

Maximum Food Formulas™

'HiActive' WHOLE FOODS

Foods That Make Vitamins & Minerals Work

**GUARANTEED
CONSTITUENT
ACTIVITY**



Full Color Spectrum 'HiActive' Foods

Food & Herbs with Vitamins & Minerals

PRODUCT GUIDE

Maximum Food Formulas™

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Maximum Food Formulas™

Food & Herbs with Vitamins & Minerals

A DEFINITION OF MAXIMUM IS THE GREATEST POSSIBLE QUANTITY

Maximum Food Formulas™ provide the Greatest Possible Quantity of Whole Food that will fit in the tablet. All *Maximum Food Formulas™* contain at least 70% Whole Food.

This is the MAXIMUM FOOD™ QUANTITY GUARANTEE.

A DEFINITION OF MAXIMUM IS ALSO THE HIGHEST LEVEL
Quantity of food is not the only measure. It is important to document the levels of Active Constituents within each Food. The phyto-nutrients which make food such a valuable source of nutrition have to be measured. Highest Quality Food requires the highest quantity of Active Constituents.

Maximum Food Formulas™ provide foods containing the Highest Measured Level of Active Constituents.

This is the MAXIMUM FOOD QUALITY GUARANTEE

MAXIMUM FOOD™ will provide Current Lab Assay's for the active constituents used in all our *Maximum Food Formulas™*.

VAN DRUNEN FARMS 'HiACTIVE' FOODS

We believe that providing a concentrated measure of phyto-nutrient rich food requires substantiation of the active constituents to ensure maximum nutritional results.

For this reason MegaFood® has chosen Van Drunen Farms 'HiActive' foods for our *Maximum Food Formulas™*. Each batch of food provided by Van Drunen Farms is authenticated by a current assay to guarantee the Active Constituents that are necessary for Optimal Health. (See page 5)

WHAT ARE *Maximum Food Formulas™*?

Maximum Food Formulas™ use a Maximum Quantity of 'HiActive' Whole Foods mixed with a broad range of regular supplemental vitamin and mineral components. The supplemental nutrients are driven to cellular utilization by the naturally occurring Food Factors in the 'Hi-Active' Whole Foods. Nutrient Intelligence, the necessary factor for nutrient utilization, is found in the 'Hi-Active' Whole Foods.

Maximum Food Formulas™ provide the most comprehensive spectrum of quality 'HiActive' Whole Foods, the **right** whole foods, with all the Food Factors™ that guarantee Maximum Results.

This is the MAXIMUM RESULTS GUARANTEE™

Maximum Food Formulas

The Foods That Make Vitamins & Minerals Work™

PO Box 325, Derry, NH 03038, 1-800-848-2542

Visit Our Web Site www.megafood.com



VAN DRUNEN FARMS
AND
MAXIMUM FOODS™

MAXIMUM FOOD™ has chosen Van Drunen Farms to supply foods for our formulas. Van Drunen Farms are family owned and have been suppliers of Natural and Organic vegetables, fruits and herbs for over 100 years.

Their team of scientists includes leaders in the field of natural product biochemistry.

Coupled with leading clinical researchers, this team is poised to become a main force in bringing quality natural food products to the market.

Van Drunen Farms uses their knowledge of plants as food. They maintain ongoing research into methods of processing food. They strive to maintain the integrity of the delicate phyto-nutrients and retain the highest levels of the foods' active constituents.

Van Drunen Farms prepares the "HiActive" foods for our *Maximum Food Formulas* on their 1000-acre Organically Certified farm. The facility includes two microbiology labs and an HPLC reference lab. This allows for fully-integrated growing, preparation and testing and enables **MAXIMUM FOOD™** to offer you Maximum Quantity, Maximum Quality and Maximum Results.

MAXIMUM FOODS™ FRUITS AND VEGETABLES

Van Drunen Farms focuses on items with scientifically proven benefits. Van Drunen Farms grows spinach and kale with high lutein content, carrots with high levels of carotenoids, garlic with high allicin and tomatoes with high lycopene content. Their blueberry and bilberry have the highest levels of anthocyanins and their cranberry products are proven high in quinic acid.

To ensure that the phyto-nutrients are not damaged during preparation of the foods, Van Drunen Farms has implemented an assay program that guarantees maximum levels of key active constituents for all the fruits and vegetables used in our *Maximum Food Formulas*.

This Assay Program and Guarantee, along with Natural and Organic Foods, fulfills **MAXIMUM FOODS™** needs and enables us to guarantee the quality standards set for *Maximum Food Formulas*.

'HiActives' Broccoli Powder 1000 - N2

PRODUCT CHARACTERISTICS

Botanical Name
Plant Part
Description
Flavor
Preservatives

SPECIFICATION

Brassica oleracea italica
Broccoli
Powder: Green
Typical of fresh broccoli
None

COMPOSITION PROFILE

Sulforophane	HPLC	1,000 ppm Minimum
Beta Carotene	HPLC	5,000 mg/100g Minimum
Vitamin C	AOAC 984.26	400 mg/100g

MICROBIOLOGICAL PROFILE

Standard Plate Count	AOAC 990.12	500,000 per Gram Maximum
Yeast and Mold Content	AOAC 997.02	500 per Gram Maximum
Coliform	AOAC 991.14	500 per Gram Maximum
E. Coli	AOAC 991.14	Less than 10 per Gram Maximum
Salmonella	FDA BAM 8th Ed., Ch 5	Negative
Coag. Pos. Staph	FDA BAM 8th Ed., Ch 12	Negative
Moisture	VDF FC 1	6.0% Maximum

NUTRITIONAL INFORMATION (Amount in 100 grams, Edible Portion)

CALORIES	370.67 g
WATER	4.00 g
PROTEIN	31.59 g
CARBOHYDRATES	53.77 g
FAT (TOTAL)	3.25 g
ASH	7.39 g
SUGARS	15.68 g
OTHER CARBOHYDRATES	4.48 g
DIETARY FIBER	33.61 g
SATURATED FAT	0.49 g
MONOUNSATURATED FAT	0.22 g
POLYUNSATURATED FAT	1.52 g
CHOLESTEROL	0.00 mg
VITAMIN A	23143.06 IU
A-RETINOL	0.00 RE
A-CAROTENOID	2314.31 RE
THIAMIN-B1	0.59 mg
RIBOFLAVIN-B12	1.08 mg
NIACIN-B3	5.26 mg
NIACIN EQUIV.	5.26 mg
VITAMIN B6	1.46 mg
VITAMIN B12	0.00 mcg
FOLATE	750.53 mcg
PANTOTHENIC ACID	3.13 mg
VITAMIN C	631.79 mg
VITAMIN D	0.00 mcg
VIT E-ALPHA EQ.	0.00 mg
CALCIUM	627.30 mg
COPPER	0.43 mg
IRON	9.07 mg
MAGNESIUM	201.63 mg
MANGANESE	3.29 mg
PHOSPHORUS	560.09 mg
POTASSIUM	2374.80 mg
SELENIUM	0.00 mcg
SODIUM	268.84 mg
ZINC	5.38 mg
ALCOHOL	0.00 g
CAFFEINE	0.00 mg

MAXIMUM RESULTS FROM SUPPLEMENTS PROVIDED BY FOOD

Nutrient Utilization and Food Factors

In 1937, Albert Szent-Györgyi was awarded the Nobel Prize for discovering and isolating a fraction of vitamin C known as ascorbic acid. Professor Szent-Györgyi discovered that vitamin C-rich concentrated whole food is more bioavailable than isolated ascorbic acid. This increase in bioavailability is due to the presence of enzymatic activity and important complex food factors known as the Food Factors. This crucial aspect of Albert Szent-Györgyi's discovery was lost in the rush to find more isolated fractions of food. Today these fractions are called "natural" vitamins and minerals.

Nutrient Utilization and Protein Chaperones™

The 1999 Nobel Prize was awarded to Dr. Günter Blobel for his work that concluded "Each protein (chaperone) carries in its structure the information needed to specify its proper location in the cell".

The Protein Chaperones™ are the key delivery mechanisms, the "addresses" and "zip codes", that carry the nutrients to the specific sites within the cell, where they are utilized. These chaperones are necessary for nutrient utilization.

NO NUTRIENT WORKS WITHOUT THE BENEFIT OF FOOD

Current research demonstrates that the essential factors found in food are needed to deliver nutrients to the cells for utilization. When these factors naturally occur you have the most efficient delivery mechanism. Food is the most effective method of nutrient delivery. The next best delivery method is mixing a Maximum Quantity of proven quality food with quality regular vitamins. This supplemental form is known as a *Maximum Food Formula*. *Maximum Food Formulas* Provide the Foods That Make Vitamins and Minerals Work.

MAXIMUM FOOD™ FORMULAS SUPERIOR RESULTS

The human body needs a maximum spectrum of nutrients and color components to maintain optimal health. Research demonstrates an enhanced physiological response is obtained from moderate amounts of a maximum spectrum of colorful foods and phytonutrients. A maximum spectrum of nutritive components has been shown to provide greater health benefits than large quantities of one isolated supplemental fraction.

Supplements should always be taken with Food

MAXIMUM FOOD™ is a system that delivers nutrient-rich whole foods mixed with essential vitamins and minerals.

Our goal is to provide the best possible formulas. To accomplish this we need to deliver our formulas with as much whole food as possible. This process of finding and combining the greatest amount of high quality essential whole food for our *Maximum Food Formulas*™ is a labor of love. MAXIMUM FOOD™ embraces the new science that food is the essential key to all nutrient delivery. These foods, when properly identified, enhance the effectiveness of the nutrients in each formula. We believe that MAXIMUM FOOD™ should provide a carefully chosen, comprehensive spectrum of Food Factors™, Protein Chaperones™, phyto-nutrients, antioxidants and color.

Research shows that delivering vitamins and minerals with whole food enhances utilization. Nutrients cannot be delivered to the cells without specific messengers attached. These messengers naturally occur in whole foods. Numerous studies have demonstrated that supplements containing the Food Factors provide better results. Ascorbic acid functions better when taken with vitamin C-rich foods, calcium functions better when taken with calcium-rich foods.

One reason for increased utilization is the complex nature of nutrients. Nutrients do not function alone, but rather in synergy with the Food Factors. These Food Factors are shown to have powerful supportive effects on the physiology. Food Factors needed to deliver our supplements are not produced by the body and must be supplied by our food.

Why not eat a quality meal? One can attempt to achieve the results of MAXIMUM FOOD™ by taking their nutrients with a high quality meal. However, not just any meal will do. The foods must be well thought out to guarantee the best possible absorption and utilization of the nutrients. Foods in the meal must be rich in the same nutrients you are supplementing in order to enhance their utilization.

NUTRIENT STARVATION

Eating to stay healthy is not as easy as it seems. A study in the July 16, 1999 issue of *Science* reports that people living in the United States often fail to obtain recommended daily minimums of essential nutrients. This deficiency occurs even though our meals contain a nearly endless variety of food. Our food, in the form delivered to the market, is often lacking essential nutrients. This leads to nutrient starvation and creates the need for supplementation.

FOOD FACTORS AND
Maximum Food Formulas™

Science reveals that a Maximum of Food Factors yields optimal results from regular supplemental components.

CATEGORIES OF FOOD FACTORS

The *Maximum Food Formulas™* contains all known categories of Food Factors.

Research into the factors that make up food is experiencing remarkable growth. This knowledge of the benefits of the food factors is expanding at an ever-increasing rate. Food, in the natural process of growing, manufactures more forms of natural chemicals than all the commercial chemical and drug companies combined.

Well over 100,000 Food Factors have been identified in our food to date. With increasing knowledge of the important health benefits of these Food Factors, many scientists believe that they have proven to be far more important to the human physiology than regular vitamins and minerals.

Maximum Food Formulas™ contains a Maximum Quantity and a Measured Quality of these Food Factors™.

Since each of the food factors exhibits different actions in the body, it is crucial that a Maximum Quantity and a Complete Range of whole foods be included in our supplement. When you consume a Maximum Spectrum of the Food Factors you will benefit from a Complete Range of physiological actions. The Complete Range of Food Factors, working together, protects your body from physiological challenges. It is believed that the greater number of food factors included in the daily diet the greater the ability to prevent serious physiological problems. The food factors ultimately provide the foundation for optimum health.

GREATEST BENEFIT FROM FOOD FACTORS

Since each of the Food Factors exhibits different actions in the body, it is crucial that a Maximum Quantity and a Complete Range of whole foods be included in our supplement. When you consume a Maximum Spectrum of the Food Factors you will benefit from a Complete Range of physiological actions. The Complete Range of actions from Food Factors, working together, protects your body from physiological challenges. These beneficial Food Factors ultimately provide the foundation for optimum health.

FOOD FACTORS

Compounds	Foods	Benefits of Active Constituents in Foods and Compounds
TERPENES		
Carotenoids	Carrots	<ul style="list-style-type: none"> • Alpha-carotene is 10 times more effective than beta-carotene at stopping cancer cells. • Lutein prevents macular degeneration, the leading cause of blindness in the elderly.
Limonoids	Lemons Oranges	<ul style="list-style-type: none"> • Limonoids inhibit lung, skin, and stomach cancers.
Saponins	Alfalfa	<ul style="list-style-type: none"> • Saponins have been shown to lower cholesterol.
Lycopene	Tomato	<ul style="list-style-type: none"> • Lycopene protects against oxidative damage. • Zeta-carotene, phytoene, and phytofluene, the three amigos strengthen the activity of other carotenoids.
PHENOLS		
Betacyanins	Beet	<ul style="list-style-type: none"> • Betain is an inhibitor of skin, lung, and liver tumors. • Betaine plays a role in detoxifying homocysteine.
Tannins	Cranberry	<ul style="list-style-type: none"> • Tannins protect the urinary tract from infections.
Anthocyanins	Blueberries	<ul style="list-style-type: none"> • Chlorogenic acids. Anthocyanins. • Highest antioxidant activity of all fresh foods. • Anthocyanins reduce platelet clumping.
Flavonoids	Citrus Acerola Berry Rose Hips	<ul style="list-style-type: none"> • Hesperetin slowed the replication of viruses, reduces inflammation, lowers hypertension, increases "good" cholesterol (HDL), and lowers "bad" cholesterol (LDL). • Quercetin stops singlet oxygen free radicals. • Phenols lower the incidence of fatal heart attacks
Isoflavones	Kudzu	<ul style="list-style-type: none"> • Isoflavones are a protective factor in cancer. • Kudzu 100 times antioxidant activity of vitamin E.
AMINES		
Chlorophyll	Hydrilla	<ul style="list-style-type: none"> • Amines prevent the absorption of carcinogens.
Enzymes	Papaya	<ul style="list-style-type: none"> • Papaya is an effective digestive aid.
POLYSACCHARIDES		
Polysaccharides	Rice Bran Shiitake	<ul style="list-style-type: none"> • Raises good cholesterol (HDL), lower bad cholesterol (LDL). • Cytotoxic (cancer cell destroying) immune activity.
Pectin	Apple	<ul style="list-style-type: none"> • Pectin reduces cholesterol.
ORGANOSULFURS		
Indoles	Cabbage	<ul style="list-style-type: none"> • Isothiocyanates, with no detectable levels 36% greater chance of developing lung cancer.
Sulforaphanes	Broccoli	<ul style="list-style-type: none"> • Apoptosis (cancer cell death) stops the development of tumors. • Glutathiones free radical disposal.
Isothiocyanates	Kale	<ul style="list-style-type: none"> • A potent phase 2 enzyme enhancer. • D-glucuric acid detoxifies a number of carcinogens including various nitrosamines.
Thiosulfonates	Onions	<ul style="list-style-type: none"> • Organosulfur enhances good to bad cholesterol.
LIPIDS		
Omega-3	Flax	<ul style="list-style-type: none"> • Omega-3 inflammation, immune system dysfunction, heart disease, and cancer. • Improves mental and visual functions.
Sterols	Pumpkin	<ul style="list-style-type: none"> • Beta-sitosterols slow abnormal cell proliferation. Lower cholesterol.
Isoprenoids	Spinach	<ul style="list-style-type: none"> • Isoprenoid slows cardiovascular disease.
ORGANIC ACIDS		
Ellagic Acid	Currants	<ul style="list-style-type: none"> • Ellagic acid Anti-inflammatory, detoxify the body.
Coumaric Acid	Peppers	<ul style="list-style-type: none"> • P-coumaric acid inhibit the formation of cancer-causing compounds such as nitrosamines.

Maximum Food Formulas™

FULL COLOR SPECTRUM

Maximum Food Formulas™ contain a Full Color Spectrum™ of food. Research reveals the importance of the Full Color Spectrum™ to maximize the nutritional value of the formula. Studies done by The National Cancer Institute indicate the importance of including colorful whole foods (red, blue, green, yellow, orange) in the daily diet. The color pigments in whole foods such as anthocyanins, carotenes, chlorophyll and flavonoids are recognized as being essential protective components of our diet. Fulfilling the Full Color need can be a challenge.

Maximum Food Formulas™ helps meet the challenge by including a daily dose of Full Color Spectrum™ pigments. We have taken great care to provide the complete spectrum of naturally occurring health supportive color pigments in the *Maximum Food Formulas™*.

The *Maximum Food Formulas™* contain a Maximum Quantity and a Complete Range of Food Factors.

Food	Nutrient	Color
Acerola Berry	Vitamin C	Red
Alfalfa	Chlorophyll	Green
Black Currant	Bioflavonoids	Purple
Barley Grass	Chlorophyll	Green
Beet Root	Betainin	Red - Purple
Blueberry	Anthocyanin	Blue
Broccoli	Sulforaphane, Lutein	Green
Cabbage	Indole-3-Carbinol	Green
Carrot	Alpha & Beta Carotenes	Orange
Cranberry	Anthocyanin	Deep Red
Green Pepper	Bioflavonoids	Green
Lemon Peel	Bioflavonoids	Yellow
Orange Peel	Bioflavonoids	Orange
Rose Hips	Bioflavonoids	Red
Orange	Rutin	Orange
Tomato Concentrate	Lycopene	Red

A Full Color Spectrum™ gives *Maximum Food Formulas™* a Marked Nutritional Edge.

If all the available forms of minerals were absorbed with equal efficiency, we would eat soil as the most direct source of nutrients. This soil source doesn't work because the minerals in the soil are in what is known as an "inorganic" form. Minerals are classified as organic only when they have been incorporated into living cells.

Most inorganic minerals are positively charged. The intestinal wall has a negative charge. The conflict between these charges causes the vast majority of minerals ingested in the inorganic form to be lost. Only a small percentage of inorganic minerals can be transformed within the body, into the organic form and delivered to the blood stream. For example, it is now generally accepted that only a small portion of iron, 5 - 10%, is transformed and assimilated when it is ingested in the inorganic form. The rest has potential to be stored and create problems within the body.

Amino Acid Chelates

Since most forms of inorganic minerals are positively charged, the need arose to develop a supplemental mineral delivery system that would work with the human digestive system. Amino Acid Chelates are a supplemental form which combines minerals with amino acids. This chelation process increases mineral assimilation by as much as 300%.

Some forms of minerals, such as citrates and gluconates, form weak complexes that rapidly ionize in the body. Evidence presently available indicates that these complexes do not significantly increase the utilization of minerals. In fact, a published study on intravenous (direct delivery to the blood) calcium gluconate delivery revealed no increase in utilization.* The structure that is best suited for mineral chelation is amino acids.

Amino Acid Chelate Utilization

It is theorized that Amino Acid Chelates enhance the body's ability to utilize the attached minerals through their affinity for other amino acids. These amino acids combine to form the Protein Chaperones™ that are necessary for the delivery of the mineral.

Amino Acid Chelate Safety

Another important aspect of the Amino Acid Chelate delivery system is the effect the amino acids have on the mineral ion. Inorganic minerals, when ionized, have the potential to fly around the body causing damage much like free radicals. When these inorganic minerals are attached to amino acids they are calmed and become safe.

*(1973) *The American Journal Of Medicine*, Evaluation of Intravenous calcium as Therapy for Osteoporosis Volume 55; pg. 14

HERBS

*“Whole plant extracts, artfully and scientifically prepared, provide the most complete range of the plant’s chemistry and synergy and therefore exercise the most holistic influence on the physiology.”**

Extracts Provide Maximum Results. In most cases using extracts is the best means of herbal delivery. If the herb is not extracted the active constituents can be locked within the cell walls. The more concentrated the extract the more active constituents are available for delivery. For example, 8:1 means eight pounds of whole herb are extracted and concentrated to equal one pound of whole herb extract. In this case the value of the extract is at least eight times greater than the value of the non-extracted herb. Using these potent whole herb extracts is important for maximum efficacy of the herbs. Extraction provides maximum utilization.

Whole Plants Provide Maximum Results. Our herbal extracts are created with an understanding of the advantages of the whole plant verses an isolated fraction of the plant. Research indicates that the whole plant extract, when compared to the isolated fraction, delivers superior results. This whole plant advantage is due to the synergistic effect of the thousands of phyto-nutrients contained in the plant. The delivery mechanism of whole herbs with their synergistic phyto-nutrients intact creates the same advantage as the delivery of Whole Food nutrients.

Whole plant extracts are safer than isolated fractions of plants. Examination of the US Pharmacopeia** reveals that isolated fractions of plants are often the basis for therapeutic drugs, many of which exhibit side effects. With few exceptions, whole herb extracts do not exhibit these side effects.

The cost of extracted Herbs.

When purchasing herbs that have been artfully and scientifically prepared in ratios of 4:1 to 50:1 the costs are measurably greater.

Herb	Bulk Cost	Extract Cost	Concentration
Ginkgo Biloba	\$8.00	\$72.00	8:1
Skullcap	\$11.76	\$68.00	4:1
Panax Ginseng	\$12.00	\$68.00	4:1
Oat Straw	\$4.51	\$42.00	4:1

*(1996) *Naturopathic Handbook of Herbal Formulas*, Herbal Research Publications, Inc., Ayer, MA., pg. 14

** (1995) *US Pharmacopeia National Formulary*, Rand McNally, Tauntonx-, MA.

**MAXIMUM FOODS™ *Extracted Whole Herbs*
for Maximum Effectiveness**

GLASS VS. PLASTIC

MAXIMUM FOODS™ by commitment goes beyond our providing the highest quality supplements. By packaging in 100% recyclable amber-glass we provide maximum potency protection for our formulas. At the same time glass enables us to use packaging that is friendly to our environment.

Environmental regulation of packaging has become a hot topic outside the U.S. More than 20 countries now have some form of “producer responsibility” law on the books or in the works. For example, the fee for using plastic in Germany is \$1882.00 per metric ton of plastic versus \$96.00 per metric ton of glass. The reason for this is simple. Plastic is very difficult to recycle. Glass is friendly to the environment.

Plastic bottles breathe exposing the product to the destructive properties of oxygen. There are also serious questions about “off gas” damage to the product that is packaged in plastic. Products packaged in glass do not breathe or give off gas and are protective of the food within the tablets.

MANUFACTURING

MAXIMUM FOOD™ manufactures all our own tablets in an FDA registered facility that is independently audited and has the highest rating: “**SUPERIOR**”. We have direct control of the tablets being produced, and run our tableting machines at very low speeds. This is important with **MAXIMUM FOOD™** products because excessive heat from production will destroy the natural food factors necessary to deliver the nutrients.

MAXIMUM FOOD™ RATED AIB SUPERIOR

MAXIMUM FOOD™, being a company that is *focused on food*, thought we needed a method to measure our food processing quality. The *AIB Consolidated Standards for Food Safety* is published for Food processors. It is used to evaluate the food safety risks and compliance levels as measured by the criteria in the stringent standards.

These standards create programs and techniques that protect food from adulteration during storage of raw materials, transfer and handling of ingredients, operational appearance, operational practices, delivery practices and personnel practices.

Using the *AIB Consolidated Standards for Food Safety* criteria and rating system, a certificate of Achievement was awarded to **MAXIMUM FOOD™** by the AIB Staff Food Safety Auditors. The inspection resulted in a rating of “**SUPERIOR**”.

MAXIMUM LIFE

Food & Herbs with Vitamins & Minerals
For Everyone's Nutritional Needs

71% Whole Food

MAXIMUM LIFE™ supplies exceptional nutritional well being for the entire family through a select combination of 'HiActive' phyto-nutrient rich whole foods, advanced antioxidants and balancing herb extracts. Antioxidant protection and nutritive balance are provided by revered tonic mushroom extracts, resveratrol rich grape extract and adaptogenic botanicals.

MAXIMUM LIFE™ is a Full Color Spectrum formula exclusively using 100% Amino Acid Chelated Minerals to enhance utilization and safety.

Cutting edge scientific research on optimum health maintenance and preventative care indicates the importance of food and the food factors. Our carefully crafted *Maximum Food Formulas* use 'HiActive' Whole Foods to enhance the bioavailability of the formula.

MAXIMUM LIFE™ provides a complete spectrum of naturally-occurring health supportive natural color pigments. Scientific research indicates that color pigments in whole foods are important aspects of protective phyto-nutrients.

Hydrilla verticillata is a nutrient-rich green food providing a bountiful array of trace minerals, essential fatty acids, polysaccharides, amino acids, macro and micro nutrients. A comprehensive blend of plant based enzymes round out this all inclusive formula.

MAXIMUM LIFE™		
Supplement Facts		
Serving Size 3 Tablets		
Amount per Serving	% Daily Value ▼	
Vitamin A (from Vitamin A Acetate)	5000 IU	100
Vitamin C	500 mg	833
Vitamin D3	200 IU	50
Vitamin E (from d-alpha Tocopheryl Acetate)	100 IU	336
Vitamin K1	60 mcg	75
Thiamine (B-1) (from Vitamin B1 HCl)	25 mg	1667
Riboflavin (B-2)	25 mg	1471
Niacin	25 mg	125
Vitamin B-6 (from Vitamin B6 HCl)	25 mg	1250
Folic Acid	400 mcg	100
Vitamin B-12	125 mcg	2083
Biotin	300 mcg	100
Pantothenic Acid (as Calcium d-pantothenate)	50 mg	500
Calcium (from 100% Amino Acid Chelates)	200 mg	20
Iron (from 100% Amino Acid Chelates)	18 mg	100
Iodine (from Kelp)	150 mcg	100
Magnesium (from 100% Amino Acid Chelates)	100 mg	25
Zinc (from 100% Amino Acid Chelates)	15 mg	100
Selenium (from 100% Amino Acid Chelates)	50 mcg	71
Copper (from 100% Amino Acid Chelates)	200 mcg	10
Manganese (from 100% Amino Acid Chelates)	3 mg	150
Chromium (GTF) (from 100% Amino Acid Chelates)	50 mcg	42
Molybdenum (from 100% Amino Acid Chelates)	50 mcg	67

'HiActive Foods':

Alfalfa, Rice Bran, Flax Seed, Apple Pectin, Beet, Orange Peel,
Tomato 4:1, Cabbage, Green Papaya 3:1, Shiitake 3:1, Lemon Peel,
Acerola Berry 4:1, Carrot, Broccoli 5:1, Blueberry 6:1, Kale, Spinach 3:1,
Cranberry 25:1, Onion 3:1, Kudzu 10:1, Pumpkin Seeds 4:1, Rose Hips 4:1,
Black Currant 3:1, Green Pepper 5:1 120 mg

Superior Foods:

Hydrilla verticillata 50:1 110 mg
Alfalfa 100 mg
Chlorella 100 mg
Lecithin (naturally containing 56-60% Linoleic Acid, 6-8% Linolenic Acid) . 50 mg

Advanced Phyto-Nutrients & Antioxidants:

Soy 1% Isoflavones / Genistein 50 mg
Cranberry Fruit Extract 25:1 20 mg
Full Spectrum Grape Extract w/ 400 ppm Resveratrol 10 mg
Reishi Mushroom Mycelia Extract 7:1 10 mg
Shiitake Mushroom Extract 4:1 10 mg
Alpha Lipoic Acid 5 mg

Tonic Whole Herb Extracts:

Eleuthero Root 5:1 40 mg
Turmeric Root 10:1 30 mg
Schizandra Berry 4:1 25 mg
Astragalus Root 4:1 25 mg
Ginkgo Leaf 8:1 20 mg
Dandelion Leaf & Root 4:1 20 mg
Nettle Leaf 4:1 15 mg
Fo-Ti Root 5:1 15 mg
Gotu Kola 5:1 15 mg
Spring Horsetail Leaf 5:1 15 mg

Plant Source Enzymes:

Amylase 1000 DU
Protease 3750 HUT
Lipase 20 LU
Glucoamylase 1.1 AG
Cellulase 25 CU
Invertase 0.03 IAU
Lactase 100 LacU

Food Enzyme Factors:

Green Papaya 4:1 25 mg
Ginger Root 5:1 20 mg

Additional Supplements:

Beta Carotene 5000 IU
Bioflavonoids (from Citrus) 250 mg
Choline (from Bitartrate) 30 mg
Potassium (from Amino Acid Complex) 99 mg
Inositol 30 mg
Boron (from 100% Amino Acid Chelates) 1 mg
Quercetin 1 mg
Rutin 1 mg
Vanadium (from 100% Amino Acid Chelates) 30 mcg

100% Satisfaction Unconditionally Guaranteed.

Suggested Use: 3 tablets daily.

**MAXIMUM LIFE™
A MAXIMUM FOOD™ FORMULA**

MAXIMUM FOODS™



For over 30 years MegaFood® has been a leader in providing the most natural, bio-available and effective food nutrients. MegaFood® was the first company, in 1973, to recognize the importance of food in the delivery of nutrients.

MegaFood's philosophy has always been that humans are intended to receive their nutrition from food sources. *Maximum Food Formulas™* carries on that intention. *Maximum Food Formulas™* provides nutrients in a form that enhances their utilization. *Maximum Food Formulas™* delivers

'HighActive' Whole foods containing naturally occurring Food Factors with supportive supplemental vitamins and minerals.

Maximum Food Formulas™

The foods that make your vitamins and minerals work™

- Maximum Quantity of Food
70% - 93% 'HighActive' Whole Foods
- Maximum Quality of Food Assay Program
- Maximum Color Spectrum of Foods
- Maximum Food Factors
- Maximum Amino Acid Chelates
- Maximum Extracted Whole Herbs

All Maximum Food Formulas™ Are 100% Satisfaction Unconditionally Guaranteed!


Maximum Food Formulas™ manufactures all products, in our facility, to meet stringent USA and International Standards. **MAXIMUM FOOD™** tablets are FREE from Corn, Gluten, Milk, Wheat and Yeast and are formulated WITHOUT Artificial Colors, Flavors, Sugars or Preservatives. Product Potency and Quality are guaranteed by independent laboratory tests.

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