

Make today about healthy balance.

The amazing system that is your body will need help today!

FOUNDATION FORMULA

30 PACKETS, STOCK #3116

Do you need to improve your energy, stamina or mental clarity? What about promoting the health of your heart or reducing the risks of degenerative diseases with powerful antioxidants? Foundation Formula is a MultiVitamin and Mineral Complex that delivers essential nutrition for the day you're facing in one easy-to-take package. Discover why we say that Foundation Formula is the start of every healthy day:

- More than 70 ingredients that work together to ensure complete absorption and nutritional support.
- Improve cell function with vitamins to ensure growth and health, and minerals for the proper composition of bones and blood.
- Maintain healthy blood cells and a strong immune system with B-Complex Vitamins.
- Sustain impressive antioxidant protection from Vitamin E and Grape Seed/Skin Extract.
- Help to prevent degenerative disease and slow down the aging process with antioxidants.
- Support the neurotransmitters in your brain with glycine.
- Protect against heart disease, migraines and depression with Omega-3 Fatty Acids.
- Support your immune and reproductive systems with selenium.
- Regulate acidity levels, blood pressure and neuro-muscular function with potassium.

"I use and recommend Oxyfresh Nutritionals in my chiropractic wellness practice. The high-quality supplements in Foundation Formula are among the safest, most effective nutritionals on the market — and they actually cost less than other supplements. If you were to purchase separately each multivitamin and mineral complex found in one convenient Foundation Formula package, you would pay much more."

MARTIN MARMORALE, D.C.
BELLMORE, NEW YORK



It's not just what we make, it's what we make possible.



Oxyfresh.com

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Ingredient Glossary

Complex Facts

- Advanced MultiVitamin & Mineral Complex
- Advanced Antioxidant Complex
- Vitamin E Oil Complex
- Digestive Enzyme Complex
- Fish Oil Complex

Ingredients

Amylase – essential for digestion of carbohydrates, improves absorption of nutrients, reduces gastrointestinal distress

Bilberry Extract – promotes eye health, antibacterial and anti-viral properties

Biotin – aids metabolism of protein, fats and carbohydrates

Boron (as Krebs) – crucial to normal cell function, supports healthy bones and cell membranes

Calcium (as Carbonate, Citrate, Krebs and Ascorbate) – essential for healthy bones and connective tissues

Cellulase – aids digestion, improves absorption of nutrients

Chromium (as Nicotinate) – normalizes blood sugar, aids weight management, decreases blood cholesterol

Copper (as Glycinate and Krebs) – absorbs and transports iron

DHA (Dicosahexaenoic Acid) – promotes heart health, reduces levels of blood triglycerides, essential for normal visual and neurological development, anti-inflammatory effects

EPA (Eicosapenaenoic Acid) – decreases risk of heart disease, reduces levels of blood triglycerides, anti-inflammatory effects

Flaxseed (seed) – rich in essential fatty acids and soluble fiber, supports heart health, anti-cancer effects

Folic Acid – aids tissue growth and cell function

Ginkgo Biloba Extract – improves energy, stamina and mental clarity, improves circulation, anti-aging and anti-cancer properties

Grape Seed/Skin Extract (Vitis Vinifera) – antioxidant effects 20 to 50 times more powerful than Vitamin C, Vitamin E and Beta Carotene

Green Tea Extract – regulates blood pressure and blood sugar, powerful antioxidant effects

Hawaiian Spirulina Pacifica (Blue Green Algae) – excellent source of protein and antioxidants, supports immune system and eye health

Hesperidin Complex – supports healthy capillaries and circulation, enhances absorption and activity of vitamin C, enhances immune system, forms collagen in connective tissues

Inositol – essential for proper formation of cell membranes and nerve transmission, aids breakdown of fats, reduces cholesterol

Iodine (from Kelp) – essential for cell metabolism, supports normal thyroid function and production of thyroid hormone

Lactase – aids digestion of milk sugar in dairy products (lactose), improves gastrointestinal distress

Lipase – aids digestion of fats

Lutein – antioxidant effects, provides protection from age-related eye degeneration

Lycopene (Lyco-Mato™) – powerful antioxidant effects, reduces risk of heart disease and cancer

Magnesium (as Krebs and Ascorbate) – important for production and utilization of energy, ensures proper contraction and relaxation of muscles

Manganese (as Krebs) – antioxidant effects

Milk Thistle Seed – enhances liver function, stimulates cell production, improves skin problems

Molybdenum (as Krebs) – essential for proper function of certain enzyme-dependent processes, metabolizes iron

Niacinamide – releases energy from carbohydrates, regulates cholesterol

Omega-3 Fatty Acids – protects against heart disease, migraines and depression, preserves brain function in later life

Para-Amino Benzoic Acid (PABA) – aids healthy bacteria in producing folic acid, supports the formation of red blood cells

Parsley – stimulates digestive system

Peppermint (Mentha Piperita) – relieves indigestion and nausea, antiseptic properties

Phosphatidyl Choline (Leci-PC35P) – essential for cell membrane integrity, breaks down fat deposits

Piper Nigrum Extract – enhances the bioavailability of other nutrients

Potassium (as Krebs and Ascorbate) – regulates water balance, level of acidity, blood pressure and neuromuscular function, critical to healthy heart function

Ingredient Glossary

Protease – enhances digestion and nutrient absorption

Quercetin – antioxidant, antihistamine and anti-inflammatory properties, supports capillary strength

Riboflavone – releases energy from carbohydrates, aids body growth and red blood cell production

Rutin – supports healthy capillaries and circulation, enhances absorption and activity of vitamin C, enhances immune system, forms collagen in connective tissues

Selenium (as Methionine and Methionate) – antioxidant and anti-cancer effects, supports immunity and reproduction

Soy Sprouts (Glycine Max, hydroponic and organic) – promotes heart health, reduces risk of cancer, strengthens immunity, detoxifies

Soybean Oil (Glycine Max) – promotes heart health, reduces LDL cholesterol

Thiamine (as Thiamine HCl) – converts carbohydrates into energy

Turmeric Extract (Curcuma Longa) – anti-inflammatory properties, promotes liver and gallbladder health, inhibits yeast overgrowth

Vitamin A (as Beta Carotene) – regulates immune system, supports vision, bone growth and reproduction

Vitamin B12 (as Cyanocobalamin) – supports metabolism and central nervous system, aids formation of red blood cells

Vitamin B5 (as D-Calcium Pantothenate) – aids energy production, activates adrenal glands, regulates cholesterol and triglycerides

Vitamin B6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate) – supports immune system through the synthesis of antibodies

Vitamin C (as Calcium, Potassium and Magnesium Ascorbates) – vital to production of collagen, supports bones, cartilage, muscles and blood vessels, aids immune system

Vitamin D3 (as Cholecalciferol) – maintains strong bones, aids absorption of vitamin C

Vitamin E (as d-Alpha Tocopherols and Mixed Tocopherols) – protects cells against damaging effects of free radicals

Vitamin K (as Phytonadione) – essential for regulating blood clotting

Zinc (as Methionine) – supports healthy immune system

Other Ingredients

Amino Acid Complex (18 Aminos in Complex) – the essential building blocks of protein, supports repair and growth of muscle tissue and nerve fiber

Arginine – assists in wound healing, stimulates immunity, promotes secretion of vital hormones

Aspartic Acid – expels harmful ammonia from the body, reduces fatigue, increases endurance

Cysteine – converts to glucose to be used as energy, strengthens the protective lining of stomach and intestines

Glumatic Acid – supports nerve transmission in the brain

Glutamine – enhances muscle growth, neutralizes excess body acid, combats effects of aging, aids weight loss

Glycine – enhances activity of neurotransmitters in the brain, improves memory and cognition, supports prostate health

Histidine – antihistamine and anti-inflammatory effects, necessary for production of red and white blood cells

Soleucine – maintains muscle tissue and preserves muscle stores of glycogen for energy, prevents muscle protein breakdown during exercise

Leucine – maintains muscle tissue and preserves muscle stores of glycogen for energy, prevents muscle protein breakdown during exercise

Lysine – needed for growth, maintains nitrogen balance in body, interferes with replication of herpes virus, aids calcium absorption and utilization, supports formation of collagen, connective tissue, skin, cartilage and bone

Methionine – required for normal metabolism and growth, supports healthy skin, hair and nails

Ornithine – increases levels of anabolic hormones, promotes muscle growth, improves lean body mass

Phenylalanine – a building block for various proteins, naturally elevates mood, reduces pain

Proline – supports collagen biosynthesis

Taurine – aids absorption of fat-soluble vitamins, regulates heartbeat, maintains cell membrane stability, prevent brain cell over-activity

Threonine – promotes growth of thymus gland, boosts immune system, essential to the formation of tooth enamel, protein, elastin and collagen

Tyrosine – a precursor to several neurotransmitters, regulates mood disorders, counteracts adverse effects of stress

SUPPLEMENTAL FACTS

Advanced MultiVitamin & Mineral Complex

Supplemental Facts			Supplemental Facts		
Serving Size: 3 Capsules (Based on 1 packet daily)			Serving Size: 3 Capsules (Based on 1 packet daily)		
	Amount per serving	%DV		Amount per serving	%DV
Vitamin A (as Beta Carotene)	6250 IU	125%	Selenium (as Selenomethionine)	100 mcg	143%
Vitamin C (as Calcium, Potassium and Magnesium Ascorbates)	28.5 mg	48%	Copper (as Glycinate and Citrate)	1 mg	50%
Vitamin D3 (as Cholecalciferol)	100 IU	25%	Manganese (as Citrate)	8 mg	400%
Vitamin E (as dl-Alpha Tocopherol Acetate)	15 IU	50%	Chromium (as Nicotinate)	100 mcg	83%
Vitamin K (as Phytonadione)	100 mcg	125%	Molybdenum (as Sodium Molybdate)	75 mcg	100%
Thiamin (as Thiamin HCl)	15 mg	1,000%	Potassium (as Citrate and Ascorbate)	49.5 mg	1%
Riboflavin	12.5 mg	735%	Inositol	75 mg	†
Niacin (as Niacinamide)	10 mg	50%	Flaxseed	60 mg	†
Vitamin B6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate)	12.5 mg	625%	Amino Acid Complex	50mg	†
Folic Acid	400 mcg	100%	18 AMINOS IN COMPLEX FROM WHEY PROTEIN: Arginine, Aspartic Acid, Cysteine, Glutamic Acid, Glutamine, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Ornithine, Phenylalanine, Proline, Taurine, Threonine, Tyrosine, Valine.		
Vitamin B12 (as Cyanocobalamin)	25 mcg	417%	Quercetin	30 mg	†
Biotin (as d-Biotin)	200 mcg	67%	Phosphatidyl Choline	25 mg	†
Pantothenic Acid (as d-Calcium Pantothenate)	75 mg	750%	Hesperidin Complex	20 mg	†
Calcium (as Calcium Citrate, Calcium Malate, Calcium Ascorbate)	201 mg	20%	Rutin	10 mg	†
Iodine (Kelp)	75 mcg	50%	Piper Nigrum (Berry)	7.5 mg	†
Magnesium (as Citrate and Ascorbate)	100 mg	25%	PABA	5 mg	†
Zinc (as Monomethionine)	7.5 mg	50%	Trace Mineral Complex	1.5 mg	†
			Boron (as sodium borate)	1.25 mg	†

Digestive Enzyme Complex

Supplemental Facts		
Serving Size: 1 Capsule (Based on 1 packet daily)		
	Amount per serving	%DV
Calcium (as Carbonate)	100 mg	10%
Amylase	69 DU	†
Cellulase	14 CU	†
Lactase	280 ALU	†
Lipase	70 LU	†
Protease	420 HUT	†
Parsley (leaf)	50 mg	†
Peppermint (leaf)	50 mg	†

Fish Oil 1000mg

Supplemental Facts		
Serving Size: 1 Softgel (Based on 1 packet daily)		
	Amount per serving	%DV
Calories	10	
Calories from fat	10	
Fat	1 g	2%
Vitamin E	1 IU	3%
Fish Oil	1000 mg	†
Eicosapentaenoic acid (EPA)	180 mg	†
Docosahexaenoic acid (DHA)	120 mg	†

† Daily Value not established.

Advanced Antioxidant Complex

Supplemental Facts		
Serving Size: 1 Capsule (Based on 1 packet daily)		
	Amount per serving	%DV
Vitamin C (as Calcium Ascorbate)	250 mg	417%
Calcium (as Calcium Ascorbate)	30.5 mg	3%
Selenium (as Selenomethionine)	25 mcg	36%
Lecithin (from soy, glycine max)	25 mg	†
Foundation Superfoods Blend Klamath (blue green algae), Spirulina (algae)	25 mg	†
Grape Seed Extract (Vitis vinifera) (seed)	12.5 mg	†
Turmeric Extract (Curcuma Longa) (root)	12.5 mg	†
Green Tea Extract (leaf)	12.5 mg	†
Alpha Lipoic Acid	5 mg	†
Bilberry Extract (fruit)	2.5 mg	†
Ginkgo Biloba Extract (leaf)	2.5 mg	†
Milk Thistle (Silybum Marianum)(seed)	2.5 mg	†
Grape Skin Extract (Vitis Vinifera) (skin of fruit)	2.5 mg	†
Lyco-Mato™ (containing 5% Lycopene)	2.5 mg	†
FloraGLO® (containing 5% Lutein)	2.5 mg	†

Vitamin E Oil Complex

Supplemental Facts		
Serving Size: 1 Softgel (Based on 1 packet daily)		
	Amount per serving	%DV
Vitamin E (as d-Alpha Tocopherols & Mixed Tocopherols)	200 IU	667%



Oxyfresh.com

*It's not just what we make,
it's what we make possible.*

100% money back guarantee

*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.

Pregnant or lactating women, diabetics, hypoglycemics and people with known medical conditions should consult a health care professional before adding any nutritional supplement to their diet.