



### Clinical Applications

- Foundation Nutrition for a Variety Protocols
- “Insurance” Formula for Wellness
- Poor Dietary Nutrient Intake
- Stressful Lifestyle

*Pura D Vitality Packs™ is a combination of four targeted nutritional formulas conveniently dose-packaged and providing comprehensive nutritional support. Pura D Vitality Packs for Women™ Contains iron and additional calcium. The formulas include Albion® chelated minerals, activated B vitamins, ORAC botanicals and fresh, pure, third-party assayed fish oils. Calcium is in the form of dicalcium malate and microcrystalline hydroxyapatite (MCHC).*

**All Vida Pura® Formulas Meet or Exceed cGMP quality Standards**

### Discussion

Each cellophane wrapped package of Pura D Vitality Packs™ contains the following Vida Pura® supplements:

Activ Nutrients™, a high quality, hypoallergenic, proprietary multivitamin- mineral blend in vegetable capsules featuring activated vitamin co-factors and patented Albion® chelated mineral complexes. Activ Nutrients™ contains a balanced nutrient profile needed because vitamins and minerals work synergistically. Many nutrients in Activ Nutrients™ (e.g. vitamins C and E, selenium, carotenoids) provide antioxidant protection and some (e.g. riboflavin, niacin, folic acid, B12) are needed to support Phase 1 detoxification.

Omega Pure 300 EC™, a highly concentrated oil that contains 180 mgs of EPA and 120 mgs of DHA in each highly absorbable, pleasant-smelling, natural vanilla, enteric coated softgel. The purity of these oils is the result of using the most advanced molecular distillation and chromatographic Super-Refining technology. Independent third party assay guarantees the stated amount of EPA/DHA is present. More importantly, the assay declares the absence of cholesterol, heavy metals, (e.g. mercury), rancidity, and contaminants such as pesticides and PCBs. Vitamin E as mixed tocopherol is added to prevent rancidity and ensure maximum freshness.

Oraxinol™, an innovative blend of botanicals contains RosemarinX™ derived from rosemary, and BerrX™, from a variety of berries. The technique known as “ORAC”, “Oxygen Radical Absorbance Capacity” measures antioxidant capacity. The units of an ORAC value are expressed as micromoles Trolox equivalents per gram of a substance. Consuming an average of 5-9 servings of a variety of fruits and vegetables per day yields 6000 Trolox Equivalents. This same amount is supplied by just capsules (1000mg) of Oraxinol™.

Pura D Vitality Packs for Women™ also contains:

Ossopan™ supplying 350 mgs/package of calcium from MCHC is composed primarily of calcium, but also contains phosphorous, organic factors, protein matrix, growth factors and a full spectrum of trace minerals that naturally comprise healthy bones. It is in a vegetable capsule.



# Supplement Facts

Serving Size: 2 packets  
Servings Per Container: 30

	(4) Multivitamin Formula Capsules		(2) Antioxidant Formula Capsules		(2) Omega-3 Formula Softgels		(2) Bone Support Formula Capsules	
	Amount	%DV*	Amount	%DV*	Amount	%DV*	Amount	%DV*
Calories					18			
Calories from Fat					18			
Total Fat					2 g	4%		
Vitamin A (as mixed carotenoids and cis-retinol palmitate)	7500 IU	150%						
Vitamin C (as potassium ascorbate, zinc ascorbate, calcium ascorbate and sodium ascorbate)	250 mg	417%						
Calcium (as MCHC and di calcium malate)	100 mg	10%					700 mg	70%
Vitamin D3 (as cholecalciferol)	200 IU	50%						
Vitamin E (as d-alpha tocopherol succinate, mixed tocopherols)	200 IU	667%			20 IU	66%		
Vitamin B1 (as thiamine mononitrate)	20 mg	1333%						
Vitamin B2 (as riboflavin 5 phosphate)	20 mg	1176%						
Vitamin B3 (as niacinamide, niacin)	63 mg	315%						
Vitamin B6 (as pyridoxal 5 phosphate)	20 mg	1000%						
Folate (as folic acid, 5-formyl tetrahydrofolate)	400 mcg	100%						
Vitamin B12 (as methylcobalamin)	500 mcg	8333%						
Biotin	1000 mcg	333%						
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2000%						
Iodine (as potassium iodide)	100 mcg	67%						
Magnesium (as di magnesium malate)	100 mg	25%						
Zinc (as zinc bis-glycinate chelate)	13 mg	87%						
Selenium (as selenium glycinate)	100 mcg	143%						
Copper (as copper bis-lysinate)	1 mg	50%						
Manganese (as manganese bis-glycinate chelate)	500 mcg	25%						
Chromium (as chromium nicotinate glycinate)	500 mcg	417%						
Molybdenum (as molybdenum glycinate)	50 mcg	67%						
Potassium (as potassium glycinate and potassium ascorbate)	99 mg	3%						
Inositol	36 mg	**						
Choline (as choline dihydrogen citrate)	36 mg	**						
PABA	13 mg	**						
Vanadium (as vanadium nicotinate glycinate chelate)	750 mcg	**						
EPA (eicosapentaenoic acid)					360 mg	**		
DHA (docosahexaenoic acid)					240 mg	**		
RosemarinX™ and Berr-X™ (standardized to provide 6000 TE/g)			1000 mg	**				

\* Daily Value.  
\*\* Daily Value not established.

**Other Ingredients for Multivitamin Formula:** Cellulose, magnesium stearate.  
**Other Ingredients for Antioxidant Formula:** Cellulose, magnesium stearate.  
**Other Ingredients for Omega-3 Formula:** Gelatin, glycerin, purified water, enteric coating and vanillin.  
**Other Ingredients for Bone Support Formula:** HPMC, magnesium stearate and stearic acid.

## Pura D Vitality Packs for Women also contains: Iron (as iron glycinate)

### References

1. Total Diet Study, US FDA/CFSAN. <http://www.cfsan.fda.gov/~comm/tds-toc.html> {accessed 5.23.06}
2. National Health and Nutrition Examination Survey <http://www.cdc.gov/ncha/nhanes.htm> {accessed 5.23.06}
3. Marier JR. Magnesium content of the food supply in the modern-day world. *Magnesium*. 1986;5 (1):1-8 [PMID: 3515057]
4. Worthington V. Effect of agricultural methods on nutritional quality: a comparison of organic with conventional crops. *Altern Ther Health Med*. 1998 Jan;4(1):58-69. [PMID: 9439021]
5. Worthington V. Nutritional quality of organic versus conventional fruits, vegetables, and grains. *J Altern Complement Med*. 2001 Apr;7(2):161-73. [PMID: 11327522]
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7. Price JA, Sanny CG, Shevlin D. Application of manual assessment of oxygen radical absorbent capacity (ORAC) for use in high throughput assay of "total" antioxidant activity of drugs and natural products. *J Pharmacol Methods*. 2005 Dec 4; [PMID:16337142]

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.