



Vita-Super

#NS-301

Size: 50 Capsules

Vita-Super A Multivitamin Just for YOU

The correct balance of vitamins and minerals are essential for your body to function at its best, yet a study published by the Journal of American Medicine found that the majority of Americans are deficient in at least some of these crucial components of health. Almost 79% of physicians surveyed say they recommend that their patients take a multivitamin supplement.

BLUESPRING is proud to bring you Vita-Super Multivitamins, a once-a-day multivitamin that is specially designed to get all of the vitamins and minerals you need in one easy to swallow pill. This blend of essential vitamins with minerals and other beneficial nutrients is an easy way to insure that your body has everything it needs to:

- Maintain bone and joint health
- Ward off infections
- Function at its peak level

Best of all, **Vita-Super Multivitamins** are specially fortified with extra doses of those vitamins and minerals that help protect your joints, maintain healthy tissues, and *reduce your pain!*

Why You Should Take Vita-Super Multivitamin Once a Day

Most of the vitamins and minerals our bodies need were designed to come from the foods we eat. Logically, you might assume that if you eat a nutritionally balanced diet that you are getting all of the vitamins that you need, right? **WRONG!** Many of the vital vitamins and minerals in our food supply today have been extremely diminished.

Farming practices have depleted the soil of many minerals, and typical food processing standards destroy many of the nutrients that our foods contain. Even fresh fruit and vegetables lose nutrients quickly once they are picked. By the time so-called "fresh" foods arrive at the grocer, sit on a shelf, are purchased, sit in the refrigerator, are cooked, and are finally eaten, only a tiny fraction of their nutritional value is left to be absorbed by your body.

Even if you are eating a perfect diet of farm-fresh, organic foods, it is likely that there are still gaps in your nutritional needs. And most of us aren't able to eat that mythical "perfect" diet! Vita-Super Multivitamin is designed to fill those gaps that our daily food intake leaves. One pill a day insures that your body has the right amount of every essential vitamin and mineral.

The RDA vs. What You Really Need

We have all seen the RDA, or Recommended Daily Allowance, listed on labels. Many products like to boast that they give you 100% of the RDA of this vitamin or that mineral. But what exactly does that mean? Let's unpack those daily doses.

First of all, the RDA is the US Government's determinations of the bare minimum of certain vitamins and minerals needed to *prevent deficiency diseases*. You will notice that it doesn't say to maintain health, but to prevent diseases such as rickets from a vitamin D deficiency or scurvy from a vitamin C deficiency. These recommendations focus on illness, not on the maintenance of healthy and vitality.

For example, the RDA for vitamin E, a vitamin known to be critical for a healthy heart and proper immune function, is only 8-10 IUs (International Units). Yet studies done by the US Government's National Institute on Aging show that you need at least 200 IUs of vitamin E to get the full benefit!

The vitamin and mineral RDA list was compiled decades ago, when science knew so much less about the way vitamins and minerals affect every cell in our bodies. The list is also woefully incomplete. Out of 18 known minerals required by your body to remain healthy, only 7 even have a recommended daily allowance.

In a nutshell, in many cases taking more than 1000% of the RDA is more beneficial than taking only 100%. And there are many vitamins and minerals that have no RDA at all, but study after study has shown that they are not only beneficial, they are critical to maintaining a healthy body!

Vita-Super Multivitamins contain the optimal percentages of all of the vitamins and minerals you need.

Vita-Super, Formulated to Fight Your Pain!

As we age, our bodies lose efficiency, including the ability to fight inflammation and the pain it can cause. People run a higher risk of vitamin deficiencies as they age as well, due to lower digestion activity.

One of the most common deficiencies in older people is Vitamin D, also known as The Sunshine Vitamin, because of lower sun exposure and the body's decreasing ability to produce it. And without vitamin D, your body cannot properly utilize calcium. Without enough calcium, your bones can weaken, potentially leading to bone and joint pain, back pain, or musculoskeletal pain, as well as osteoporosis and osteoarthritis. **Vita-Super Multivitamin** will give you all the vitamin D you need to supplement your body's own production of this critical vitamin.

Other essentials that **Vita-Super Multivitamin** has in abundance include:

- **B-Complex vitamins**
 - Findings from the NIH linked B3 (niacin or niacinamide) to increased range of motion and reduction of pain and inflammation
 - A study presented at the American Physiological Society Conference concluded that some B vitamins may be as clinically effective in treating painful conditions such as lumbago, sciatica, and other types of pain by acting as an oral pain medication
 - A favorite supplement of athletes, B6 is popular for lessening joint pain and decreasing the amount of time needed for a muscle to recover from stress. Coaches regularly recommend Vitamin B6 to their athletes who suffer from joint pain.
- **Vitamin A**
 - A strong anti-oxidant, vitamin A targets and neutralizes free radicals in your body that can attack joint and muscle tissue and contribute to the inflammation, pain, and stiffness associated with many forms of arthritis
- **Vitamin E**
 - A powerful anti-oxidant and anti-inflammatory agent, vitamin E has been shown in several studies to ease pain and stiffness in people with rheumatoid arthritis
- **Vitamin C**
 - Can help reduce muscle soreness in two ways:
 - Removal of lactic acid; during or immediately after exertion, your muscles have excessive amounts of lactic acid and metabolic wastes built up. When this occurs, you feel an acute burning sensation in your muscles. Vitamin C's antioxidant properties will help you speed up the removal of the lactic acid and other metabolic waste and reduce your recovery time
 - Increased collagen production; collagen constitutes 1% to 2% of your muscle tissue and 6% of your tendons. It is the protein that serves as the glue that holds your muscle fibers together. Increasing collagen production by increasing your vitamin C level will help your body maintain healthy muscles and connective tissue

Vita-Super Multivitamin also has selenium, beta-carotene, rutin, and citrus bioflavonoids, all powerful anti-oxidants that protect your whole body from the damage that free-radicals can cause. This once-a-day super vitamin is a great way to take your health and well-being into your own hands!

Help Your Body Needs – At a Price You Can Afford

Vita-Super Multivitamin is designed to be a simple way to know that you are giving your body everything it needs, and to be easy on your wallet! You only have to remember to take one a day, and a single bottle will give you 50 days of complete vitamin and mineral support!

We are so sure that you will love the results that we back them with our **Risk Free 60-Day Money Back Guarantee**. If you are dissatisfied with any product for any reason, simply return it to us and we will either exchange it for a product of equal value, or return your purchase price, no questions asked.

Directions for Best Use: As a dietary supplement, adults take one (1) tablet daily with meals, or as directed by health care professional. Store in a cool, dry place and away from direct sunlight.

Cautions: Accidental overdose of iron-containing products is a leading cause of poisoning in children under age six (6). Keep this product out of reach of children.

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