

The Path
discover your way



SUPPLEMENTS **FOR** **ADVENTURE** **TRAVELS**

JOHAN BERGMAN

Supplements for *Adventure Travels*

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www.ThePathAdventures.com

Foreword

Supplements for adventure travels or jungle trekking might be controversial, either you like it or not. Personally I have felt a huge difference going on trek without and with supplements. If you're going on an adventure travel you might come to areas during longer or shorter periods, where you will not get the vitamins and minerals you are used to, and certainly not if you're going on an extended jungle trek. During long periods you might as we have, rice as the staple food, we might have some cans with us, but not for the whole trip. It has helped me to eat certain supplements during adventure travels and jungle treks.

Johan Bergman



Why do we need supplements in the jungle?



We need supplements because for us the staple food will be rice, and before foods can give you energy and stamina, hundreds of chemical reactions must take place, involving 28 vitamins and minerals.

Without those essential micro-nutrients, the human body can't unlock the potential energy in food. One-third of all chemical reactions in our bodies are dependent on tiny quantities of minerals, and even more on vitamins.

If just one of any of these nutrients is missing, vitality, energy and peak athletic performance are just not possible!

Apart from all this above there is one more important thing with getting all the nutrients and that is it's easier for your body to heal wounds and keep the immune system up and running. Since it's a bit hard to get all the right nutrients when you're in the jungle I always recommend to eat high quality multi vitamins and some extra C-vitamin tablets, during your trek.

Before

We are not sponsored or anything like that by Metagenics™, but this is a high quality company, and if you choose to eat them you will feel the difference. Of course there are other companies making high quality vitamins, it's up to you to choose what you want. I will use Metagenics's brands so it will be easier for you to look it up on internet and compare with other

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brands. As multi vitamin/Mineral tablet we are using Multigenics®, as vitamin C we are using the Ultra Potent-C® 1000 and as probiotics we are using the UltraFlora™ Advanced.

I would suggest you start with the Multigenics® asap. Since you probably are involved in some serious training, or you're about to start with a training regimen, I suggest you take 2 pills 3 times a day together with food. Or if you have a very hectic life take 3 pills in the morning and 3 pills at noon together with food.

2 weeks before

About 2 weeks before departure. If you haven't already started with the Ultra Potent-C® 1000, now is the time. Because now you will really boost your immune system, because in 2 weeks you will get out of your comfort zone, and probably into an another culture, and with the change of food and bacteria etc. you'll need your immune system to be up.

Now is also the time to start with the UltraFlora™ Advanced to support and boost the bacterial flora in your intestines. For people with very sensitive

stomach this might do the trick, at least it has for me.

Don't forget to pack your vitamins, you might not be able to get vitamins and minerals of high quality where you're going.

During

I suggest you continue with 2 tablets of Multigenics® 3 times a day, and 2 tablets of Ultra Potent-C® 1000 3 times a day. Since we advice you to continue training and be well hydrated, we will also want to suggest you to start eat ORS, Oral Rehydration Salt, every day.

After

When you come home from your trip and you'll soon will be back to your everyday life we suggest you to continue with Multigenics® and Ultra Potent-C® 1000. At least for a fortnight after you came home. On top of that I would add two weeks with UltraFlora™ Advanced just to support and boost the bacterial flora in your intestines.

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Supplements





Multigenics®

Comprehensive Multiple Vitamin/ Mineral Formula

Servings Per Container: 30

180 Tablets

Benefits

Multigenics® is a unique vitamin and mineral formula designed for optimal disintegration and digestibility, featuring:*

- High levels of selected nutrients to support healthy liver and adrenal function.
- High levels of ratio-balanced B vitamins , with extra B12, to support homocysteine metabolism.
- Caro-xan™, our proprietary blend of beta-carotene and Betatene® mixed carotenoids for balanced antioxidant protection.
- A 2 to 1 ratio of calcium to magnesium for balanced nutritional bone support.
- Proprietary mineral amino acid chelates for optimal mineral absorption.
- Supplies high potency, balanced B vitamins with extra B12 for healthy methylation and homocysteine metabolism.*

- Contains Caro-xan®, a proprietary blend of beta-carotene and Betatene® mixed carotenoids for balanced antioxidant protection.*
- Provides natural source vitamin E in a 1:1 ratio of alpha to gamma tocopherols (along with beta and delta tocopherols) to more closely resemble the tocopherol profile found naturally in vitamin E-rich plants.
- Features mineral amino acid chelates designed for mineral absorption.
- Provides a 2:1 ratio of calcium to magnesium for balanced bone support.*
- Delivers select nutrients to support healthy liver and adrenal function.*
- Also available as Multigenics® without Iron.

Serving Size: 6 Tablets

Ingredient	Amount	Daily Value
Vitamin A [15% (1500 IU) as retinyl acetate, 85% (8500 IU) as beta-carotene†]	10,000 IU	200%
Vitamin C (as ascorbic acid)	1200 mg	2000%
Vitamin D (as cholecalciferol)	20 IU	5%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%
Thiamin (as thiamin mononitrate)	30 mg	2000%
Riboflavin	34 mg	2000%
Niacin (as niacinamide, niacin)	420 mg	2100%
Vitamin B6 (as pyridoxine HCl)	40 mg	2000%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2000%
Calcium (as calcium citrate)	500 mg	50%
Iron (as iron glycinate)	10 mg	55%

Ingredient	Amount	Daily Value
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium bis-glycinate and magnesium citrate)	250 mg	63%
Zinc (as zinc citrate)	20 mg	133%
Selenium (as selenium aspartate)	200 mcg	286%
Copper (as copper citrate)	2 mg	100%
Manganese (as manganese citrate)	1 mg	50%
Chromium (as chromium citrate)	200 mcg	167%
Molybdenum (as molybdenum aspartate)	100 mcg	133%
Potassium (as potassium aspartate)	99 mg	3%
Betaine HCl	325 mg	*
Choline (as choline bitartrate)	200 mg	*
Inositol	188 mg	*
Citrus Bioflavonoid Complex	100 mg	*
para-Aminobenzoic Acid (PABA)	50 mg	*
Quercetin	25 mg	*
Mixed Carotenoids (including beta-carotene, alpha-carotene, crypto-xanthin, zeaxanthin, and lutein)	5.85 mg	*
Gamma Tocopherol (as mixed tocopherols)	67 mg	*

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid (vegetable), silica, croscarmellose sodium, and coating (water, hypromellose, medium chain triglycerides , hydroxypropylcellulose, and sodium copper chlorophyllin)

Directions: Take six tablets daily with meals or as directed by your healthcare practitioner.

Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day.

This product is Gluten Free.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

†Caro-xan™, a proprietary blend of beta-carotene and Betanene® mixed carotenoids.

If you need a consultation with a nutritionist, we can supply you with one.



Ultra Potent-C® 1000

Gentle, Buffered Vitamin C

Servings Per Container: 90

Benefits

Ultra Potent-C® 1000 is a proprietary, patented vitamin C formula that features a unique blend of metabolites designed to enhance the utilization of the preparation. Its buffered delivery system is designed to help prevent the potential stomach upset that is sometimes associated with high vitamin C intake. Ultra Potent-C 1000 supports immune function by helping promote natural killer cell and white blood cell activity. Preliminary scientific research suggests that vitamin C in the form of Ultra Potent-C® may result in improved uptake of the vitamin by white blood cells when compared to regular ascorbic acid.*

- Scientifically shown to promote natural killer (NK) cell activity and white blood cell (WBC) function.*
- Shown to have 18% to 25% higher uptake in WBCs than plain vitamin C (ascorbic acid).*
- Provides vitamin C and a metabolite system designed for enhanced utilization.*
- Prevents potential stomach upset associated with vitamin C by using buffering agents.*

Ingredients

Serving Size: 1 Tablet

Ingredient	Amount	Daily Value
Vitamin C	1000 mg	1667%
Niacin (as niacinamide ascorbate)	77 mg	385%
Calcium (as calcium ascorbate)	47 mg	5%
Magnesium (as magnesium ascorbate)	6 mg	2%
Sodium (as sodium ascorbate)	13 mg	1%
Potassium (as potassium ascorbate)	6 mg	<1%
L-Lysine HCl	36 mg	*Daily Value not est
Citrus Bioflavonoid Complex [standardized to 45% (15.8 mg) full spectrum bioflavonoids]	15 mg	*Daily Value not est
Tetrasodium Pyrophosphate	15 mg	*Daily Value not est
Alpha D-Ribofuranose	14 mg	*Daily Value not est
Xylitol	10 mg	*Daily Value not est
L-Cysteine	10 mg	*Daily Value not est
L-Glutathione	5 mg	*Daily Value not est

Other Ingredients: Ultra Potent-C® [(U.S. Patent #5,626,883) calcium ascorbate, niacinamide ascorbate, ascorbic acid, sodium ascorbate, magnesium ascorbate, L-lysine HCl, ascorbyl palmitate, potassium ascorbate, citrus bioflavonoid complex, tetrasodium pyrophosphate, alpha D-ribofuranose, L-cysteine HCl, xylitol, and L-glutathione], microcrystalline cellulose, stearic acid (vegetable), cellulose, croscarmellose sodium, magnesium stearate (vegetable), and coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose)

Directions: Take one tablet up to two times daily or as directed by your healthcare practitioner.

Caution: Keep out of the reach of children.

Formulated to Exclude: Wheat, gluten, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives.

This product is Gluten Free.

Keep tightly closed in a cool, dry place.

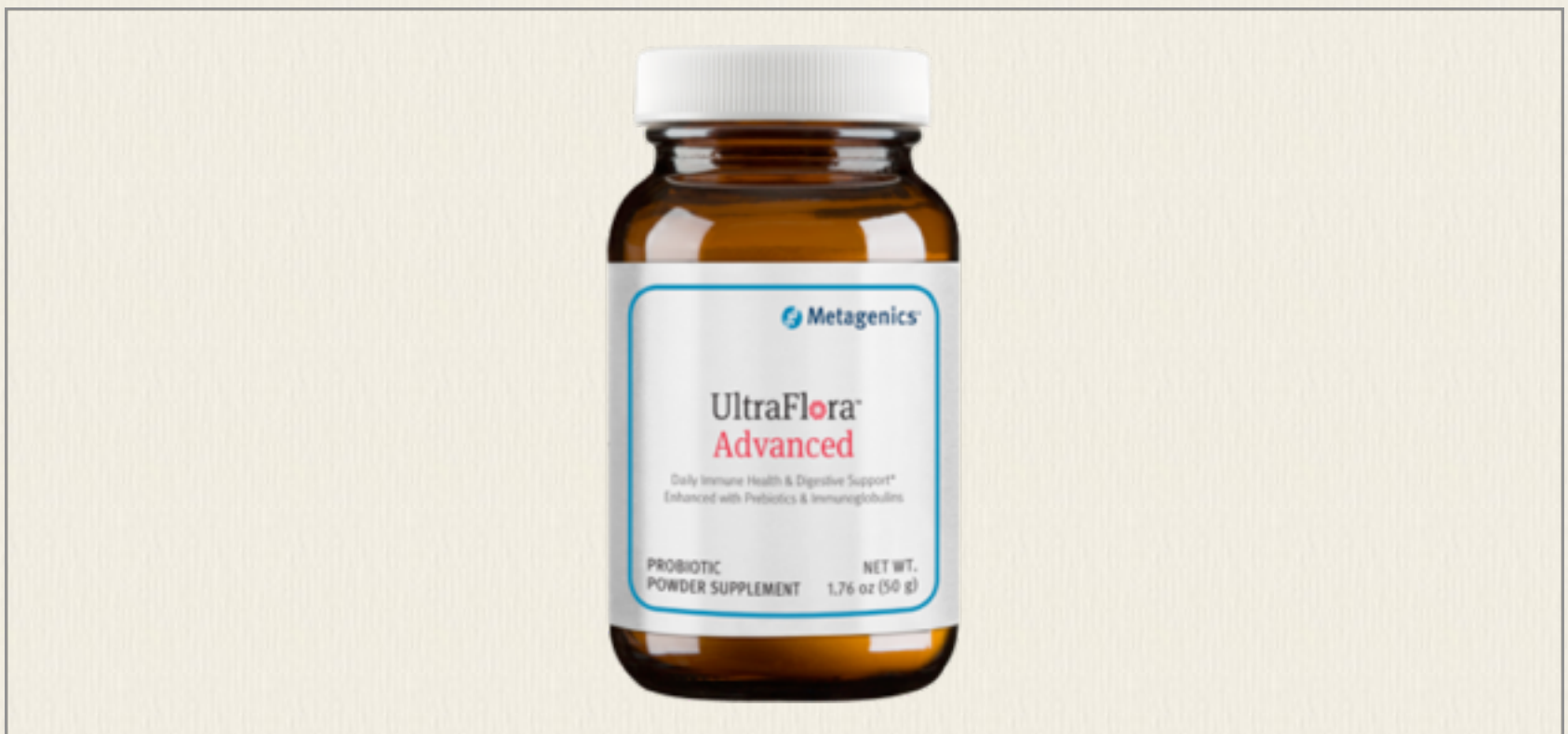
Keep out of the reach of children.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

This product is Gluten Free

Wheat, gluten, dairy products, nuts, tree nuts, fish, crustacean shellfish, colors, artificial sweeteners, and preservatives. Take one tablet up to two times daily or as directed by your healthcare practitioner.

If you need a consultation with a nutritionist, we can supply you with one.



UltraFlora™ Advanced

Daily Immune Health & Digestive Support* Enhanced with Prebiotics and Immunoglobulins

Servings Per Container: 67 (by weight)

Benefits

UltraFlora Advanced provides a patented blend of highly viable, pure strains of *L. acidophilus* NCFM[®] and *B. lactis* Bi-07[®] bacteria that have been clinically shown to support a healthy intestinal environment and immune health. This formula also supplies Probio-Saccharide[®] Factor (fructooligosaccharides) and Probio-Protein[®] Factor (immunoglobulin protein concentrate) to support beneficial microflora growth and healthy immune function. Backed by the Metagenics ID Guarantee for purity, clinical reliability, and predicted safety via scientific identification of strains with established health benefits.*

- Daily support for GI and immune health.*
- Provides the valuable Probio-Saccharide[®] factor (fructooligosaccharides, or FOS), an excellent food source for beneficial microflora that helps to promote their growth in the intestine.*
- Provides the valuable Probio-Protein[®] factor, a concentrate of immunoglobulin proteins from whey to help maintain a healthy intestinal environment.*

Ingredients

Serving Size: about 1/4 Teaspoon (0.75 g)

Ingredients	Amount	Daily Value
Calories	5	
Total Carbohydrate	1 g	A 50:50 blend of: 15 billion live organisms aEU
		**Daily Value not es
		Lactobacillus acidophilus NCFM®
		Bifidobacterium lactis Bi-07
		Globulin Protein Concentrate
		560 mg **Daily Value not es

Other Ingredients: Fructooligosaccharides (FOS) , concentrate of immunoglobulin proteins from whey, Bifidobacterium lactis, Lactobacillus acidophilus, and maltodextrin

†Range of 1,400 mg-1575 mg

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The Path



These travels are not for everyone!

The Path design's extreme jungle adventures into the rainforests of the Philippines.

We will bring you on one of the last few non staged once in a lifetime jungle expeditions, through virgin rainforest.

The Path is the only adventure company in the Philippines that will bring you this much adventure in a hidden and forgotten part of the Philippines.

Because of the fragile nature, we will never have large groups nor will we have many expeditions through out the year. So you who have made the expeditions with us and you who will, are all unique and exclusive.

Please visit our website to read more about what we can do for you.

