

Why your diet doesn't supply enough micronutrients for health, disease prevention and long life

Over the years the world's growing population, combined with a reduction in available arable land, has resulted in overuse of soils, in order to grow enough fruits and vegetables to feed the planet's population. As a result, fruit and vegetable quality has declined. **Studies performed by the United States government USDA ARS Nutrient Data Laboratory show a sharp decline of up to 50% in many minerals, vitamins and other nutrients in fruits and vegetables over the past 100 years** (Reference: U.S. Department of Agriculture, Agricultural Research Service. USDA Nutrient Database for Standard Reference, Release 13). This applies to South Africa too. For example, South Africa has the lowest levels of soil-selenium in the world (selenium is a vital immune supportive and cancer-protecting mineral). This decline has been attributed to a steady deterioration in soil, air and water quality. The result is that people aren't obtaining the amounts of micronutrients from their fruits and vegetables, as they did in the past.

This problem is compounded by the fact that **most people don't eat the daily recommended 5 full servings of multi-coloured fruits and vegetables anyway.**

Furthermore, **drinking, smoking, preservatives, food additives, UV radiation, cooking, refined carbohydrates, bad fats, and even medicines, actively deplete micronutrients from the body,** causing fatigue and disease, such as heart disease, immune dysfunction, cancer and diabetes.

Most multivitamin products supply only the minimum RDA amounts (ie "100% RDA"). This is the MINIMUM required to prevent deficiency diseases such as scurvy or beri-beri. **These 100% RDA amounts are not the IDEAL amounts.** RDA amounts don't supply the optimal quantities of micronutrients needed to help prevent heart disease, cancer, boost energy levels and promote a long and healthy life.

If you want to consume optimal amounts of vitamins and minerals, then DON'T take a "1-a-day" multivitamin. It is physically impossible to fit all you need into a 1-a-day multivitamin capsule or tablet. To get optimal amounts, you need a **3-a-day** multivitamin like SOLAL's **3-Per-Day™**.



3-Per-Day™ is an all-in-one micronutrient formula that **supplies all the vitamins, minerals and anti-oxidants you need, in optimal doses,** and in the most absorbable & effective forms possible. 3-Per-Day™ works on a cellular level to repair tissue, remove toxins and boost energy, helping you cope with the demands of a stressful life, and keeping you younger and healthier, for longer. NOTE: It is never possible to fit enough calcium and magnesium into a multivitamin, even into 3-Per-Day™, because you need at least 4 capsules daily, just of calcium and magnesium alone. Therefore be sure to use Bio-CalMag™ (see below) in addition to 3-Per-Day™, to ensure you obtain optimal amounts of calcium and magnesium too.

Dose: take 2 capsules after breakfast and 1 after supper.

Other important nutraceuticals to take on a daily basis are:



Bio-CalMag™ – Contains **calcium AND magnesium** in the optimally effective 2:1 ratio to maintain strong bones, healthy heart, reduce anxiety, relieve PMS, and promote healthy sleeping patterns. Contains only the **GLYCINATE forms of calcium and magnesium,** which are the **most absorbable and effective** forms of calcium and magnesium. Most other calcium and magnesium products contain the **CARBONATE forms,** which not only are **very poorly absorbed,** but neutralise stomach acid too. Stomach acid is important for food digestion, and also kills the germs that you swallow when you eat food. Neutralising stomach acid, by using the wrong forms of calcium and magnesium, allows these germs (and undigested protein) to enter into your body, causing infections, candida, allergies, inflammation and fatigue.

Dose: take 2 capsules twice daily after meals.



SOLAL Fish Oil Omega 3 Extract™ – Your brain and heart's best friend. Although diet supplies enough omega 6's (too much in most cases), most diets are terribly deficient in Omega 3 fats (unless you eat oily fish 4 times a week. Tinned tuna doesn't count because all of the fish oil has been removed from it). These omega 3 fats are essential for boosting concentration & brain power, as well as protecting your heart and immune system. They are also vital for correct hormone metabolism, helping to relieve depression and PMS. Omega 3's also enhance gym & sports performance, and they burn excess body fat. SOLAL Fish Oil Omega 3 Extract™ is **concentrated and purified to remove all possible mercury, heavy metals and toxins, a problem with some other fish oil supplements.**

Dose: take 2 capsules once daily after supper.



Stress Damage Control™ – Stress is a killer! Research reported in the December 2004 New Scientist Magazine showed that stress increases a woman's risk of heart attack by up to 300-600%. Stress also unbalances your brain hormones, causing memory loss, anxiety and mood changes. Stress Damage Control™ is a concentrated herbal formula which includes Rhodiola Rosea & Ashwagandha herbal extracts with synergistic micronutrients. It protects your heart and brain from the damages of stress, improves concentration & memory, and safely enhances all types of exercise activity too. Stress Damage Control™ is probably the most important supplement of all, since our diet supplies none of the ingredients found in it.

Dose: take 1-2 capsules after breakfast.



SOLAL'S MEDICAL ADVISORY BOARD

Clockwise from top:
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Brent Murphy – B.Pharm (Rhodes), MPS, Pharmacist
Wayne Carson – B.Pharm, with distinction(Wits), Pharmacist

COMPARISON: 3-per-Day™ vs. the leading 1-a-day, "100% RDA" A-Z brand		
	Leading 1-a-day brand	
	1-a-day brand	3-Per-Day™
Vitamin A	3500 IU	5000IU
Vitamin C	60mg	500mg
Vitamin D	400IU	400IU
Vitamin E	30IU	200IU
Thiamine (vit B1)	1.5mg	75mg
Riboflavin (vit B2)	1.7mg	50mg
Vitamin B3	20mg	50mg
Vitamin B6	2mg	75mg
Folic Acid	400mcg	800mcg
Vitamin B12	6mcg	300mcg
Vitamin B5	10mg	100mg
Iodine	150mcg	150mcg
Magnesium	100mg	100mg
Zinc	15mg	30mg
Selenium	20mcg	100mcg
Manganese	2mg	2mg
Molybdenum	75mcg	100mcg
Lutein	250mcg	5000mcg
Lycopene	300mcg	2000mcg

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- ▶ View/download SOLAL chart titled "Correcting Pharmaceutical Induced Nutritional Deficiencies". If you are taking the contraceptive pill, pharmaceutical hormone replacement therapy or any other medication, these may be depleting your body of important nutrients.
- ▶ Download comprehensive product information & a pricelist of our full range of 200 nutraceuticals, dermaticals and bio-identical hormones for men and women.

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