved nutrient utilization. The minerals in **PROVIDE™** are very high quality and very well absorbed by the body, unlike a lot of what you find in lesser quality products.

8. CAPSULES ARE MUCH BETTER THAN TABLETS



Capsules are much better absorbed and much purer. Tablets must have things like binders, coatings, lubricants, disintegrants, and other excipients added to help the tablet stay together, and break apart easier. Beyond that, tablets are then pressed together under extreme pressure using machines, and then to make them easier to swallow or to mask the flavour, are often sprayed with coatings such as shellac and labeled "pharmaceutical glaze." Anything not natural to the body is foreign to the body, causing the body to react and to work to get rid of it. Taking a supplement every day should not create unnecessary burdens to your body.

Other things to be on the lookout for are things like: cellulose gel, starch, hydroxypropyl methylcellulose, gelatin, croscarmellose sodium, polyethylene glycol, and dyes. Read your labels carefully.

9. WHY "ONE A DAY" IS NO WHERE NEAR ENOUGH

Some products advertise that taking "one a day" is all that you need. It's the difference between doing something that is convenient or doing something that is helpful and needed. There isn't enough physical space in a tablet to include the ingredients that are optimal for health. For those that are serious about their health, alternatives should be sought out. **PROVIDE™** supplies you with nutrients at science based dosages that can have a meaningful impact on your health, and avoids the marketing tactics too often seen by other suppliers. We would like to have offered even higher dosages of certain ingredients, like Vitamin D for example, but we did as much as the rules would allow us.

10. PRICE VS VALUE

Yes, there are products out there that appear to be less expensive, but you need to compare apples to apples. Price is what you pay, and value is what you get. The question you have to ask yourself is this: "Am I serious about my health?" Your dollar is stretched to the limit and then some when it comes to the value obtained in **PROVIDE™**. Sure, you can get cheaper products, but what are you paying for? It's like going to the grocery store and bragging that your grocery bill was only \$50, when the guy in front of you is paying \$150. When it comes to nutritional supplements, you get what you pay for, although price doesn't guarantee quality. **We're happy to take the challenge with PROVIDE™ versus any other multi on the market.** And no, you're not paying for things you don't need. Countless hours over many years were spent researching the formula that is **PROVIDE™** and we'll continue to do so to ensure that it is current and on the cutting edge of research.

See for yourself –

COMPARE **PROVIDE™** TO WHAT YOU TAKE NOW



typical multivitamin



PROVIDE™

Contact us to learn more about the benefits of taking **PROVIDE™** - you won't be disappointed!

To order **PROVIDE™**

Online: www.fosterhealth.ca

Email: sales@fosterhealth.ca

Phone/Fax: phone: 250.381.9133 fax: 250.382.9137

Suggested retail price: \$75 per bottle

(each bottle if taken at recommended dosages is a 1 month supply)



Complimentary products:



We are interested in your feedback on **PROVIDE™**, so please feel free to contact us at info@fosterhealth.ca

Non-medical ingredients: This product does not contain yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial colouring, preservative or flavouring.

Caution and warning: Consult a healthcare professional prior to use if you are pregnant or breastfeeding. For an adult sub-population only. Consult a healthcare practitioner prior to use if you have a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice); if you suffer from asthma; if you have a history of non-melanoma skin cancer; if you have diabetes; if you are following a low protein diet; if you have been diagnosed for or are at risk for a blood pressure disorder. Consult a healthcare practitioner prior to use if taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAME), St. John's wort, antidepressants, painkillers, over the counter cough and cold medication containing dextromethrophan, anti-nausea medication and anti-migraine medication.

Contraindication: Do not use if you are pregnant or breastfeeding; if you have scleroderma; or if you are taking antiplatelet medication such as warfarin.

Known Adverse Reactions: Hypersensitivity (eg. Allergy) has been known to occur; in which case, discontinue use. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Zinc supplementation can cause a copper deficiency. 5-HTP: Some people experience drowsiness. Exercise caution if operating heavy machinery, driving motor vehicles or involved with activities requiring mental alertness. Some people may experience diarrhea, nausea, and vomiting, and abdominal pain. Discontinue use and consult a healthcare practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes.