


# How to Read a Food Research Label

Most companies use synthetic vitamins and/or acid-processed rocks in their vitamin and mineral formulas. Because ground up rocks exist in nature and the US government has not defined the term 'natural,' many companies attempt to imply that their products are natural by using the

term 'natural' when they actually put rocks and petroleum derivatives in their products.

Food Research products are different and include information on labels that help consumers realize that they are different.



**100% Food Nutrients  
Vegetarian Formula**  
Gluten-Free

**Supplement Facts**

Serving Size 3 Tablets Servings per Container 90

Amount per Serving	% Daily Value
Vitamin C (in 36 mg food)	9 mg 10%
Vitamin D (in .45 mg food)	450 i.u. 56%
Vitamin K (in 2 mg food)	20 mcg 17%
Calcium (in 2000 mg food)	100 mg 7%
Magnesium (in 400 mg food)	20 mg 4%
Manganese (in 46 mg food)	2.3 mg 100%
Boron (in 8.3 mg food)	83 mcg *
Silicon (in 100 mg food)	1000 mcg *
Proprietary blend (containing):	2642.75 mg *
Enzymatically processed <i>Saccharomyces Cerevisiae</i> , Wildcrafted Horsetail Herb (Aerial Parts), Wildcrafted Mixed Citrus, Wildcrafted Spinach Leaf	
* Recommended Daily Intake has not been established	

**Other ingredients:** Fatty Acid from Palm Kernel, Vegetarian Coating.  
**Suggested use:** Serving size or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

None of the statements on this label have been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**NOTICE:** Store in a dry place with lid tightly closed. Keep this natural food product out of the reach of children. Not recommended if contraindicated.

Food in Cal-Mag Complex naturally contain minerals such as Phosphorus, Potassium, and Silicon.

**No SYNTHETIC NUTRIENTS • No DAIRY  
No PRESERVATIVES**


MEDLINE published research has concluded that food vitamins and food minerals are SUPERIOR to synthetic ones.


Produced exclusively for  
Food Research International LLC (Nevis) 1-805-489-7185 by:  
Enzyme Process International  
470 N. 56th Street, Chandler, Arizona.  
Facility certified cGMP by the Natural Products Association.



**FOOD RESEARCH**

**Cal-Mag Complex #215**

- ✓ Contains food calcium
- ✓ Contains food magnesium
- ✓ Food nutrients are better absorbed
- ✓ Calcium and vitamin D help prevent osteoporosis

270 Tablets • Dietary Supplement • Product of USA 



0 65187 10215 2  Halal  Pareve

**100% Food Nutrients:** This means that the vitamins and/or minerals listed on the label are NOT chemical isolates but are part of one or more foods. The individual foods vary, but basically are low-temperature dried foods and contain the natural constituents of foods.

**Vegetarian Formula:** This means that the product contains no meat. Other than Probio-Zyme-YST, the other vegetarian products are vegan, meaning that they also do not contain any dairy-derived components.

**Product Name and Statements:** This identifies the product. Below the product name are some statements which give some information about the product.

**Product of the USA:** All Food Research products are mixed, formed, and bottled in the USA. With the possible exception of acerola cherry (which can come from various locations in or out of the USA), the vitamins and minerals shown on the label are always grown in the USA.

## Supplement Facts

(amount of a food and/or a food nutrient are in the product)

- Information from a typical label on **one vitamin:**

**Vitamin C (in 36 mg food) 9 mg Daily Value – 10%**

With this fact, each serving contains 36 mg of a food that is high in Vitamin C which supplies 9 mg of Vitamin C, which is 10% of the Daily Recommended Intake by the US government. Understand that the Daily Recommended Intake by the US government is normally based upon synthetic vitamins or acid-processed rock minerals and may not be the same for those found in food.

- Information from a typical label on **one mineral:**

**Calcium (in 2000 mg food) 100 mg Daily Value – 7%**

With this fact, each serving contains 2000 mg of a food that is high in Calcium which supplies 100 mg of Calcium, which is 8% of the Daily Recommended Intake by the US government.

- Information from a typical label on one mineral that does not have a **Daily Value %**:

**Boron** (in 8.3 mg food) **83 mcg** **Daily Value – \***

With this fact, each serving contains 8.3 mg of a food that is high in Boron which supplies 83 mcg (mcg are less than mg) of Boron. The asterisk (\*\*) shows that there is no specified level Recommended Daily Intake by the US government.

- Information from a typical label on an **herbal food**:

**Wildcrafted Spinach Leaf** *Spinacia Oleracea* **30 mg food** **Daily Value – \***

With this fact, each serving contains 30 mg of a wildcrafted herbal food commonly known as Spinach. The scientific name, *Spinacia oleracea*, is also given. The asterisk (\*\*) shows that there is no specified level Recommended Daily Intake by the US government.

## Other Ingredients

( items involved in the process or coating of the supplement are shown )

- A typical **tableted** product:

**Vegetable coating:** with this fact, a vegan-source enzymatic coating was sprayed on the finished tablet to aid in swallowing. The coating also makes the tablet stay together better in the bottle to a slight degree. The coating is completely digestible and does not interfere with disintegration and bioavailability during the digestive process.

- Information on the ‘other ingredients’ listed in the **Simply Glandular** products.

**Fatty Acid from Palm Kernel** helps with the consistency of the product.

**Plant Polysaccharide** is a non-GMO corn/rice extract that assists in tableting.

- A typical **encapsulated** product:

**Vegan capsule:** with this fact, a vegan-source capsule surrounds the ingredients shown under the **Supplement Facts** box. The vegan capsules that are used have been shown to properly disintegrate during the digestive process.

**Silica** is a natural substance which helps prevent clumping and aids with uniform distribution of nutrients.

**Digestive Aid** is a non-GMO plant cellulose extract that helps the product digest.

## Other Information

**Suggested use:** This is a range of the number of servings typically used. Because Food Research products are normally recommended by health care professionals, they may use this as a guideline if they wish.

**The Panel on the Far Right:** This panel gives general information and also lists any foods that may not have been specifically listed in the **Supplement Facts** box. It also states that the products are tested to be free of pesticides, herbicides, and various other items as listed.

**No Synthetic Nutrients \* No Preservatives \***

**No Dairy \* Vegetarian:** This repeats some of the information elsewhere, but in bold lettering so that it is easier for consumers to notice.

**None of these statements on this label have been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease:**

When nutritional labels contain statements about the products themselves, these type of ‘disclaimers’ are required by US laws/regulations. Doctors’ Research, Inc. is a US FDA registered

facility and has sent many Food Research labels to the US FDA, but the statements that they have not been evaluated are still required on labels.

Manufacturer and contact information is also on the label as required by US laws/regulations.

**Facility certified cGMP by the Natural Products**

**Association:** The manufacturer that receives the ingredients, mixes them, encapsulates/tablets them, labels and bottles them is certified cGMP by the Natural Products Association.

**Note: Store in a dry place with the lid tightly closed. Keep this natural food product out of the reach of children. Not recommended if contraindicated.** Dried food products have a natural attraction towards water, so keeping them in a dry place with the lid tightly closed helps prevent them from absorbing unnecessary liquids. They

are recommended to be kept out of the reach of unsupervised children to prevent them from consuming more than they are given. Products are not recommended if contraindicated. Individual circumstances (pregnancy or health conditions), allergies, potential medications, etc. are possible contraindications, and the product should not be taken if it is contraindicated.

**Lot number:** Products contain a lot number which makes it possible to track. This is required by US laws/regulations.

Most products have a ‘BB (Best Before)’ date, which is the date by which we expect them to be consumed. The products do not ‘expire’ then, but some of the nutrients may be less potent after that date. Products distributed are considered to be fresh when sold and then typically consumed.

## Superior Bioavailability

**W**hile **FOOD** brand labels may be a little more complicated than the typical USP labels, **FOOD** brand nutrients have vastly superior bioavailability.

Ingesting such products as natural food allows the essential nutrients to get to the damaged cells without the body’s immune system rejecting them. Food is the best means to deliver appropriate amount of nutrients to the body. However, it has been stated that 75 percent of the American population is deficient in trace minerals. European investigators have also released a report in 2002 revealing that 40 percent of elderly study subjects did not meet daily requirements for iron and calcium.

There are many other valid evaluations that clearly indicate a huge drop in the nutritional values of today’s food. Attending to these fundamentals, and the often poorly understood requirements, are a

priority consumers need to put at or near the top of their list.

Even as consumers become more interested in the beneficial aspects of nutraceuticals, they are searching for lower doses and easier ways to consume them.

Offering products with the natural targeted delivery systems such as Carrier Food Factors (CFF) increases the usefulness of the products. Natural foods and related targeted delivery technologies are generally designed to deliver measurable amounts of an ingredient to a specific site as well as to improve the efficacy of a product by routing it to where it is needed the most...same principle as in natural food. Foods and 100% food nutrients result in superior bioavailability.

Products are tested to insure that what is on the label is what is in the bottle.



This means that the product contains no meat.



This means that the product contains no gluten.



This means that this product is Halal certified.



This means that the product contains neither dairy nor meat.