


# The Truth About Supplements


Basic guide to Vitamins & Minerals and Supplementation.

What the others' label reads	What you are <b>ACTUALLY</b> taking	 <b>Grown By Nature Re-Natured® nutrients:</b> a concentrated form of a vitamin or mineral is "fed" back into a food medium in which that vitamin or mineral would normally be found. The complex then undergoes a "growth" process which results in that vitamin or mineral being integrated to become one with the food matrix in the same way as it would be found naturally.
Vitamin A (Palmitate), Vitamin A (Beta-Carotene) Vitamin A (Retinol Palmitate)	Methanol, benzene, petroleum, esters; acetylene; refined oils	<b>Vitamin A:</b> Organic, Non-GMO Carrot Concentrate
Vitamin B-1 (Thiamine)	Coal tar derivatives, hydrochloric acid; acetonitrile with ammonia	<b>Vitamin B-1:</b> Organic, Non-GMO Nutritional Yeast
Vitamin B-2 (Riboflavin)	Synthetically produced with 2N acetic acid	<b>Vitamin B-2:</b> Organic, Non-GMO Nutritional Yeast
Vitamin B-3 (Niacin)	Coal tar derivatives, 3-cyanopyridine; ammonia and acid	<b>Vitamin B-3:</b> Organic, Non-GMO Nutritional Yeast
Vitamin B-5 (Pantothenic Acid)	Condensing isobutyraldehyde with formaldehyde	<b>Vitamin B-5:</b> Organic, Non-GMO Nutritional Yeast
Vitamin B-6 (Pyridoxine Hydrochloride)	Petroleum ester & hydrochloric acid with formaldehyde	<b>Vitamin B-6:</b> Organic, Non-GMO Nutritional Yeast
Vitamin B-8 (Biotin)	Phytin hydrolyzed with calcium hydroxide and sulphuric acid	<b>Vitamin B-8:</b> Organic, Non-GMO Corn Meal Concentrate
Vitamin B-9 (Folic Acid)	Processed with petroleum derivatives and acids; acetylene	<b>Vitamin B-9 Folate:</b> Organic, Non-GMO Alfalfa Concentrate
Vitamin B-12 (Cyanocobalamin)	Cobalamins reacted with cyanide	<b>Vitamin B-12:</b> Organic, Non-GMO Nutritional Yeast
Vitamin 'B-x' PABA	Coal Tar oxidized with nitric acid (from ammonia)	<b>Vitamin 'B-X' PABA:</b> Organic, Non-GMO Nutritional Yeast
Vitamin B (Factor Choline)	Ethylene & ammonia with HCL or tartaric acid	<b>Vitamin B:</b> Organic, Non-GMO Soy Meal Concentrate
Vitamin C (Ascorbic Acid)	Hydrogenated corn sugar processed with acetone	<b>Vitamin C:</b> Organic, Non-GMO Citrus Fruit Concentrate
Vitamin C (Liposomal)	Combination of either sodium ascorbate or ascorbic acid mixed with lecithin	<b>Vitamin C:</b> Organic, Non-GMO Citrus Fruit Concentrate
Vitamin D3 (Cholecalciferol)	Irradiated animal fat/cattle brains or slovenly extracted pressed wool grease	<b>Vitamin D3:</b> Organic, Non-GMO Nutritional Yeast
Vitamin E (Tocopherols)	Trimethylhydroquinone with isophytol: refined oils	<b>Vitamin E:</b> Organic, Non-GMO Vegetable Oil

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Calcium (Calcium Ascorbate)	Calcium Carbonate processed with Ascorbic acid & acetone (manufactured product used as a 'non-food supplement')	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Carbonate)	Limestone/Chalk (used in manufacture of paint, rubber, plastics, insecticides & more. Filler for adhesives, matches, linoleum and more.	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Chloride)	Calcium carbonate & Chlorine (used for antifreeze, refrigeration & fire extinguishers, cement, tires, and more.	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Citrate)	Calcium carbonate processed with lactic and citrus acid (used to alter the baking properties of flour)	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Gluconate)	Calcium carbonate processed with gluconic acid (used in cleaning compounds, sewage purification, and to prevent coffee powders from caking	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Hydroxyapatite)	Crushed bone and bone marrow (used in fertilizer)	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Iodine)	Calcium carbonate processed with iodine (used as an expectorant)	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Lactate)	Calcium Carbonate processed with lactic acid. (used as a dentifrice and as a preservative)	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Oxide)	Burnt calcium carbonate (used in bricks, plaster, mortar, stucco, insecticides & fungicides)	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Calcium (Calcium Phosphate, Tribasic)	Rock known as oxydapatit or bone ash (used in the manufacture of fertilizers, milk-glass, polishing powders, porcelain, and enamels	<b>Calcium:</b> Organic, Non-GMO Nutritional Yeast
Chromium (Chromium Chloride)	Preparation of hexahydrates (used as a corrosion inhibitor and waterproofing agent)	<b>GTF Chromium:</b> Organic, Non-GMO Nutritional Yeast


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Copper (Copper Gluconate)	Copper carbonate processed with gluconic acid (used in deodorant)	<b>Copper:</b> Organic, Non-GMO Nutritional Yeast
Copper (Copper Aspartate)	Made from the reaction between cupric carbonate and aspartic acid from chemical synthesis (used as a 'non-food supplement')	<b>Copper:</b> Organic, Non-GMO Nutritional Yeast
Copper (Cupric Carbonate)	Rock known as malachite (used as a paint and varnish pigment; seed fungicide)	<b>Copper:</b> Organic, Non-GMO Nutritional Yeast
Copper (Copper Sulfate)	Copper combined with sulphuric acid (used as a drain and ipecac)	<b>Copper:</b> Organic, Non-GMO Nutritional Yeast
Iron (Ferris pyrophosphate)	Iron rock processed with pyrophosphoric acid (used in fireproofing and in pigments)	<b>Iron:</b> Organic, Non-GMO Nutritional Yeast
Iron (Ferris lactate)	Preparation from isotonic solutions (used as a 'non-food' supplement)	<b>Iron:</b> Organic, Non-GMO Nutritional Yeast
Iron (Ferrous sulfate)	Rock known as melanterite (used as a fertilizer, wood preservative, weed-killer, and pesticide)	<b>Iron:</b> Organic, Non-GMO Nutritional Yeast
Magnesium (Magnesium Carbonate)	Rock known as magnesite (used as an antacid, laxative, and cathartic)	<b>Magnesium:</b> Organic, Non-GMO Nutritional Yeast
Magnesium (Magnesium Chloride)	Magnesium ammonium chloride processed with hydrochloric acid (used to fireproof wood, carbonizes wool, and as a glue additive and cement ingredient)	<b>Magnesium:</b> Organic, Non-GMO Nutritional Yeast
Magnesium (Magnesium Citrate)	Magnesium carbonate processed with acids (used as cathartic)	<b>Magnesium:</b> Organic, Non-GMO Nutritional Yeast
Magnesium (Magnesium Oxide)	Burnt magnesium carbonate (used as an antacid and laxative)	<b>Magnesium:</b> Organic, Non-GMO Nutritional Yeast
Manganese (Manganese Carbonate)	Rock known as rhodochrosite (used as a whitener and to dry varnish)	<b>Manganese:</b> Organic, Non-GMO Nutritional Yeast
Manganese (Manganese Gluconate)	Manganese Carbonate or dioxide processed with gluconic acid (used as a 'non-food' supplement)	<b>Manganese:</b> Organic, Non-GMO Nutritional Yeast

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Molybdenum (Molybdenum disulfide)	Rock known as molybdenite (used as lubricant additive and hydrogenation catalyst)	<b>Molybdenum:</b> Organic, Non-GMO Nutritional Yeast
Potassium (Potassium Chloride)	Crystalline substance consisting of potassium and chlorine (used in photography)	<b>Potassium:</b> Organic, Non-GMO Nutritional Yeast
Potassium (Potassium Iodine)	Made from HI and KHCO <sub>3</sub> by melting in dry hydrogen and undergoing electrolysis (used to make photographic emulsion and as an expectorant)	<b>Potassium:</b> Organic, Non-GMO Nutritional Yeast
Potassium (Potassium Sulfate)	Prepared from the elements in liquid ammonia (used as a fertilizer and to make glass)	<b>Potassium:</b> Organic, Non-GMO Nutritional Yeast
Selenium (Selenium Methionine)	Selenium analog of methionine (used as a radioactive imaging agent)	<b>Selenium:</b> Organic, Non-GMO Nutritional Yeast
Selenium (Selenium Oxide)	Made by burning selenium in oxygen or by oxidizing selenium with nitric acid (used as a reagent for alkaloids or as an oxidizing agent)	<b>Selenium:</b> Organic, Non-GMO Nutritional Yeast
Selenium (Sodium Selenite)	Prepared by the reaction of selenium dioxide with sodium hydroxide (used in manufacture of glass)	<b>Selenium:</b> Organic, Non-GMO Nutritional Yeast
Zinc (Zinc Acetate)	Made from zinc nitrate and acetic anhydride (used to induce vomiting)	<b>Zinc:</b> Organic, Non-GMO Nutritional Yeast
Zinc (Zinc Carbonate)	Rock known as smithsonite or zinc spar (used to manufacture rubber)	<b>Zinc:</b> Organic, Non-GMO Nutritional Yeast
Zinc (Zinc Chloride)	Combination of zinc and chlorine (used as an embalming material)	<b>Zinc:</b> Organic, Non-GMO Nutritional Yeast
Zinc (Zinc Citrate)	Smithsonite processed with citric acid (used in the manufacture of some toothpaste)	<b>Zinc:</b> Organic, Non-GMO Nutritional Yeast

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Zinc (Zinc Gluconate)	Zinc rock processed with gluconic acid (gluconic acid is used in many cleaning agents)	<b>Zinc: Organic, Non-GMO Nutritional Yeast</b>
Zinc (Zinc Lactate)	Smithsonite processed with lactic acid lactate (lactic acid lactate is used as a solvent)	<b>Zinc: Organic, Non-GMO Nutritional Yeast</b>
Zinc (Zinc Orotate)	Zinc rock processed with orotic acid (orotic acid is a uricosuric/promotes uric acid excretion)	<b>Zinc: Organic, Non-GMO Nutritional Yeast</b>
Zinc (Zinc Oxide)	Rock known as zincite (used as a pigment for a white paint and as part of quick-drying cement)	<b>Zinc: Organic, Non-GMO Nutritional Yeast</b>
Zinc (Zinc Phosphate)	Rock known as hopeite (used in dental cements)	<b>Zinc: Organic, Non-GMO Nutritional Yeast</b>
Zinc (Zinc Picolinate)	Zinc rock processed with picolinic acid (picolinic acid is used in herbicides)	<b>Zinc: Organic, Non-GMO Nutritional Yeast</b>
Zinc (Zinc Sulfate)	Rock processed with sulphuric acid (used as a corrosive in calico-printing and to preserve wood)	<b>Zinc: Organic, Non-GMO Nutritional Yeast</b>

**(Source: Budvari S, et al eds. The Merck Index, An Encyclopedia of Chemicals, Drugs, and Biologicals, 12th ed. 1996)**

ORGANIC WHOLEFOOD NUTRIENTS

**The benefits of vitamins and minerals are well documented and accepted. However, not all forms of vitamins and minerals are equal. Today, the term "yeast" is synonymous with nutrition. The nutraceutical, food and health food industries, as well as the animal feed industry, now actively recognize the health benefits of consuming inactive yeast. Re-Natured® nutrients, manufactured exclusively by Grow Company, Inc., are made via growth and metabolism of selected vitamins and minerals in active dry whole cell baker's yeast (*Saccharomyces cerevisiae*). This process allows an organic complex of the micronutrient to the yeast proteins, which results in a form readily recognized and absorbed by the body. Organic, Re-Natured® nutrients exhibit the following characteristics:**

Organic, Non-GMO, Re-Natured® Nutrients, exhibit the following characteristics:

- Natural and safe ingredients
- Stable and heat resistant: Suitable for tablets, capsules, and all food applications
- No metallic aftertaste: Natural organic Re-Natured® Nutrients are ideal for functional foods due to reduced metallic taste associated with inorganic salts
- Natural source of: proteins, complex carbohydrates, essential fatty acids, dietary soluble and insoluble fibers, minerals and vitamins
- Highly bio-available and easily assimilated by the human body

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\*\*These supplements, studies referenced, dietary programs have not been evaluated by the FDA. These supplements are not intended to diagnose, treat, or prevent any diseases. You should always consult with a practitioner before beginning any new dietary program or including any new dietary supplements into your diet.