

# True Source™

Daily Whole Food Multi-Nutrient



## Product Summary

True Source uses nutrient-dense super fruits, vegetables, and other plants to deliver the full spectrum of bioactive vitamins, minerals, antioxidants, and phytonutrients in their whole synergistic glory.

## Product Story

Our bodies work best when we eat a broad range of nutrients, and the typical diet is dangerously deficient when it comes to vitamins, minerals, and antioxidants, especially those nutrients supplied by plant-based foods. On average, Americans only eat two of the recommended nine servings of fruits and vegetables daily and most of that is potatoes and tomatoes in the form of french fries and ketchup. As more demands are made on our time, foods of convenience have become the norm. This has left a nutritional gap in our daily diet, which prompted the JAMA (Journal of the American Medical Association) to come out with this unprecedented statement in 2002: “Most people do not consume an optimal amount of all vitamins by diet alone. It appears prudent for all adults to take a multivitamin supplement.” The problem is study after study continues to show that the synergistic combination of nutrients found in whole foods is far superior to vitamins isolated and prepared in a lab. What are we to do? We reach for a multivitamin made with whole fruits, veggies, and super foods—vitamins sourced as Mother Nature intended.

## Primary Benefits

True Source uses the whole spectrum of nutrient-dense super fruits, plants, and veggies to deliver bioactive vitamins, minerals, antioxidants, and phytonutrients to energize, protect, and build your body the way Mother Nature intended.

## Protect

**Vision:** Wolfberries and palm fruit contain vitamin A and antioxidants like lutein and zeaxanthin important for eyesight.\*

**Heart:** Resveratrol and potent antioxidants in grape pomace promote healthy cholesterol levels and normal inflammatory processes.\*

**Youth:** A full spectrum of superfoods deliver bioactive antioxidants galore. Ellagic acid, bioflavonoids, SOD vitamins A, C, and E, and more combine to protect your cells and DNA and slow the aging process.\*

## Build

**Strength + Confidence:** With a comprehensive mix of essential nutrients providing proven amounts of calcium, magnesium, vitamins D and K, and MSM important for strong bones, joints, and muscles, beautiful skin and hair, and improved mental sharpness.\*

## Energize

**Life:** With nutrients, including chromium, a full array of B vitamins, and essential sugars ideal for balancing blood sugar and sustained energy.\*

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Immunity: Ningxia wolfberries, spirulina, and grape pomace are proven natural immune stimulators.\*

## What Makes This Product Unique?

Young Living composed True Source with dried superfood powders, whole food vitamins and minerals, and other nutrients. The result is an impressive formulation that will change the way you look at daily multis.

True Source supplies a broad spectrum of what you've come to expect in a multi—B vitamins, vitamins A, C, D, E, and K, folic acid, selenium, zinc, potassium, iodine, and magnesium—and supercharges that with vibrant and colorful nutrients representing a broad spectrum of what nature has to offer.

## Who Should Use This Product?

True Source may be used by adults to help maintain optimal well-being. Research indicates that those concerned with the negative effects of aging will benefit from taking True Source. True Source may also be taken by those who wish to increase immune, cardiovascular, and brain function or improve bone and joint health.\*

## Did You Know?

“Most people do not consume an optimal amount of all vitamins by diet alone. It appears prudent for all adults to take a multivitamin supplement.” *JAMA (Journal of the American Medical Association)*

## Key Ingredients

- + Greens from barley grass extract and spirulina have been researched for immunostimulatory properties, reduction of cholesterol and other blood lipids, stabilizing blood pressure, prevention of LDL oxidation, and antioxidant ability.\*
- + Antioxidants such as vitamins C and E, carotenoids such as beta-carotene and lycopene, and selenium offer protection against harmful free radicals that can destroy healthy cells and promote the cell aging process.\*

- + Phytonutrients from wolfberry polysaccharides, ellagic acid from pomegranate powder, anthocyanidins and resveratrol from grape pomace, citrus bioflavonoids from tangerine powder, isothiocyanates from broccoli powder and oleuropein from olive leaf extract. Phytonutrients have been researched for prevention of LDL oxidation, reduction in risk for heart disease, support of healthy cholesterol levels, stabilizing blood pressure, and inflammation.\*

## How To Use

Take 1 of each color capsule daily. Capsules can be taken separately or combined together in 1 daily dose.

## Caution

Do not exceed recommended dosage. Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult with a healthcare practitioner prior to use.

## Complementary Products

True Source is part of the Core Essentials Complete products including NingXia Red<sup>®</sup>, Balance Complete™, Omega Blue™, Longevity™ and Life 5™. It is also included in the convenient Core Supplements packets.

## Frequently Asked Questions

Q What gives the True Source capsules their color?

A *The natural contents give each capsule its color: barley grass, spirulina, and chlorella color the green capsule; pomegranate, dark grape, and wolfberry color the purple capsule; and curcumin (curry) colors the yellow capsule.*