

If your multivitamin-mineral supplement contains, **oxide, sulfate, gluconate, or chelate** forms of minerals...

There's a Better Choice

Oxide. Sulfate. Gluconate. Chelate. These are all mineral types you may find in multivitamin-mineral supplements. They're relatively inexpensive. And they've been used for years. But that doesn't make them the most effective choice for your body.

In fact, scientists now know that iron and copper in their various forms including oxide, sulfate, gluconate, and chelate, are rampant free radical triggers. The free radicals these reactive minerals create are capable of neutralizing many antioxidants in your digestive system—even those delivered in the same multivitamin—reducing the beneficial effects of antioxidants before they are ready to be absorbed by your body.

Most multivitamin-mineral supplements use sulfate and oxide forms of minerals including iron and copper. These often appear on the label as ferrous fumarate (iron) or cupric sulfate (copper). Gluconate and Chelate forms of the same minerals are used in slightly more expensive supplements.



The minerals found in foods are naturally encased in protective proteins and fibers. That way both minerals and sensitive antioxidants can be delivered to your body at the same time. Unfortunately, only 20% of adults are getting their daily recommended amount of fruits and vegetables.

That's why it is so important to supplement your diet with minerals complexed with *Oligofructose Complex™*. This new technology from Melaleuca encases minerals with oligofructose, similarly to how minerals are found in foods. This reduces the rate of free radical generation by more than 75% versus sulfate and oxide forms.

To learn more, visit www.melaleuca.com/oligo

Oligofructose ComplexTM

Research Published in Esteemed Scientific Journal

For months, we've been receiving letters and phone calls from customers who can't believe the difference they feel after taking the all-new Vitality Pack. Newly published science reveals why.

Oligofructose Complex has captured the attention of more than just Melaleuca customers. Recently, Melaleuca's Director of Research and Development Jeremy Ivie and Senior Scientist Alex Rabovsky were invited to present the research behind *Oligofructose Complex* to the Society for Free Radical Biology and Medicine (SFRBM). In addition, an abstract will be published in the SFRBM's prestigious journal *Free Radical Biology and Medicine*.¹ This is the first of several scientific documents to show prospective customers that supplements with patent-pending *Oligofructose Complex* can reduce the rate of free radical generation better than other mineral supplements.

While there is no direct link to the abstract download, you can view a copy by visiting: <http://submissions.miracld.com/sfrbm2008/Itinerary/SearchHome.asp>, type "Rabovsky" in the "Author Last Name" field and then click "Search." If you don't immediately see the search fields, you can access them by clicking the "browse" button. Or view a copy of the abstract at www.melaleuca.com/oligoresearch.

The abstract calls out the mineral forms that exhibit questionable absorption characteristics and high levels

of free radical generation (sulfates, chlorides, oxides, etc.). It then highlights the scientific methods used to

test *Oligofructose Complex*, and concludes that with *Oligofructose Complex* all essential minerals remain soluble at intestinal pH (where absorption takes place). More importantly, it also concludes that *Oligofructose Complex* dramatically slows the loss of antioxidants in the small intestine—so more antioxidants are available for use in the body.

There is no other nutritional supplement in the world like the *Vitality Pack* with *Oligofructose Complex*!



¹ A.B. Rabovsky, A.M. Komarov, J. Ivie, G.R. Buettner, "Minimization of free radical damage by metal catalysis of multivitamin/multimineral supplements," *Free Radical Biology and Medicine*, vol. 45, supp. 1, 2008, p. S128.