

Optimal health requires five fundamental nutritional needs to be met each day: vitamins, minerals, antioxidants, enzymes and flora. Overcooked, refined, processed foods and a general lack of nutrients and enzymes in the modern diet, combined with stress, environmental toxins, and pollution can place significant burdens on the body, compounding difficulties related to obtaining sufficient nutrition through diet alone. To facilitate maintaining daily core nutrition and to help get the most from foods being consumed, Re:Fuel incorporates six different supplements into a single, naturally occurring, full spectrum nutritional system centered on whole food supplementation and proprietary activated enzyme delivery for ensured cellular absorption and effectiveness.



## The Need for Supplementation

There has been a long-standing recommendation for adults to incorporate dietary supplementation as a method of augmenting deficiencies of dietary nutrients. In 2002, a Harvard Medical School study published in JAMA noted most people do not consume an optimal amount of all vitamins by diet alone and that “it appears prudent for all adults to take vitamin supplements.”<sup>1</sup> The actual reasons for a lack of nutrients from regular food consumption can vary from improper cooking methods to potential nutrient loss due to modern farming in depleted soil. For most people, it’s likely a matter of not getting the recommended number of servings of fruits, vegetables, and/or whole grains each day.

## Incomplete and Fractionated

Time Magazine reported “at least a fourth of all retail drug sales are synthetic vitamins or vitamin concentrates.” According to popular ideas surrounding the absorption rates of synthetic vitamins, mitigating an insufficient diet with a multivitamin may not be as simple as it seems since the proliferation of synthetically produced vitamins has made it possible to develop nutritional deficiencies even while taking recommended supplements. Vitamins that have been synthetically produced or are the end product of fractionating (the process of pulling apart the constituents of a food), can be missing some or all nutrient cofactors found in naturally occurring food sources, and it is supposed that the body will rob itself to make up for those missing cofactors if they aren’t readily available from what is being ingested.

## Digestive Considerations

The primary role of the digestive tract is relatively simple: to act as a system for breaking down foods into molecules of nutrients small enough for absorption into the bloodstream, to be delivered to the cells of the body for use as energy and nourishment - essentially to facilitate digestion. While both vitamins and minerals are necessary for proper digestion due to their relationship with enzymes, if enzymes are lacking in the digestive process

it will be incomplete, which can result in decreased absorption of vitamins, proteins, and sugars in the lower intestine, as well as lower energy levels and less overall nutrient availability. The digestive tract also acts as a habitat for a large and diverse bacterial community. Gut bacteria play an essential role in the development and homeostasis of the immune system<sup>2</sup>. Because gut flora can be affected by many common factors such as carbonated drinks, laxatives, birth control pills, coffee, alcohol, aging, stress, or antibiotics, support of this community of “good” bacteria may be considered necessary to maintain intestinal health and general well-being.

## Fat Metabolism

Recognizing the harmful effects of fats, many people have chosen to greatly reduce amounts of fat in their diet relative to caloric intake. The USDA’s Nutrition Insights reports the percentage of calories from fat declined from approximately 45% in 1965 to about 34% thirty years later. However, fat is a vital source of energy and is essential to the workings of all the body’s systems. Research shows risk is reduced most effectively when trans fatty acids and saturated fatty acids are replaced with unsaturated fatty acids<sup>3</sup> and it is believed the healthiest diets contain significant amounts of naturally occurring fats, especially unsaturated fats. The key to obtaining the benefits of dietary fat is to make sure that fats are metabolized.

## Free Radicals

One naturally occurring result of burning fats and calories for energy is the creation of the free radical, an undesirable incomplete molecule that can also derive from exposure to UV radiation in sunlight, radon, X-rays, pollutants, pesticides, food additives, alcohol, or other toxins. As highly unstable molecular fragments, free radicals assault cells in the body by trying to partner unpaired electrons, puncturing cell membranes, destroying enzymes, and going so far as to break down DNA<sup>4</sup>.

## A Nutritional Foundation

As a doctor-formulated, whole food nutritional system, Re:Fuel acts as a baseline or foundational supplement to provide the essential vitamins and minerals needed daily, with support for proper digestion and additional protection from free radicals. For increased effectiveness and ensured nutrient delivery and absorption, Re:Fuel utilizes a proprietary chelate activated enzyme delivery system known as CAeDS®.

## Whole Food Vitamins and Minerals

Re:Fuel provides a full complement of rich whole food vitamin sources in the proper amounts for complete nutrition, including all the cofactors and synergistic phytonutrients required for optimal health, balanced as nature intended. Essential minerals in the most absorbable form, amino acid chelate minerals have been included as part of Re:Fuel's special formulation. Assimilated by the body as amino acids, the minerals in Re:Fuel are available with the highest absorption rate possible, making them more readily usable to the body for healthy metabolism and a strong immune system.

## Powerful Antioxidants

To provide the protective aspects of antioxidants, Re:Fuel incorporates grape seed extract, pine bark extract, olive extract, resveratrol from grape skin, quercetin, blueberry, cranberry and raspberry, selenium and naturally occurring sources of the antioxidant vitamins A, C and E. This combination of antioxidant sources provides a strong, complete balance of antioxidants to

fight free radicals with bioflavonoids, polyphenols (including hydroxytyrosol and resveratrol), anthocyanadins, carotenoids, tocopherols, and tocotrienols. Finally, an SOD Precursor System allows the body to create more of its own powerful antioxidant enzyme, Superoxide Dismutase.

## Enzymes and Flora to Support Digestion

In addition to amylase, protease, and lipase, Re:Fuel contains a blend of enzymes specifically for digestion along with all cofactors necessary for full enzyme activation to help break food down into its most usable form. Plant enzymes are used exclusively to work through all stages of digestion. To support and maintain the growth of probiotic flora, Re:Fuel includes twelve strains of healthy bacteria, combined with sources of prebiotic FOS (fructooligosaccharides). These twelve strains are selected and manufactured according to the proprietary processes that ensure survival through the digestive processes in order to colonize in the digestive tract for optimum benefit.

## Metabolism of Fats

Re:Fuel makes use of a proprietary formulated, enzyme-rich fat metabolizer to support the body's ability to break down consumed fats and burn fat stores by converting them into energy. Extra chromium works with the body's insulin to support blood sugar and control hunger, regulate energy, fat burning and muscle building, and support the immune system.

## Complementary Products

Re:Fuel is the core of a complete nutraceutical line of products formulated around the concept of wellness based on what the body absorbs rather than just what is eaten. Re:Fuel combines six of those nutraceutical products into a single, economical system formulated to provide a complete daily nutritional foundation for maximum health benefit, each available individually for increased support when needed:

- **Re:Gain:** Complete, whole food multivitamins to replenish essential nutrients.
- **Re:Claim:** Patented chelate minerals with maximum absorption to promote energy and stamina.
- **Re:Absorb:** Vital enzymes necessary for proper digestion and nutrient utilization of foods.
- **Re:Inforce:** Potent antioxidants for complete protection against the damaging effects of free radicals.
- **Re:Balance:** Billions of stabilized flora to help suppress harmful bacteria in the digestive tract and promote optimal health.
- **Re:Lease:** Specific nutrients for metabolizing fat and supporting healthy blood sugar levels.

**FreshAir Surround or Everest** – university tested, environmentally active air purification that works out in the indoor environment

to provide cleaner, healthier air to breathe as it helps control and eliminate biological contaminants on exposed surfaces.

**LivingWater®** - offers great-tasting pH-optimized water with buffering alkalinity and antioxidant properties with the convenience of tap water, all at a fraction of the cost of bottled water. When used with naturally occurring extracts and whole-food nutritional products, LivingWater may improve effectiveness by increasing absorption.

**LaundryPure** - supports a "green" lifestyle by helping reduce waste and cut down on energy consumption, eliminating the need to wash clothing in hot water or use detergents. LaundryPure also helps keep laundry chemicals out of clothing, away from sensitive skin, and from going down the drain.

**Re:Plenish** – centered around the high ORAC value of the muscadine grape, Re:Plenish is a delicious way to help rejuvenate cells with the power of the antioxidant properties of polyphenolics and resveratrol.

**Re:Sist** – contains a proprietary blend of herbal extracts, ImmuXT™, Elderberry fruit extract, astragalus root extract, Echinacea extract, Reishi mushroom, Aloe barbadensis and Larch tree arabinogalactans. This blend supports the immune system and includes antioxidants to prevent damage from free radicals.

## Unique Features

- Certified For Sport® Re:Fuel is regularly tested and monitored for substances banned by professional sports organizations. This is the same formulation used in Re:Fuel.
- Vitamins, minerals, antioxidants, enzymes, and flora meet your body's daily core nutritional needs in one convenient and cost effective product.
- Provides naturally occurring whole food vitamins – the most complete and effective form of vitamins available.
- Uses only patented amino acid chelate minerals - proven to be the safest, and most absorbable minerals available.
- Provides multiple sources of the most powerful super antioxidants for maximum free radical protection.
- Offers the full spectrum of digestive enzymes from plant sources for optimal benefit throughout the digestive tract.
- Contains a broad array of stabilized friendly flora for maximum support of the immune and gastrointestinal systems of the body.
- Added lipase and patented chelate chromium provide extra support for metabolizing fat and maintaining healthy blood sugar levels within normal range.
- Includes a custom formulated Chelate Activated Enzyme Delivery System (CAeDS®) ensuring the nutrients in this product are delivered to the cells of the body for guaranteed maximum effectiveness.
- Complete, balanced formulation; naturally occurring; highest quality ingredients; and completely vegetarian.
- Contains no artificial colors, flavors, sweeteners, or chemical preservatives, additives or fillers.

## Frequently Asked Questions

### • *How does Re:Fuel work?*

When taken as recommended, Re:Fuel provides all the daily nutrition needed by the body in a more complete whole food form, promoting the absorption and availability of nutrients, better digestion, and increased antioxidant protection. A proprietary delivery system, CAeDS® ensures that nutrition is absorbed and delivered to the cells of the body.

### • *How quickly will I experience benefits from Re:Fuel?*

Re:Fuel is intended to supply long term core nutrition and should be looked upon as the foundation of a supplementation regimen for maintaining health. Some people will experience increased energy or improved digestion in a short amount of time; however, it is recommended to use Re:Fuel for at least 90 days to more completely assess benefits to specific individuals.

### • *How is Re:Fuel different from multivitamins?*

Unlike the typical multivitamin, Re:Fuel addresses all core nutritional supplementation needs, including cofactors and enzymes, and combines them with a powerful nutrient delivery system.

### • *Is there anyone who should not use Re:Fuel?*

Re:Fuel's supplementation is based on whole foods rather than concentrated synthetics or isolated constituent, providing nutrition in the same manner as common foodstuffs. If you are taking medications or are experiencing health issues, consult your doctor or health care practitioner before use. It is also recommended to consult your pediatrician before giving Re:Fuel to children.

## Who Should Use

Because Re:Fuel is a whole food supplement, it is generally for use as baseline nutrition for anyone desiring to maintain overall health and wellness and for those who don't get the recommended five servings of fruits and vegetables each day. Re:Fuel may also provide additional support for those who experience low energy levels, are under chronic stress, smoke or drink alcohol regularly, drink coffee or tea, or have difficulty losing weight.

## Directions for Use

To ensure complete baseline nutrition, take two Re:Fuel capsules with each meal (three times daily). Store in a cool, dry place, or for optimal shelf life, keep refrigerated. Re:Fuel should be used by the "best by" date stamped on the container.

## Key Scientific Studies

1. Vitamins for chronic disease prevention in adults: clinical applications. JAMA. 2002 Jun 19;287(23):3127-9. Fletcher RH, Fairfield KM. Department of Ambulatory Care and Prevention, Harvard Medical School/Harvard Pilgrim Health Care, 133 Brookline Ave, Sixth Floor, Boston, MA 02215, USA
2. Enteric Flora in Health and Disease. Digestion 2006;73 (Suppl. 1):5-12. Francisco Guarner. Digestive System Research Unit, University Hospital Vall d'Hebron, Barcelona, Spain
3. Effects of dietary fatty acids and carbohydrates on the ratio of serum total to HDL cholesterol and on serum lipids and apolipoproteins: a meta-analysis of 60 controlled trials. Am J Clin Nutr. 2003 May;77(5):1146-55. Mensink RP, Zock PL, Kester AD, Katan MB. Department of Human Biology, Maastricht University, Maastricht, Netherlands. r.mensink@hb.unimaas.nl
4. Information derived from M.D. News Special Feature: The Health Benefits Of Muscadine Grapes, Wines, and Nutraceuticals. June 2008.

## Warnings

### Allergens:

- Contains milk and lecithin from soy.
- Contains no other major allergens (Contains no egg, wheat, peanuts, nuts, corn, fish or shellfish).

### Other :

- Consult your health practitioner and/or pharmacist if you are using any medications.

## Supplement Facts

Serving Size 2 Capsules | Servings Per Container 84

	Amount Per Serving	% DV*
Vitamin A (100% as beta-carotene)	500 I.U.	10%
Vitamin C (from acerola extract)	20 mg	33%
Vitamin D3	800 I.U.	200%
Vitamin E (as mixed tocopherols)	10 I.U.	33%
Vitamin K2 (as menaquinone) (contains milk and soy)	20 mcg	25%
Thiamin (as thiamin HCl)	0.5 mg	33%
Riboflavin (Vitamin B2)	0.57 mg	33%
Niacinamide	6.6 mg	33%
Vitamin B6 (as pyridoxine HCl)	0.66 mg	33%
Folate (as folic acid)	133 mcg	33%
Vitamin B12 (as cyanocobalamin)	2 mcg	33%
Biotin	100 mcg	33%
Pantothenic acid (as calcium pantothenate)	3.3 mg	33%
Calcium (as TRAACS® calcium glycinate chelate)	50 mg	5%
Iron (as Ferrochel® ferrous glycinate chelate)	0.76 mg	4%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as TRAACS® magnesium glycinate chelate)	25 mg	6%
Zinc (as TRAACS® zinc glycinate chelate)	3 mg	20%
Selenium (as selenium glycinate complex)	5 mcg	7%
Copper (as TRAACS® copper glycinate chelate)	0.4 mg	20%
Manganese (as TRAACS® manganese glycinate chelate)	0.26mg	13%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	70 mcg	58%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	5 mcg	7%

	Amount Per Serving	% DV*
Proprietary whole food vitamin and antioxidant blend	265 mg	†
Acerola fruit ext, vegetarian yeast, kelp, rutin, broccoli, brussel sprouts, safflower oil pwd, spinach leaf, beet root, blackstrap molasses, chlorella algae, cranberry, Jerusalem artichoke tubers, quercetin, alfalfa juice powder, blueberry fruit, carrot root, ginger rhizome, grape seed ext, green pepper fruit, olive leaf ext, raspberry juice pwd, shiitake mushroom, spirulina, sweet potato tuber, turmeric rhizome ext, olive ext, pine bark ext, resveratrol		
Proprietary digestive enzyme blend	138mg	†
Protease, amylase, acid maltase, lipase, gluco-amylase, peptidase, invertase, cellulase, lactase		
Proprietary probiotic blend	91 mg	†
Bifidobacterium infantis, Lactobacillus brevis, Lactobacillus lactis, Lactobacillus reuteri, Bifidobacterium longum, Lactobacillus acidophilus (grown on milk) Lactobacillus bulgaricus, Lactobacillus rhamnosus, Streptococcus thermophilus, Bifidobacterium bifidum (grown on soy), Lactobacillus salivarius (grown on milk), Lactobacillus plantarum		
CAeDS* for Re:Fuel	457 mg	†
TRAACS® calcium glycinate chelate, TRAACS® magnesium glycinate chelate, protease, amylase, TRAACS® zinc glycinate chelate, lipase, peptidase, TRAACS® magnesium glycy l glutamine, TRAACS® copper glycinate chelate, cellulase, TRAACS® manganese glycinate chelate, TRAACS® vanadium nicotinate glycinate chelate		

† Daily value not established

Other ingredients: Vegetable capsule (vegetable cellulose and water)  
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