

## Supplement Facts

Serving size: 1 Capsules  
Servings Per Bottle: 180

Amount Per Serving	%Daily Value**	
Vitamin A (as retinyl acetate)	400IU	8%
Vitamin C (from ascorbic acid and potassium ascorbate)	27mg	45%
Vitamin D (as cholecalciferol)	40IU	10%
Vitamin E (as DL-alpha-tocopheryl acetate)	10IU	33%
Vitamin K (as phytonadione)	133mcg	166%
Thiamin (as thiamine hydrochloride)	1.3mg	87%
Riboflavin	0.6mg	35%
Niacin	2mg	10%
Vitamin B6 (as pyridoxine hydrochloride)	0.3mg	5%
Folate (Folic Acid)	67mcg	17%
Vitamin B12 (as cyanocobalamin)	5mcg	83%
Biotin	167mcg	56%
Pantothenic Acid (as calcium D-pantothenate)	3.7mg	37%
Calcium (as calcium carbonate and calcium D-pantothenate)	35mg	4%
Magnesium (as magnesium aspartate)	6.7mg	2%
Zinc (as zinc amino acid chelate)	7mg	47%
Selenium (as selenium citrate)	80mcg	114%
Copper (as copper chelate)	1mg	50%
Manganese (as manganese sulfate monohydrate)	2mg	100%
Potassium (as potassium ascorbate)	5.7mg	<1%
Total People Plus proprietary blend [Ascophyllum nodosum (Kelp), Choline Bitartrate, L-Methionine, L-Lysine, Yucca schidigera extract (4:1), Cobalt Chelate.]	309mg	*

\*Daily Value (DV) Not Established\*  
Percent Daily Values are based on a 2000 calorie diet\*\*

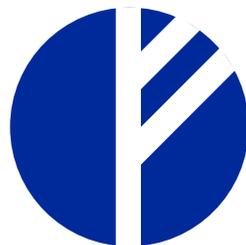
[Ascophyllum nodosum (kelp), Choline Chloride, Vitamin C (As Ascorbic Acid), Niacin, Vitamin B1 (As Thiamine HCL), Yucca Schidegera Extract, Pantothenic Acid (As Calcium-D-Pantothenate), Riboflavin, Vitamin B6, Cobalt (From Cobalt Chelate), Iodine (From Ascophyllum nodosum), Biotin, Selenium (From Selenium Citrate), Folic Acid, Vitamin B12 (Cyanocobalomin)].

NA = Daily Value (DV) Not Established

**DIRECTIONS:** Take 1 capsule for each 25 lb. of fat-free body weight, but not to exceed 6 capsules per day. For best results, spread doses throughout the day. As a precaution, always remember to discuss any supplements you are taking with your health care provider.

**WARNING:** Pregnant or nursing women, or women who might become pregnant, should not take this product since its effects have not been tested on neonates or children and it may induce premature labor. Do not take this product if you have a history of heart, cardiovascular, liver, kidney, thyroid, or psychiatric illness, genetic disorders, or are currently taking prescription medication. This product is intended for adults only. Keep out of the reach of children. Store in a cool dry location.

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



# Total Feeds®

## CUSTOMER COMMENTS:

“When I started taking Total People Plus®, my barrel horse started running better and was more relaxed because I was not as anxious”.

- D Nelson. KS

“Taking Total People Plus® has noticeably reduced my anxiety”.

- Betty R. MI

“My hot flashes and night sweats were almost unbearable until I started taking Total People Plus® and now they are barely noticeable”.

- D Brooks. TX

For additional information contact:

**TOTAL FEEDS®**

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**Local Distributor:**

# Total People Plus

(A Multi- Nutrient Dietary Supplement)



- RELAX
- FOCUS
- LEARN
- EXCEL

**Provides Key Mineral Nutrition For Dieters, Sportsmen, and Active Adults.**



# Total Feeds®

## Major Minerals

Major minerals such as calcium, magnesium and potassium are required by the body for many functions such as bone growth and maintenance, normal nerve transmission, blood vessel dilation, muscle contraction and many more. Magnesium alone has more than 300 functions in the body. Total People Plus® contains highly available forms of these minerals.

## Trace Minerals

Total People Plus® contains only chelated forms of copper, manganese and zinc. This insures the highest possible bioavailability of these critical

Copper is required for many coenzymes in the body, production of energy, formation of collagen and elastin and production of dopamine and serotonin.

Manganese serves as a catalyst for enzyme activity, bone growth, cartilage formation, formation of collagen, healing and glucose tolerance.

Zinc plays a role as a catalyst in numerous enzyme reactions in cell metabolism. It is also important for maintaining a healthy immune system and for proper nervous system function.

Selenium plays many roles in the body and is involved in antioxidant activity and muscle growth and maintenance.

Iodine is important for normal thyroid activity in the body. The Iodine in Total People Plus® is in natural, organic form from *Ascophyllum nodosum* (kelp) and is highly bioavailable.

## Vitamins

Total People Plus® contains all B-Complex vitamins for which a requirements are known. In general B-Complex vitamins are catalysts for energy producing reactions in the body and as antioxidants.

Thiamine and Choline are important for normal nerve activity in both muscles and brain. Total People Plus® contains levels of these vitamins that insure adequate levels for normal nerve function.

Vitamins A, D and E are all required by the body for a wide variety of purposes. They are included in Total People Plus® in forms that are highly bioavailable.

Fucoidan in Total People Plus® is from the *Ascophyllum nodosum*. It contains Fucose sugar that is present in nerve synapses in the body and is part of the normal nerve transmission process.

## Amino Acids

Total People Plus® contains two critical sulfur containing amino acids Lysine and Methionine.

Lysine an essential amino acid that must be in the diet as it is not manufactured by the body. Some of the more important functions of lysine in the body are that it is critical in bone growth and development, aids in calcium absorption, aids in muscle development and improves blood vessel and skin integrity through the formation of collagen, and is important in enzyme and hormone production.

Methionine is another essential amino acid. It aids in the breakdown of fats in blood vessels, is an antioxidant, aids in energy production, and is a critical nutrient for building muscle.