



Advanced Vegan

Vegetarian Multi-Vitamin / Antioxidant Program

- **Serving Size 2 caps (30 serving per container)**
- **Formulated specifically for Vegans / Vegetarians**
- **Contains Plant Based Digestive Enzymes**
- **Contains 100 mg L-Carnitine**

*In our continuing search for quality and innovative products, we are proud to introduce **Pure Vegan**. This revolutionary supplement line is based on full scientific research and evidence based protocols specifically for Vegans and Vegetarians.*

Advanced Vegan is a comprehensive multiple vitamin, mineral, and anti-oxidant program. Ingredients found in common multi-vitamins often contain cheaper, hidden vitamin sources. **Advanced Vegan** uses more creative, healthier animal-free sourced nutrients.

Advanced Vegan contains a healthy amount of vitamins and minerals with [antioxidants](#) that fight free radicals. Free radicals are atoms or groups of atoms with an unpaired number of electrons, and can be formed when oxygen interacts with certain molecules. Once formed, these highly reactive free radicals can start a chain reaction, possibly damaging cellular components such as DNA or cell membranes.

Betatene® may be the most important antioxidant element contained in **Advanced Vegan**. It is a combination of mixed carotenoids (beta-carotene and alpha-carotene) found in many fruits and vegetables. It also contains carotenoids derived from Dunaliella salina algae. The body converts roughly 40 percent of these carotenes into Vitamin A in the small intestine. The remainder of the carotenes act as potent antioxidants.

Advanced Vegan serves as an energy source because of the B Vitamins presence. B Vitamins supply fuel for the body, especially the highly absorbable B12 methylcobalamin, which many vegans lack because it comes mainly from meat sources. Niacinamide is used to treat high cholesterol, anxiety, stress and circulatory problems. Folic acid is important for every pregnant woman because it is critical in preventing birth defects. B Vitamins are also important in cardiovascular function. Biotin helps incorporate amino acids into protein, fuses sugar and fat molecules and assists in carbohydrate metabolism. Zinc is an important mineral needed for creating antioxidant enzymes in the body, and helps battle macular degeneration. A 1995 study of 151 people with macular degeneration showed those who took 100mg of zinc twice daily experienced less visual loss over two years than those who didn't. (1) Zinc's main antioxidant function is preventing fat oxidation. It is a constituent of the antioxidant enzyme superoxide dismutase (SOD). (1) It is important for proper maintenance of Vitamin E in the blood and Vitamin A absorption. SOD is the most powerful enzyme produced in the body. It is a potent antioxidant.

What makes **Advanced Vegan** even more impressive is the signature plant-based digestive enzyme blend **Advanced Vegan** employs. Digeseb Plus® is the proprietary blend of enzymes which help digest food, minerals and proteins. Enzymes are dependant on coenzymes, including B Vitamins, Vitamin C, Vitamin E and Zinc to be fully active. (2) Some of the most recommended antioxidants for bodybuilders and athletes, some of which are vegans, are Vitamins C, E, carotenes (beta-carotene), selenium and alpha lipoic acid. Lastly, the amino acid L-carnitine transports long-chain fatty acids into the energy-producing centers of the cells, the mitochondria, where 95% of cellular energy occurs. L-carnitine helps convert fat into the energy needed to support the healthy functioning of the muscles, heart, brain, and sperm. Since vegan diets are low in L-carnitine, **Advanced Vegan** contains 100mg of L-carnitine from L-carnitine magnesium citrate which helps compliment any vegan diet

SOURCES

- (1) Prescription for Nutritional Healing. 3rd Edition. Phyllis Balch, CNC; James Balch, MD. 2000. pp 58, 60.
 (2) Smart Medicine for Healthier Living. Zand, LAC, OMD; Spreen, MD, CNC; LaValle, RPh. ND. 1999. p 398.

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