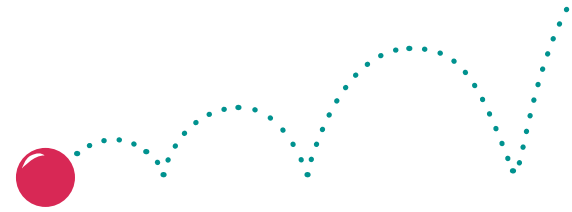


7 Reasons to Take Multi-Gold™



by Margy Squires

If you are one of the many Americans who take a one a day multi-vitamin mineral (MVM), you're missing out on important nutrients that won't fit in the bottle! **Here are 7 good reasons why you need Multi-Gold™.** And every one of the ingredients in this bioavailable MVM give you 40 more nutritional reasons to change your mind about your daily!

1 Anti-age yourself. It's a fact that the older we get, the less our bodies produce nutrients like CoQ10, the energy powerhouse in cells that keep them alive and B-12, another energy co-factor. Other nutrients found low with age are vitamin D3 for healthy hormone levels and immunity; and the B family for brain and nervous system support. Your enzymes that instigate biochemical reactions and digest food are less efficient. Some cells die because the replication process is halted (telomere shortening). An MVM has been shown to slow down and potentially reverse telomere damage. And sometimes we eat less with age, compromising nutrient intake, which leads us to reason number two.

2 Balance your dietary efforts. Even with a good diet, the chances of nutrients actually being in the produce you eat are slim to none due to the way we plant, harvest and process which further decreases nutrient levels. According to government surveys, most Americans don't get their 4-6 servings a day anyway. So unless you shop exclusively organic or grow your own food organically, can your diet really give you a balanced nutritional profile like Multi-Gold™?

3 Offset environmental toxins and stress. We live in a polluted, stressful world, not the Garden of Eden. Few places exist without chlorinated water, environmental toxins and an electronic influx of information that disrupt endocrine function, central nervous system activity and rob you of essential nutrients. The oxidative damage is less when the immune system is fortified with antioxidants. Besides vitamins A, C and E, many minerals add antioxidant potential. Bioflavonoids from fruits also protect cells, along with specialty antioxidants Alpha Lipoic Acid and CoQ10.

4 Correct known nutritional deficiencies of diagnosed conditions. Numerous studies have shown that magnesium is low in the two leading causes of death, diabetes and cardiovascular disease, as well as fibromyalgia, migraines and many other disorders. Magnesium is also a difficult mineral to obtain from diet compared to calcium. Taking organic minerals like Albion® and Aquamin® in Multi-Gold™ ensures bioavailability. Plus, these organic minerals do not compete when combined in a formula.

5 Boost your memory and cognitive ability. The B family of vitamins support a healthy brain and the rest of the nervous system and Multi-Gold™ supplies them. Part of their job is converting fats and carbs to energy which the brain needs to function. A meta-analysis of 10 randomized, placebo-controlled trials showed taking a daily MVM results in short term memory improvement. The Bs help reduce stress and this action lessens the impact stress has on memory, recall and cognition.

6 Increase energy levels. The combined effect of vitamins and minerals (especially magnesium and the B family) supply the necessary nutrients for energy production. Studies report that taking a MVM is associated with increased energy levels.

7 Detoxify your body and assist with healthy weight. The optimal levels and forms of nutrients in an MVM help clear toxins, encourage enzyme activity for detoxification and keep organs that assist the process (like the liver) in peak form. An MVM helps your body operate more efficiently on a daily basis but also during weight loss efforts. A randomized, double-blind study of obese women found that those taking a daily MVM lost 7.9 pounds more than placebo takers.



A high potency MVM complex like Multi-Gold™ can help improve your nutritional intake so you benefit in multiple ways beyond the 7 reasons listed above. **So take the MVM challenge and try Multi-Gold™ for 30 days.** We guarantee you'll be taking it again and again and again!

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