

# A-F Betafood®

## Contains Many Nutrients, Including Betaine, to Protect the Liver and Enhance Its Function

The whole food beet ingredients in A-F Betafood contain two important phytonutrients, betalains and betaine, to support and protect the liver. Betalains are the pigments found in beets that are generally protective to the liver and colon and also protect the body against oxidative stress. Betaine has been shown in laboratory and animal studies to protect cells, proteins, and enzymes from environmental stress and support important metabolic functions of the liver and kidneys. A-F Betafood also contains many essential vitamins and minerals to support overall healthy functioning of the liver and the body.†

## How A-F Betafood Keeps You Healthy

### Promotes healthy liver function

The betaine in A-F Betafood is an effective lipotropic agent, which promotes the transportation and use of fats, helping to prevent the accumulation of fat in the liver.†

### Maintains healthy metabolic function

The B-vitamin complex, found in nutritional yeast, is a family of vitamins that work together to metabolize fats, carbohydrates, and proteins. Vitamin B<sub>6</sub> supports the metabolism of carbohydrates by facilitating glycogen breakdown. Iodine is required to produce the two hormones in the thyroid gland responsible for regulating the body's rate of metabolism, reproductive functions, and growth and development. Magnesium is needed to metabolize carbohydrates and fats for energy, and is a cofactor for ATP metabolism. ATP is needed to produce the energy that is required for metabolic processes throughout the body.†

### Provides many essential nutrients to support overall health

Calcium and magnesium are essential to bone health and several enzymatic reactions in the body. Calcium is necessary for blood coagulation, vasoconstriction and vasodilation, nerve impulse transmission, muscle contraction, hormone secretion, maintenance and function of cell membranes, and membrane permeability. Magnesium supports DNA synthesis, the synthesis of the antioxidant enzyme glutathione, and the transport of ionizable calcium and potassium across cell membranes.†

### Promotes cellular health

Beets are rich in folate, a nutrient that supports the production and maintenance of new cells. Potassium maintains cell-membrane integrity. Vitamin A supports healthy cellular growth and helps the body maintain healthy mucous membranes. Vitamin B6 supports the formation and function of red blood cells. The essential fatty acids (EFAs), like those found in flaxseed oil, mixed tocopherols, and soybean lecithin, support cell structure.†

*Please copy for your patients.*



Introduced in 1951

#### Content:

90 tablets  
360 tablets

**Suggested Use:** Two tablets per meal, or as directed.

#### Supplement Facts:

Serving Size: 2 tablets

Servings per Container: 45 or 180

	Amount per Serving	%DV
Calories	2	
Total Carbohydrate	1 g	<1%*
Sugars	1 g	
Vitamin A	3,000 IU	60%
Vitamin B <sub>6</sub>	0.3 mg	15%
Iodine	40 mcg	25%

\*Percent Daily Values (DV) are based on a 2,000-calorie diet.

#### Proprietary Blend: 546 mg

Carrot (root), beet (root), oat flour, dried beet (leaf) juice, defatted wheat (germ), calcium lactate, magnesium citrate, bovine liver, nutritional yeast, bovine kidney, bovine prostate, alfalfa flour, bovine orchic extract, bovine liver-fat extract, flaxseed-oil extract, mixed tocopherols (soy), and soybean lecithin.

Other Ingredients: Honey, calcium stearate, arabic gum, starch, sucrose (beets), vitamin A palmitate, prolamine iodine (zein), ascorbic acid, and pyridoxine hydrochloride.

Two tablets supply approximately: 170 mg beet-leaf juice and beet powder and 130 mg carrot powder.

**Warning:** Women who are pregnant, may become pregnant, or are lactating should limit their intake of vitamin A (retinol) and use vitamin A products only as directed by a qualified health care professional. Consumption of large amounts of vitamin A (retinol) has been linked to serious health problems.

Sold through health care professionals.



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# A-F Betafood®

## What Makes A-F Betafood Unique

### Product Attributes

Ingredients are derived from whole food sources

- › The combination of whole foods along with their vitamin complexes promotes the healthy transport and metabolism of blood fats and supports healthy processing of fats in the liver
- › The minerals and vitamins present in beets work together with other ingredients in A-F Betafood to promote healthy liver metabolism and cellular function
- › Carrot root and beet root and juice provide naturally occurring antioxidants, vitamins, and betaine†

Multiple nutrients from a variety of plant and animal sources

- › Extracts from bovine tissues provide nutrients and support to the corresponding tissues in humans
- › Vitamins, minerals, and nutrients from plants and animal tissues work synergistically for maximum effect†

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed-control standards, and continually monitoring the health of our plants

- › Assures the soil is laden with minerals and nutrients
- › Ensures plants are nutritionally complete and free from synthetic pesticides

### Manufacturing and Quality-Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- › Preserves nutritional integrity

Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- › The nutrients in A-F Betafood are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplemental facts for A-F Betafood®.

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