WHOLE EARTH & SEA®

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Bone Structure Multivitamin & Mineral



Our Bone Structure formula provides a full range of nutrients that are impacted by physical stress, dietary limitations and/or metabolic inefficiencies. Calcium is a key mineral that supports bone density and strength. It also supports healthy teeth and heart function.*

- Sustainably Sourced
- Whole Food Source
- Non-GMO
- No Gluten
- No Soy Proteins Detected
- No Corn

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About Bone Structure Multivitamin & Mineral

Bones are not inert structures like the posts and beams of your house, but rather they are dynamic living tissues that constantly regenerate.*

Studies show a wide range of nutrients are important to bone health including calcium, magnesium, manganese, copper, boron, zinc, vitamin D, vitamin A, vitamin C and the B vitamins. Research also indicates that other nutrients, including vitamin K and silica, play an important role in supporting bone structure and function.*

Our Bone Structure Multi is made from the highest quality organic ingredients, all sourced from our Farm Fresh Factors™ and other whole food sources, and contains meaningful levels of vitamins, minerals and other nutrients to support bone mineral density and overall bone health. One of the most important ingredients in Bone Structure is the algae – a plant-sourced, whole-food source of calcium. Algae provides naturally occurring calcium, magnesium, 70+ trace minerals, and phytonutrients, all in a natural food matrix that is highly bioavailable, making it easy for the body to digest, absorb and utilize. You get a full spectrum of minerals and plant nutrients working for you instead of a single element like most calcium

Suggested Use

Suggested Usage: 2 tablets 3 times per day or as directed by a health professional.

Cautions: For adult use only. Consult with a health professional prior to use if you are taking blood thinners, or if symptoms persist or worsen. Do not use if you are pregnant or breastfeeding. Hypersensitivity, such as allergy, has been known to occur, in which case discontinue use. Keep out of the reach of children.

supplements provide.*

This synergistic formula contains natural ingredients that are scientifically proven to support bone mineral density and the development and maintenance of bones, cartilage, teeth and gums.*

Most women start talking to their health professional about bone health just as they reach menopause. Ideally, however it is best to support healthy bone structure long before menopause.*

Bone Structure does not contain gluten or corn, and no soy proteins are detected. This product is completely suitable for vegans.

Nutrition Information

Each 2 tablet serving contains:

Farm Fresh Factors™ Ingredients

Our Farm Fresh Factors™ starts with 200 grams of fresh raw plants, processed using our EnviroSimplex® method to retain and intensify the total goodness of whole food into rich living food:

Active Vegetables – organic kale (leaf), organic alfalfa (aerial), organic cilantro (leaf), organic parsley (aerial), caper (berry), organic artichoke (leaf), organic black radish (root), barley grass, cayenne pepper (leaf), organic celery (seed), organic beet (root), organic tomato

Cruciferous Vegetables – wasabi (rhizome) and fresh freeze-dried sprouted broccoli (aerial), organic upland cress (leaf),daikon (root), red radish (root), organic cauliflower (aerial), organic cabbage (leaf), organic arugula (leaf), organic watercress

Supplement Facts

Serving Size 2 Pure Food Maximizer™ Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A† (natural beta-carotene from algae) *(Dunaliella salina)* (whole)	3,333 IU	67%
Vitamin C† (organic amla, mixed ascorbates) *(Phyllanthus emblica)* (fruit)	30 mg	50%
Vitamin D3 (cholecalciferol, lichen) (whole)	667 IU	167%
Vitamin E (*d*-alpha-tocopherol from sunflower seed oil)	10 IU	33%
Vitamin K2 (Menaquinone-7) (MK-7) (natto bean)	60 mcg	75%
Thiamin† (benfotiamine) (lipid-soluble form of vitamin B1)	0.56 mg	37%
Riboflavin† (riboflavin-5'-phosphate)	0.84 mg	49%
Niacin† (inositol hexanicotinate)	8.34 mg	42%
Vitamin B6† (pyridoxal-5'-phosphate)	0.84 mg	42%
Folate† (folate & folic acid)	267 mcg	67%
Vitamin B12† (methylcobalamin)	133.34 mcg	2,222%
Pantothenic Acid† (pantethine)	3.34 mg	33%
Calcium† (organic algae, calcium ascorbate, carbonate) *(Mesophyllum superpositum)* (whole)	200 mg	20%
Iodine† (kelp) *(Ascophyllum nodosum)* (whole)	50 mcg	33%
Magnesium† (oxide, citrate, malate, glycinate, aspartate, ascorbate)	100 mg	25%
Zinc† (picolinate)	5 mg	33%
Selenium† (sprouted garlic, selenomethionine) *(Allium sativum)* (bulb)	33.34 mcg	48%
Copper† (glycinate)	0.34 mg	17%
Manganese† (citrate, ascorbate)	0.5 mg	25%
Chromium† (picolinate)	133.34 mcg	111%
Polycan® (polysaccharide complex)	50 mg	**
Beta-Glucan *(Aureobasidium pullulans)* (whole)	6.5 mg	**
Silica (bamboo leaf)	1 mg	**
Boron† (citrate)	1 mg	**
Natural Mixed Carotenoids† (alpha-carotene, cryptoxanthin, zeaxanthin & lutein from algae) *(Dunaliella salina)* (whole)	350 mcg	**

†Nutrients are part of Farm Fresh Factors™

Our Farm Fresh Factors™ starts with 200 grams of fresh raw plants, processed using our EnviroSimplex® method to retain and intensify the total goodness of whole food into rich living food: **Active Vegetables** – organic kale (leaf), organic alfalfa (aerial), organic cilantro (leaf), organic parsley (aerial), caper (berry), organic artichoke (leaf), organic black radish (root), barley grass, cayenne pepper (leaf), organic celery (seed), organic beet (root), organic tomato; **Cruciferous Vegetables** – wasabi (rhizome) and fresh freeze-dried sprouted broccoli (aerial), organic upland cress (leaf), daikon (root), red radish (root), organic cauliflower (aerial), organic cabbage (leaf), organic arugula (leaf), organic watercress (leaf), sprouted garlic (bulb); **Whole Fruit Ultra Polyphenols** – grape, pomegranate, strawberry, organic cranberry, organic blueberry, raspberry, bilberry, organic Indian gooseberry *(Phyllanthus emblica)*, schizandra berry, red orange, organic açai berry; **Herbals and Plants** – Theracurmin® *(Curcuma longa)* (root), organic decaffeinated green tea (leaf), organic milk thistle (seed), organic ginger (rhizome), organic echinacea (aerial), marigold flower, organic dandelion (root), organic oregano (aerial), organic peppermint (aerial), organic spearmint (aerial); **Whole Plant Sea Vegetables** – organic spirulina, organic chlorella, red algae, blue green algae, *Dunaliella salina*, kelp.

** Daily Value not established.

(leaf), sprouted garlic (bulb)

Whole Fruit Ultra Polyphenols – grape, pomegranate, strawberry, organic cranberry, organic blueberry, raspberry, bilberry, organic Indian gooseberry (*Phyllanthus emblica*), schizandra berry, red orange, organic açai berry

Herbals and Plants – Theracurmin® (*Curcuma longa*) (root), organic decaffeinated green tea (leaf), organic milk thistle (seed), organic ginger (rhizome), organic echinacea (aerial), marigold flower, organic dandelion (root), organic oregano (aerial), organic peppermint (aerial), organic spearmint (aerial)

Whole Plant Sea Vegetables – organic spirulina, organic chlorella, red algae, blue green algae, *Dunaliella salina*, kelp

Other ingredients: Plant cellulose, silica, vegetable lubricant (palm), chlorophyll.

Q How do Whole Earth & Sea formulas compare to other whole-food supplements?

A Several companies market versions of what they refer to as "whole-food" vitamins. Most of the nutrients in supplements marketed as whole-food are produced by mixing (USP) vitamins and minerals with *Saccharomyces cerevisiae* (baker's yeast), sugar or molasses in a big tank. After some amount of time has passed (usually 12 – 24 hours), the yeast is harvested and the material is dried off. By contrast, Whole Earth & Sea uses our proprietary EnviroSimplex® technology to infuse each supplement with the concentrated goodness of raw nutrition.

Q What is the EnviroSimplex® technology?

A The EnviroSimplex technology liquefies and mixes all raw materials in a special chamber where the bio-activation process occurs, allowing enzymes, probiotics and prebiotics to help culture the ingredients. Then it deploys gentle agitation and low heat under high vacuum to extract moisture, preserve the active ingredients, shorten drying times, and protect sensitive phytonutrients. We ensure the processing temperature always stays below 118°F (48°C).

Phytonutrients (also referred to as phytochemicals) are natural compounds found in plant-based whole foods that give plants their rich pigment, as well as their distinctive taste and smell. Research suggests that nutrients from whole, raw food may have a valuable holistic effect that allows key vitamins and minerals to work more effectively. The EnviroSimplex method retains and intensifies

Still have a question? Just ask!

First Name

Last Name

Email Address

Your Question

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the total goodness of whole food into rich living food.

Q **Why is Whole Earth & Sea in glass bottles?**

A We use glass bottles because it is environmentally sound. Whole Earth & Sea uses glass bottles as well as outer packaging made from 100% recycled materials. The insert is also made from 100% recycled materials.



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