

DOUBLE X™

PROTECT YOUR DNA



COULD YOU EAT ALL THIS?

Even if you already eat a diet rich in fresh, whole, natural foods, you aren't getting everything you need. Why not? Because in order to get the vitamins and minerals your body needs, at the recommended levels, you'd have to eat a great variety of food every day. In fact, here's just some of what you'd have to eat, daily, to get some of the nutrients found in DOUBLE X:



Vitamin E
found in peanut butter



Vitamin C
found in melon



Folic Acid
found in baked beans



Thiamine
found in cooked brown rice



Riboflavin
found in low-fat milk



Niacin
found in chicken breasts



Vitamin B6
found in bananas



Magnesium
found in peas



Vitamin B12
found in ground beef



Item no. 102687



DOUBLE X FULL BODY PROTECTION

VITAMINS AND MINERALS	HELPS SUPPORT	DOUBLE X PER DAY
Beta Carotene	Healthy eyes and skin, bone development and immune system	4,8mg
Vitamin A	Healthy eyes and skin, bone development and immune system	800mcg (2664iu)
Vitamin B1 (thiamine)	Essential co-enzyme for carbohydrate metabolism	1,4mg
Vitamin B2 (riboflavin)	Energy production and nerve function	1,6mg
Vitamin B3 (nicotinamide, niacin)	Energy production, healthy skin and nerve function	18mg
Vitamin B5 (pantothenic acid)	Energy production, hormones, cellular metabolism	6mg
Vitamin B6 (pyridoxine)	Energy production, hormones and red blood cells	2mg
Vitamin B12 (cyanocobalamin)	Healthy function of cells and nervous system	1mcg
Folic Acid	Cardiovascular and pre-natal health	200mcg
Vitamin B7 (biotin)	Energy production and healthy hair and nails	150mcg
Vitamin C	Immune system, cell membranes, connective tissue and capillary strength	60mg
Vitamin D	Healthy bones and teeth and calcium absorption	5mcg
Vitamin E	Heart and cellular health	10mg
Calcium	Strong bones, nerves, tissues and muscle contraction	800mg
Iodine	Healthy thyroid function	150mcg
Iron	Essential for haemoglobin production in blood	10mg
Magnesium	Strong bones and muscle function, a co factor in energy metabolism and regulates heartbeat	300mg
Copper	Cardiovascular and nervous systems	100mcg
Zinc	Immune system, joints and tissues	15mg
Manganese	Muscle and nerve activity and energy production	1mg
Chromium	Glucose levels and carbohydrate, protein, and fat metabolism	40mcg
Molybdenum	Metabolism and cell function, body's use of iron stores	50mcg
Selenium	Cells and intracellular structures, the body's antioxidant defence system, immune system, healthy heart	55mcg
DOUBLE X PHYTONUTRIENTS (X 23)		
Acerola Concentrate	Free radical protection and normal cell growth, immune system, connective tissue, capillary strength and heart health	150mg
Alfalfa	Free radical protection and normal cell growth	130mg
Brassica Concentrate (broccoli)	Protective enzymes and normal cell growth	50mg
Citrus (orange) Bioflavonoids	Free radical protection and normal cell growth, immune system, connective tissue, capillary strength and heart health	100mg
Citrus (lemon) Bioflavonoids		
Citrus (grapefruit) Bioflavonoids		
Lutein	Free radical protection, normal cell growth and healthy eyes	1mg
Lycopene	Free radical protection, normal cell growth, cardiovascular and prostate health	1mg
Natural Beta Carotene	Healthy eyes and skin, bone development and immune system	1mg
Parsley	Free radical protection	25mg
Rosemary extract	Free radical protection, protective liver enzymes and normal cell growth	50mg
Watercress	Protective liver enzymes	28mg
Plum extract	Free radical protection and normal cell growth, immune system, cell membranes, connective tissue, capillary strength and increased iron absorption	50mg
Apple extract	Free radical protection and normal cell growth and heart health	50mg
Kale powder	Free radical protection, protective enzymes and normal cell growth	75mg
Blueberry extract	Protection from cellular stress, free radical protection, normal cell growth and brain health	50mg
Asparagus extract	Free radical protection, protective enzymes and normal cell growth	50mg
Sage	Free radical protection and protective liver enzymes	25mg
Oregano extract	Protection from cellular stress, free radical protection, normal cell growth	50mg
Basil extract	Free radical Protection and protective enzymes	50mg
Grape extract	Protection from cellular stress, free radical protection, normal cell growth and heart health and skin health	50mg
Cranberry extract	Free radical protection, normal cell growth, heart health and protection from cellular stress	50mg
Pomegranate extract	Free radical protection, protective liver enzymes and heart health	25mg