



super rocky

MULTI-VITAMINS & MINERALS

Why take a multi-vitamin?

Despite our best efforts to eat a healthy diet, we often don't meet our bodies' daily requirements for vitamins and minerals. As compounds and elements that can't be made by the body and therefore must be obtained from food, vitamins and minerals are essential to every cell and process in the body. Generally speaking, vitamins are involved in cell function and energy production whereas minerals form the framework and support for our tissues. There are many crossovers however - calcium for example is not only needed to form bone and teeth but also for muscular contraction.

Our grocery stores offer more variety than ever before yet the nutritional quality of the vast majority of products has actually decreased. The over abundance of processed and prepared foods we now feed our bodies on a regular basis actually taxes our systems as they

The nutritional quality of the vast majority of products has actually decreased.

struggle to learn to digest foods never before encountered. Food technology has developed so rapidly that our bodies have not had the chance to catch up. Even fresh produce may have many less nutrients that we think and significantly less than even several decades ago. The transportation of foods long distances robs them of their vitamins as these

compounds start to decline in amount as soon as the produce is harvested. And fruits and vegetables have reduced amounts of minerals to begin with thanks to over-farming and the mineral depletion that is occurring in the soil of many commercial farms.

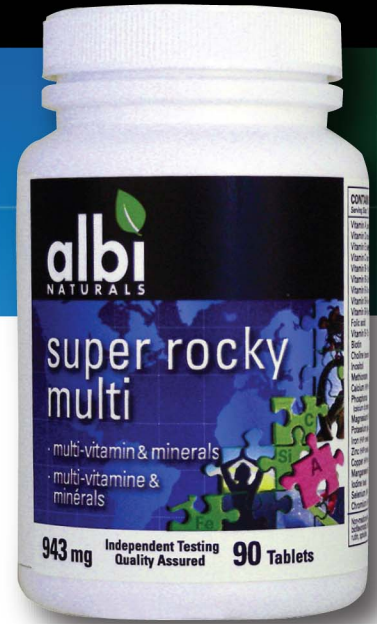
In addition to decreased amounts of vitamins and minerals being offered to our bodies, current eating practices such as eating on the run results in us not digesting and absorbing the nutrients in food optimally. It is also important to remember chronic stress and regular physical exercise can actually increase our requirements for many vitamins and minerals.

Stress and regular physical exercise can increase our requirements for vitamins and minerals

Taking a multi vitamin / mineral supplement daily ensures that we DO meet our bodies' needs for these crucial vitamins and minerals, and allows our bodies to function to their highest capacity.

Why Choose Albi's Super Rocky Multi?

Albi's specially formulated multi vitamin and mineral supplement provides essential nutrients in a base of greens and plant extracts to ensure that the body can rapidly absorb and assimilate them. Different from many other multi-



vitamins available there are no additives or fillers in Albi's tablets. Free from corn, soy, wheat, dairy and other allergens the Super Rocky Multi will ensure that you are meeting your body's needs each and every day.

albinaturals.com

