Are You Hungry?
You would need to eat ALL these foods DAILY to meet the nutrition in just 1 serving of Potential™

9 eggs (Vitamin A)¹
6 fresh oranges (Vitamin C)¹
5 cups of 2% milk (Vitamin D₃)¹
2 cups of almonds (Vitamin E)²
1 1/4 cups of blueberries (Vitamin K₁)¹
Natto (Japanense fermented soy) (Vitamin K₂)
4 1/2 cups of cooked lentils (Vitamin B₁)
4 cups of cooked spinach (Vitamin B₂)
5.3 oz of canned tuna (Vitamin B₃)
5 cups of cooked soybeans (Vitamin B₆)
2 1/2 cups of brussels sprouts (Folate)¹
1/2 lb of ground beef (Vitamin B₁₂)
~30 oz. of liver
9 cups of plain yogurt (Pantothenic acid)¹
6 oz. of 2% milk (Calcium)¹
6 cups of cooked peas (Iron)¹
4 1/2 oz. of cod (Iodine)²
7 1/2 oz. roasted turkey (Magnesium)¹
12 oz. part skin ricotta cheese (Zinc)¹
7 oz. sockeye salmon (Selenium)¹
1 cup of canned white beans (Copper)¹
1 1/2 cups shiitake mushrooms (Manganese)¹
5 1/2 cups of broccoli (Chromium)²
25 bananas (Molybdenum)³
22 medium apples (Silicon)⁴
5 oz. farmed salmon fillet (Taurine)⁵

Additionally Provides:

**Anthoflavone Complex™** - over a dozen beneficial polyphenols (Nature’s Antioxidants) from grape, citrus, decaffeinated green tea, bilberry, blueberry, cherry, cranberry, elderberry, raspberry & rose hips.

**High ORAC Fruit Blend** - wholesome flavors and nutrients from the juices of dark sweet cherries, cranberries, red grapes, blueberries, pomegranates, blackberries, red raspberries, elderberries and Patagonian Maqui berries.

**Lipoic-Carotenoid Complex** - Sustained Release alpha lipoic acid with fat soluble antioxidants, alpha & beta carotene, lutein, lycopene, astaxanthin, cryptoxanthin & zeaxanthin - because the body is incapable of synthesizing these fat soluble nutrients which are typically found in yellow, orange & red pigmented vegetables & fruits.

**Tocotrienol Complex** - natural rice tocotrienols (Vitamin E family) with stabilized rice bran extract providing fat soluble antioxidants 40-60 times more powerful than Vitamin E, and not provided in most Vitamin E supplements.

**NUTRIENT REFERENCES**
² http://ipi.oregonstate.edu/infocenter/vitamins/biotin/, Linus Pauling Institute, Oregon State University.
⁵ Gormley, T., Roman, Neumann, Tanja, Fagen John D., Brunton, N., Taurine Content of Raw & Processed Fish Fillets/Portions, Eur Res. 2007 (225): 837-842.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
*Potential is not intended as a treatment for ADD/ADHD or to replace any prescribed medications for ADD/ADHD.