

**Natural B vitamin source • Natural trace minerals  
B<sub>1</sub> thiamin • Niacin • Phosphorus • Magnesium • Soluble fiber**

This is a superior natural powder for nutritional needs. Nutri-Sense is the ideal way to get B vitamins, because they are natural and easily absorbed. These B vitamins are synthesized by nature in plants (in this case brown rice), rather than by humans in a lab. Natural vitamins have far more energy in their molecules than synthetic vitamins. They have a spectrum of light or electronic energy which is more usable and cannot be measured at all in their synthetic counterparts. The natural vitamins of Nutri-Sense, namely thiamine, niacin, biotin, choline, PABA and inositol, have a pleasant smell and taste. The taste of this supplement is similar to malt. In contrast, synthetic B vitamins have a foul, chemical-like taste and odor.

It is far safer to consume these natural-source B vitamins rather than high-dose synthetics, because the latter are made largely from oil residues of coal tar. Some other B vitamins are made by microbes, and these microbes may be genetically engineered. This poses a dilemma, since genetically engineered genes produce toxins while disrupting the digestive system. Pushtai showed that the toxin introduced from genetically engineered plants results in cancer-like changes in animal intestines. This is why the only truly safe vitamins are those made naturally by plants and animals, as well as non-genetically engineered microbes.

Nutri-Sense is exceptionally high in thiamine and niacin. These two B vitamins are key to energy production in the human body. It is also a top source of magnesium and phosphorous, also needed for energy production. Thus, the powerful benefits from regular intake of Nutri-Sense are obvious. This truly is a food supplement that is ideal to consume daily, or at least three times weekly. For best results, however, take every day. It is a whole food, so everyone can benefit from it.

### Supplement Facts

Serving size: 3 tablespoons Servings per container: 9.5

Amount Per Serving		% Daily value
Total carbohydrate	10.5g	3%
Dietary fiber	4.5g	17%
Alpha-linolenic acid	1g	*
Protein	3g	*
Thiamin (B1)	0.2 mg	13%
Niacin (B3)	3 mg	15%
Iron	4 mg	22%
Calcium	32 mg	3.2%
Magnesium	72 mg	18%
Phosphorus	232 mg	23%

Ingredients: Whole grain rice fractions, rice bran, rice germ, stabilized flaxseed powder, sour grape powder.



The vitamins in Nutri-Sense never cause belching or an upset stomach. Rather, they are easily digested and readily absorbed. Only small doses are necessary to gain a powerful, positive result.

**Directions:** Take two to four tablespoons daily in a smoothie, juice, or milk. Use one or two tablespoons in hot or cold cereal. Add it to most any recipe to increase nutritional value.

To place an order: North American Herb & Spice, P.O. Box 4885, Buffalo Grove, IL 60089  
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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.