

How Are You Feeding Your Body?

Whole food supplements or mega-doses of empty shell



Ascorbic acid, much like an eggshell, is a valuable protective component of the vitamin C complex. However, when isolated from all the other components, it's just an empty shell. Taking more of the isolated form will not make up for its deficiencies. Only whole food supplements feed your body the complete, nutrient-rich package it needs.

What's Your Choice?

Liu RH. Health benefits of fruit and vegetables are from additive and synergistic combinations of phytochemicals. *Am J Clin Nutr.* 2003 Sep; 78 (3 Suppl):517S-520S.

Whole Food Supplements
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