## **ACTIVATOR**

The essence of our philosophy behind the **ACTIVATOR** formulation relates to providing ...

## ADAPTOGENS ...

in quantity & quality <u>you will not find</u> <u>anywhere else</u>.

What are ADAPTOGENS? They include vitamins, minerals, and many other <u>dietary</u> <u>supplements</u> proved by research scientists to boost your health, so that you may ---

## LIVE STRONGER LONGER.

ACTIVATOR gives you the full complement of vitamins, minerals and trace minerals – in their most bio-active forms. Also provided are other ADAPTOGENS to empower the immune system, the nervous system, and the hormone system --- in defense against physical, nutritional, emotional and toxic stresses.

All these essential ingredients are found in perfect proportions. What does that mean?

The Nutri-Spec model of LIVE STRONGER LONGER is based on maintaining balance in Five Metabolic Control Systems.\* The unique blend of nutrients in Activator will <u>not</u> alter these Five Metabolic Balances. Rather, this perfect combination of nutrients feeds the strength of these health-maintaining systems.

Furthermore, the disintegration curve of ACTIVATOR (and all NUTRI-SPEC products) is such that the nutrients are fully dissolved when they reach their site of intestinal absorption.

Extraordinary ADAPTGENS not commonly found in ordinary supplements:

- Coenzyme Q-10
- Vitamins B1, B2 & B6 in their biologically active coenzyme form
- Ascorbyl Palmitate (fat-soluble Vit C)

- Chromium in Nicotinate form
- Mineral Orotates & Aspartates
- Ouercetin
- Benfotiamine
- Glycine + NAC + Lipoic Acid
- Taurine
- L-Carnitine
- NADH

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Vitamin A (as retinyl palmitate and 50% as beta-carotene)         1,000 mcg           Vitamin C (as ascorbic acid and 13% as ascorbyl palmitate)         150 mg           Vitamin D (as cholecalciferol)         50 mcg (2,000 IU)           Vitamin E (as d-alpha-tocopheryl succinate)         15 mg           Thiamin (as thiamin mononitrate)         1 mg           Riboflavin (as riboflavin-5-phosphate)         2 mg           Vitamin B (as niacinamide and 20% as niacin)         25 mg           Vitamin B <sub>12</sub> (as pyridoxal-5-phosphate)         2 mg           Folate         800 mcg DFE           (480 mcg folic acid)           Vitamin B <sub>12</sub> (as cyanocobalamin)         5 mcg           Biotin         30 mcg           Pantothenic acid (as o-calcium pantothenate)         10 mg           Calcium (49% as calcium glycerophosphate, 41% as microcrystalline         200 mg           hydroxyapatite, and 10% as calcium orotate,         10 mg           Iron         0.7 mg           Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           Iodine [from kelp (Ascophyllum nodosum)]         150 mcg           Magnesium (41% as magnesium orotate, and 12% as magnesium gluconate)         250 mg           Zinc (as zinc monomethionine)         20 mg           Selenium (as selenomethionine)	6 Daily Valu
Vitamin D (as cholecalciferol)         50 mcg (2,000 IU)           Vitamin E (as d-alpha-tocopheryl succinate)         15 mg           Thiamin (as thiamin mononitrate)         1 mg           Riboflavin (as riboflavin-5-phosphate)         2 mg           Niacin (as niacinamide and 20% as niacin)         25 mg           Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate)         2 mg           Folate         800 mcg DFE (480 mcg folic acid)           Vitamin B <sub>12</sub> (as cyanocobalamin)         5 mcg           Biotin         30 mcg           Pantothenic acid (as o-calcium pantothenate)         10 mg           Calcium (49% as calcium glycerophosphate, 41% as microcrystalline hydroxyapatite, and 10% as calcium orotate)         200 mg           Iron         0.7 mg           Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           Idodine (from kelp (Ascophy/llum nodosum))         150 mcg           Magnesium (41% as magnesium orotate, and 12% as magnesium gluconate)         250 mg           Zinc (as zinc monopathionine)         20 mg           Selenium (as selenomethionine)         10 mcg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as sodium molybdate)         50 mg           Sodium	111
Vitamin D (as cholecalciferol)         50 mcg (2,000 IU)           Vitamin E (as d-alpha-tocopheryl succinate)         15 mg           Thiamin (as thiamin mononitrate)         1 mg           Riboflavin (as riboflavin-5-phosphate)         2 mg           Niacin (as niacinamide and 20% as niacin)         25 mg           Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate)         2 mg           Folate         800 mcg DFE (480 mcg folic acid)           Vitamin B <sub>12</sub> (as cyanocobalamin)         5 mcg           Biotin         30 mcg           Pantothenic acid (as o-calcium pantothenate)         10 mg           Calcium (49% as calcium glycerophosphate, 41% as microcrystalline hydroxyapatite, and 10% as calcium orotate)         200 mg           Iron         0.7 mg           Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           Idodine (from kelp (Ascophy/llum nodosum))         150 mcg           Magnesium (41% as magnesium orotate, and 12% as magnesium gluconate)         250 mg           Zinc (as zinc monopathionine)         20 mg           Selenium (as selenomethionine)         10 mcg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as sodium molybdate)         50 mg           Sodium	167
Thiamin (as thiamin mononitrate)         1 mg           Riboflavin (as riboflavin-5-phosphate)         2 mg           Nikacin (as niacinamide and 20% as niacin)         25 mg           Vitamin B₂ (as pyridoxal-5-phosphate)         2 mg           Folate         800 mcg DFE (480 mcg folic acid)           Vitamin B₁₂ (as cyanocobalamin)         5 mcg           Biotin         30 mcg           Pantothenic acid (as □-calcium pantothenate)         10 mg           Calcium (49% as calcium glycerophosphate, 41% as microcrystalline hydroxyapatite, and 10% as calcium orotate)         0.7 mg           Iron         0.7 mg           Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           Iodine [from kelp (Ascophylium nodosum])         150 mcg           Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium         250 mg           Magnesium (41% as magnesium orotate, and 12% as magnesium gluconate)         250 mg           Zinc (as zinc monomethionine)         20 mg           Selenium (as selenomethionine)         100 mcg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as chromium polyticofinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg <td< td=""><td>250</td></td<>	250
Riboflavin (as riboflavin-5-phosphate)   2 mg	100
Niacin (as niacinamide and 20% as niacin)         25 mg           Vitamin B₂ (as pyridoxal-5-phosphate)         2 mg           Folate         800 mcg DFE (480 mcg folic acid)           Vitamin B₁₂ (as cyanocobalamin)         5 mcg           Biolin         30 mcg           Pantothenic acid (as o-calcium pantothenate)         10 mg           Calcium (49% as calcium glycerophosphate, 41% as microcrystalline hydroxyapatite, and 10% as calcium rordate)         200 mg           Iron         0.7 mg           Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           Iodine [from kelp (Ascophyllum nodosum)]         150 mcg           Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium malate, 17% as magnesium orotate, and 12% as magnesium gluconate)         250 mg           Zinc (as zinc monometitionine)         20 mg           Selenium (as selenomethionine)         100 mcg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Cuerceiin         200 mg           Alpha Lipoic Acid         100 mg <td>83</td>	83
Vitamin B₀ (as pyridoxal-5-phosphate)         2 mg           Folate         800 mcg DFE (480 mcg folic add)           Vitamin B₁₂ (as cyanocobalamin)         5 mcg           Biotin         30 mcg           Pantothenic acid (as c-calcium pantothenate)         10 mg           Calcium (49% as calcium glycerophosphate, 41% as microcrystalline hydroxyapatite, and 10% as calcium orotate)         0.7 mg           Iron         0.7 mg           Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           Idodine [from kelp (Ascophyllum nodosum)]         150 mcg           Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium         250 mg           Magnesium (41% as magnesium orotate, and 12% as magnesium gluconate)         20 mg           Zinc (as zinc mponomethionine)         20 mg           Selenium (as selenomethionine)         100 mcg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as chromium golynicolinale)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg	154
Folate \$\frac{800 \text{ mcg DFE}}{(480 \text{ mcg DFE}}(480 \text{ mcg DFE})  Vitamin \$B_{12}\$ (as cyanocobalamin) \$\frac{5 \text{ mcg}}{5 \text{ mcg}}\$  Biotin \$\frac{30 \text{ mcg}}{30 \text{ mcg}}\$  Pantothenic acid (as D-calcium pantothenate) \$10 \text{ mg}}  Calcium (49% as calcium glycerophosphate, 41% as microcrystalline hydroxyapatite, and 10% as calcium orotate)  Iron \$0.7 \text{ mg}}\$  Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite) \$120 \text{ mg}}\$  Iso mcg  Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium \$250 \text{ mg}}\$  malate, 17% as magnesium orotate, and 12% as magnesium gluconate)  Zinc (as zinc monomethionine) \$20 \text{ mg}}\$  Selenium (as selenomethionine) \$100 \text{ mg}}\$  Copper (as copper aspartate) \$1 \text{ mg}}\$  Manganese (as manganese aspartate) \$2 \text{ mg}}\$  Molybdenum (as sodium molybdate) \$50 \text{ mcg}}\$  Molybdenum (as sodium molybdate) \$50 \text{ mcg}}\$  Sodium \$10 \text{ mg}}\$  Glycine \$500 \text{ mg}}\$  Quercetin \$200 \text{ mg}}\$  Fautine \$100 \text{ mg}}\$  Fautine \$100 \text{ mg}}\$  Fautine \$100 \text{ mg}}\$	156
Vitamin B <sub>12</sub> (as cyanocobalamin) 5 mcg Biotin 30 mcg Pantothenic acid (as 0-calcium pantothenate) 10 mg Calcium (49% as calcium glycerophosphate, 41% as microcrystalline 200 mg hydroxyapatite, and 10% as calcium orotate)  Iron 0,7 mg Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite) 120 mg lodine [from kelp (Ascophyllum nodosum)] 150 mcg Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium malate, 17% as magnesium orotate, and 12% as magnesium gluconate) Zinc (as zaicn monomethionine) 20 mg Selenium (as selenomethionine) 100 mcg Copper (as copper aspartate) 1 mg Manganese (as manganese aspartate) 2 mg Chromium (as chromium golynicolinate) 40 mcg Molybdenum (as sodium molybdate) 50 mcg Sodium 10 mg Potassium (as potassium orotate) 80 mg Glycine 500 mg Glycine 500 mg Cuercetin 200 mg Taurine 100 mg	118
Vitamin B12 (as cyanocobalamin)         5 mcg           Biotin         30 mcg           Pantothenic acid (as D-calcium pantothenate)         10 mg           Calcium (49% as calcium glycerophosphate, 41% as microcrystalline         200 mg           hydroxyapatite, and 10% as calcium orotate)         0.7 mg           Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           Idoline [from kelp (Ascophyllum nodosum)]         150 mcg           Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium         250 mg           malate, 17% as magnesium orotate, and 12% as magnesium gluconate)         20 mg           Zinc (as zinc monomettionine)         20 mg           Selenium (as selenomethionine)         100 mg           Copper (as copper asparlate)         1 mg           Manganese (as manganese asparlate)         2 mg           Chromium (as chromium golynicolinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg	200
Biotin   30 mcg	
Pantothenic acid (as p-calcium pantothenate)         10 mg           Calcium (49% as calcium glycerophosphate, 41% as microcrystalline hydroxyapatite, and 10% as calcium orotate)         200 mg           fron         0.7 mg           Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           odine [from kelp (Ascophyllum nodosum])         150 mcg           Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium         250 mg           malate, 17% as magnesium orotate, and 12% as magnesium gluconate)         20 mg           Zinc (as zinc monomethionine)         100 mcg           Selenium (as selenomethionine)         100 mg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as chromium polynicotinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	208
Calcium (49% as calcium glycerophosphate, 41% as microcrystalline hydroxyapatite, and 10% as calcium orotate)  Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)  120 mg Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)  150 mcg Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium  250 mg malate, 17% as magnesium bisglycinate chelate, 30% as magnesium  250 mg malate, 17% as magnesium otate, and 12% as magnesium gluconate)  20 mg Selenium (as selenomethionine)  100 mcg Copper (as copper aspartate)  1 mg Manganese (as manganese aspartate)  2 mg Chromium (as chromium golynicotinate)  40 mcg Molybdenum (as sodium molybdate)  50 mcg Sodium  10 mg Potassium (as potassium orotate)  80 mg Glycine  500 mg Quercetin  200 mg Alpha Lipoic Acid  100 mg Taurine  100 mg Taurine	100
hydroxyapatite, and 10% as calcium orotate)   ron	200
170 mg   1	15
Phosphorus (as calcium glycerophosphate and microcrystalline hydroxyapatite)         120 mg           odine (from kelp (Ascophyllum nodosum))         150 mcg           Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium         250 mg           malate, 17% as magnesium orotate, and 12% as magnesium gluconate)         20 mg           Zinc (as zinc monomethionine)         100 mcg           Selenium (as selenomethionine)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as chromium polynicotinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	4
150 mcg   Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium   250 mg   250	10
Magnesium (41% as magnesium bisglycinate chelate, 30% as magnesium malaite, 17% as magnesium orotate, and 12% as magnesium gluconate)         250 mg           Zinc (as zinc monomethionine)         20 mg           Selenium (as selenomethionine)         100 mcg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as chromium golynicolinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	100
malate, 17% as magnesium orotate, and 12% as magnesium gluconate)           Zinc (as zinc monomethionine)         20 mg           Selenium (as selenomethionine)         100 mg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as chromium polynicolinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	60
Zinc (as zinc monomethionine)         20 mg           Selenium (as selenomethionine)         100 mcg           Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as chromium polynicolinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	00
Selenium (as selenomethionine)         100 mcg           Copper (as copper asparlate)         1 mg           Manganese (as manganese asparlate)         2 mg           Chromium (as chromium polynicofinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	182
Copper (as copper aspartate)         1 mg           Manganese (as manganese aspartate)         2 mg           Chromium (as chromium golynicofinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	182
Manganese (as manganese aspartate)         2 mg           Chromium (as chromium polynicolinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	111
Chromium (as chromium golynicolinate)         40 mcg           Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	87
Molybdenum (as sodium molybdate)         50 mcg           Sodium         10 mg           Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	114
Potassium (as potassium orotate)         80 mg           Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	111
Glycine         500 mg           Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	<1
Quercetin         200 mg           Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	2
Alpha Lipoic Acid         100 mg           N- Acetyl Cysteine         100 mg           Taurine         100 mg	
N- Acetyl Cysteine 100 mg Taurine 100 mg	
Taurine 100 mg	
-Carnitine (as L-carnitine tartrate) 50 mg	
Benfotiamine 40 mg	
Pantethine 15 mg	
Coenzyme Q-10 15 mg	
NADH (nicotinamide adenine dinucleotide) † 5 mg	
Boron (as calcium <u>borogluconate)</u> 3 mg Lithium orotate 2 mg	

Other ingredients: Microcrystalline cellulose, stearic acid, coating (hypromellose, glycerin, hydroxypropyl cellulose), croscarmellose sodium, silica, and magnesium stearate.

