

COMPREHENSIVE CORE

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Wouldn't life be easier if there was an all-in-one multivitamin with an unmatched absorption rate and nutrients in forms our bodies can actually use?

What if it was also non-GMO and made with organic whole foods, herbs, and extracts?

Comprehensive Core delivers the highest quality vitamins and minerals in the natural, biologically active forms our bodies understand. There is no waiting period or wasted energy as our bodies convert synthetic vitamins into usable ones. In other words, it actually works!

You Deserve the Best!

With Comprehensive Core, you can give your body name-brand nutritional ingredients with extensive scientific data behind them. Including:

BenfoPure® - This fat soluble form of vitamin B1 has a greater absorption rate and longer period of activity in the body compared to its water soluble counterpart, Thiamine.

BenfoPure® has been clinically studied and shown to help reduce the formation of advanced glycation end-products, or AGEs. AGEs are naturally forming compounds that contribute to oxidative stress, cellular damage, and inflammation and may contribute to the development of diabetes, heart disease, and more.

Pantesin® Pantethine - This highly absorbable form of vitamin B5 works at the cellular level, enhancing enzyme and metabolic activity to help maintain balanced cholesterol levels. In fact, 28 clinical trials of healthy individuals over the course of 36 years show that supplementing with Pantesin® resulted in a 20.1% reduction in LDL cholesterol and a 32.9% decrease in triglyceride levels on average.

Polyphenol-C® - This blend of non-GMO vitamin C and the polyphenols from berry concentrates that enhance the role of vitamin C in your body. Polyphenols are an abundant source of antioxidants and support the immune and cardiovascular systems as well as supporting healthy inflammation responses.

MenaQ7® - This exceptionally pure form of vitamin K2 is the only clinically validated MK-7 available on the market today. MK-7 is the best form of vitamin K2 with the highest bioavailability and activity in the body. MK-7 works inside our bodies to produce

osteocalcin. Osteocalcin is a protein that helps bind calcium into bones thereby getting it out of our arteries where it could build up as arterial plaque.

OptiMSM® - MSM, or methylsulfonylmethane, has a long history of use to help support a healthy inflammation response, strengthen hair and nails, and to support the immune system. OptiMSM® has set the standard for purity and safety.

Synthetic Vitamins – A Low Price Tag with a High Cost!

Did you know our bodies have trouble converting synthetic vitamins into usable forms?

There are nutrient forms your cells understand and there are others they don't. Our bodies don't use synthetic vitamins the same way as natural forms. The reality is, synthetic vitamins actually create more work for our bodies and may even create harmful toxic buildup! So, while synthetic vitamins may have a lower price tag than their natural counterparts, the real cost is much higher.

The process of converting synthetic vitamins into usable forms within the body requires a lot of time and resources. Even then, some synthetic vitamins simply cannot be used and others leave behind toxic compounds!

Cyanocobalamin is one of the most common synthetic vitamins. This form of vitamin B12 is found everywhere from dietary supplements to fortified foods to doctor-prescribed injections, but let's take a deeper look at it. "Cobalamin" is the generic term for B12, but "Cyano" is short for "Cyanide" – a known toxin. When we consume synthetic vitamins like cyanocobalamin, our bodies must try to break the chemical bonds in order to form new ones. In this case, the cobalamin and cyanide are separated so that the cobalamin can be turned into something useful. After so much energy is spent on this process, additional energy must then be used to remove the remaining cyanide from our bodies before reaching a harmful level of toxicity.

Why should our bodies work so hard when the solution of simply using natural, biologically active vitamins is so easy?

For many of us, the problem is even more complicated. There is a significant and growing number of people being born with a specific MTHFR genetic variant, C677T, that completely interrupts and stops the process of converting synthetic vitamins into usable forms. For the nearly 50% of Americans with this variant, synthetic vitamins like cyanocobalamin (B12) and folic acid (synthetic form of folate) are completely unusable. Consuming these synthetic vitamins spurs a cascade of reactions working against our efforts to achieve a higher level of health and wellness.

Common Symptoms of having a MTHFR genetic variant include:

- Vitamin Deficiencies
- Mental disorders such as Depression, Anxiety, & Schizophrenia
- Cardiovascular Disease
- Pregnancy Complications & Recurrent Miscarriages
- Certain types of Cancer
- Autoimmune Disease
- Chronic Fatigue
- Nerve Pain
- Developmental Delays in Children

The products manufactured for you by Mother Earth Labs have never and will never contain synthetic vitamins. Instead, when you take a serving of Comprehensive Core, you're giving yourself the biologically active vitamins nature intended you to have. These vitamin forms are primed and ready to be used by your body the moment they are absorbed for immediate support. This is why Comprehensive Core actually works!

Vitamins & Minerals Don't Work By Themselves!

As if finding the correct vitamins forms in a supplement wasn't difficult enough, we also need to ensure all necessary cofactors are present to guarantee effectiveness and safety.

What would happen if you supplemented calcium without vitamins D3 & K2?

The calcium wouldn't make it into your bones and could contribute to arterial plaque instead. YIKES!

Vitamins and minerals just don't work by themselves. There are important synergistic nutrients that depend on each other to get where they are needed and complete their jobs. For example, vitamins D3 & K2 are the essential cofactors needed for our bodies to absorb calcium and infuse it into bone tissue. When doctors first began recommending high doses of supplemental calcium to women, the rate of heart disease among these women began to rise thanks to the development of arterial plaque. This plaque is made from calcium that was absorbed into the body and blood stream with the help of vitamin D3. The problem is, without vitamin K2 to activate the hormone osteocalcin in our bones and teeth, this calcium stays in our circulatory systems. The longer calcium stays in our arteries, the greater chance it has to interact with cholesterol and build up along arterial walls.

Thankfully, the solution is as simple as going back to nature. Nearly every food naturally high in calcium also provides vitamin K2 including milk, dark leafy greens, beans, cheese, and sardines to name a few.

Why shouldn't your multivitamin?

While calcium is only one example of why nutritional cofactors are important, there are many such synergistic combinations that need to be met by your daily multivitamin. Comprehensive Core efficiently pairs vitamin and mineral cofactors to deliver an effective and safe nutritional product.

Nutritional Amounts that Promote Health!

Did You Know the Recommended Daily Allowance, or RDAs, for vitamins and minerals are set only to Prevent Deficiency Diseases and Not to Promote Health?

With Comprehensive Core, you're not only giving your body all the nutrients it needs to function optimally. You're also giving it nutrient amounts that make a difference.

RDAs, unfortunately, don't take into account physical conditions, lifestyle choices, or exposure to external, non-nutritional compounds that can increase our need for specific nutrients. For example:

- Magnesium levels are significantly depleted during times of high physical or mental stress.
- Sodium-rich diets raise the need for potassium and magnesium.
- Iodine absorption can be blocked by goitrogens (compounds naturally found in cruciferous vegetables) and by the elements bromine (found in breads and fire retardants) and chlorine (found in swimming pools and some tap water).
- Aging often reduces nutrient absorption leading to an increased need for most nutrients.

The science behind Comprehensive Core ensures you receive the nutrients you need in forms your body can use in amounts that make a difference!

Wellness is More than Vitamins & Minerals!

Vitamins and minerals are delivered to us through plants along with an incredibly rich and diverse collection of phytonutrients. Science is revealing more and more about these plant compounds and their substantial contributions to our health. Unfortunately, it simply isn't practical to consume the wide variety of plant foods needed each day.

However, with the natural and organic plant extracts in Comprehensive Core, you can conveniently reap the health-promoting benefits of key phytonutrients to support fundamental areas of whole body health.

Did You Know Vitamin C isn't a Single Nutrient?

It's actually a complex of phytonutrients including quercetin and rutin.

Of the thousands of phytonutrients available to us, certain groups are especially noteworthy.

Polyphenols are an abundant source of antioxidants and support the immune and cardiovascular systems as well as supporting healthy inflammation responses.

Carotenoids are most well-known for their ability to help protect our eyesight, but studies are also showing them to help reduce the risk of cardiovascular disease and skin cancer and may help reduce the signs of aging.

Flavonoids are a group of phytonutrients that support several areas of the body including cardiovascular health, blood sugar control, and the regulation of our immune systems and inflammation responses.

Comprehensive Core provides these phytonutrient groups and more!

Herbs Offer Us More Than Flavor!

Every kitchen has a cabinet of spices and herbs, but most of us don't think about these plants as more than a flavoring ingredient in our favorite recipes. Used since our ancestors were hunters and gathers, herbs have been a long-time staple in health maintenance and the basis for most pharmaceutical research and development. These unique plants are known to help with a variety of health challenges including those related to organ function, mental health, cognitive performance, and more much.

A few key herbs provides in Comprehensive Core:

Turmeric / Curcumin – Curcumin is the most prevalent bioactive compound found in turmeric and has shown to provide potent anti-inflammatory benefits by blocking the proinflammatory protein complex NF-kB. Additionally, curcumin's antioxidant properties help neutralize free radicals to protect us from the added inflammation that comes with oxidative stress.

Organic Ginger – Ginger is most commonly known for its ability to help ease nausea and support healthy digestion, but there are promising studies showing a wide range of possible health benefits including the potential to support weight loss, healthy blood sugar and cholesterol levels, and more.

Organic Milk Thistle – Milk Thistle’s claim to fame is its ability to support liver health. Our livers work around the clock to filter toxins from our blood and metabolize drugs and other compounds. Giving it a protective boost with the antioxidant and anti-inflammatory properties of milk thistle can help keep our livers functioning at their best.

Organic Dandelion Extract – Although, most often seen as a weed invading our lawns, Dandelions pack a powerful health-promoting punch! Not only are they highly nutritious, but there is also growing evidence to suggest dandelions may help with inflammation, detoxification, and blood sugar balance.

Organic Olive Leaf Extract – Olive Leaves are high in polyphenols that may help support weight management, lowered blood pressure and cholesterol levels, and improved insulin sensitivity.

Bringing It All Together in a Convenient, Daily, Nutritional Support Product

Comprehensive Core combines the best nature has to offer with leading scientific research to deliver to you a product unlike any other on the market. With a single serving each day, you can support these important areas of your health.

Immune Defense - The robust immune and antioxidant support in Comprehensive Core doesn’t simply “boost” your immune system. It includes synergistically blended polyphenols that begin working in the GI tract to help regulate intestinal mucosal immune responses. Notably, Comprehensive Core provides quercetin and rutin, both have shown to significantly help reduce allergic responses, and N-Acetyl-Cysteine (NAC), a powerful antioxidant that helps support respiratory, liver, and kidney function. NAC is also a precursor to glutathione. Glutathione is affectionately known as the “Master Antioxidant” due to its significant and important role in helping us maintain our health and contributing to longevity.

Healthy Metabolism - In order to turn our foods into usable cellular energy, our bodies need micronutrients. That is, vitamins, minerals, and essential cofactors. While some vitamins and minerals are needed to help the body absorb other nutrients, some are needed to create the enzymes directly involved in transforming macronutrients (carbohydrates, fats, and proteins) into the energy our bodies need to function.

GI Health - Whole body health begins in the GI tract. With today’s average diet, our digestive systems are suffering from imbalanced microbiomes, poor digestion, and reduced intestinal integrity leading to Leaky Gut just to name a few.

Comprehensive Core provides key ingredients to help get your GI tract back in balance. An extensive collection of full-spectrum digestive enzymes helps you get the most

nutrition out of your meals, while an organic prebiotic fiber blend nourishes your good bacteria helping them to grow, thrive, and overpower the bad bacteria. Also included is l-glutamine to support your intestinal lining, humic and fulvic substances for detox, nutrient absorption, and inflammation support, and organic ginger to help ease gas buildup and reduce the occurrence of nausea.

Detoxification - Our bodies have natural detox abilities that keep our organs and cells functioning as they should. Unfortunately, our society consistently exposes us to enough toxins that our bodies struggle to keep up. Our cells then have trouble doing basic functions such as turning our foods into energy leading us to feel sluggish and fatigued.

Comprehensive Core features a robust organic herbal and alkalizing greens blend to help our bodies maintain a health, balanced pH. Maintaining a slightly alkaline pH supports reduced metabolic wastes and nurtures detox organs such as our kidneys and liver so they can continue to function at an optimal level.

Cardiovascular & Circulatory Healthy - Eating and supplementing well is only helpful if the nutrients are able to get where they are needed within the body and this is done only through our circulatory systems. This vast network of blood vessels and organs delivers nutrients, oxygen, hormones, and so much more throughout our bodies, but this delicate network can become compromised. When arteries become blocked by arterial plaque or begin to contract, our blood flow slows down, additional stress is put on our arterial walls and hearts, and our tissues are not nourished.

Comprehensive Core provides a potent blend of nutrients to help increase nitric oxide production which supports the dilation of our arteries allowing for better blood flow. As a consequence, our hearts don't have to work quite so hard to pump blood throughout our bodies. Also included are powerful antioxidants to help protect our hearts from oxidative stress and other ingredients such as CoEnzyme Q10 (CoQ10) which has shown to support lower HDL cholesterol and specific inflammatory biomarkers that point towards cardiovascular disease.

The Supreme Simplicity of Comprehensive Core

Comprehensive Core provides all of this in a single product! Now you can finally ditch that expensive supplement collection and support your entire body with just one product.

What are Fulvic and Humic Acids? Humic and Fulvic are often referred to as Nature's "Miracle Molecules." It is the natural action of these substances that makes it possible (and is essential) for life to exist. In brief; Fulvic, which is a component of Humic, breaks down minerals into an organic form so they can be absorbed by plant life. Without this process the plant could not survive and likewise, neither could animal life. Many clinical

studies now show that the same miraculous process occurs inside the body, and in addition, Fulvic is a delivery agent that has the key to every cell in the human body. What this means is that Fulvic can transport organic nutrients (and even medicinal) directly inside the cell. Fulvic also “displaces” waste from the cell, dumping it back into the fluid systems of the body where Fulvic continues to do its magic by breaking down inorganic minerals that have lodged in tissues, into their organic form for re-uptake and use by the cells. Needless to say, these substances are at the very root of life and without them life could simply not exist.

Fulvic and Humic are also full spectrum mineral and nutrient supplements delivering all 74+ Macro, Micro and Trace Minerals, Organic Vitamins, Amino Acids, and other nutrients our bodies need, in their organic ionic forms, and in just the right proportions vitamins and minerals need to work synergistically with each other to support our bodies’ intricate design.

Where do Humic and Fulvic come from? Humic substances are naturally produced in soils by beneficial microbes. The Fulvic and Humic material used in the MEL Pro Labs line of products are sourced from ancient deposits that formed during periods when the earth was much more fertile than it is today.

Comprehensive Core™: We believe Comprehensive Core™ is the most powerful product ever developed to address health at the cellular level. It is better defined as cell ready super nutrition. Comprehensive Core™ combines 310 all-natural liquid ingredients including Organic Vitamins, Ionic Minerals, Amino Acids, Phytonutrients, Whole Foods and Antioxidants...with a harmonically balanced herbal and botanical blend and all of this is delivered directly to the cell via the awesome power of fulvic and humic acids. It is important to remember that the nutrients in Comprehensive Core™ are better absorbed and much more highly utilized than typical multi-vitamin supplements because they are powered by the components that deliver them right to the cell.

Dosing: The recommended maintenance dose of Comprehensive Core™ is 1-2 ounces (2 - 4 Tablespoons) per day (preferably split ½ ounce (1T) in the morning and ½ ounce (1T) in the mid-afternoon). The capful is 1 ounce. A maintenance dose is for those people who are healthy and want to maintain their health. For individuals that are not healthy and who need more support, or on the advice of a health care practitioner, up to 3-4 ounces (6 - 8 Tablespoons) daily can safely be taken.

Additional FAQ’S

Starting Dosage: Humic and Fulvic are potent detoxifiers therefore starting with a lower dose of Comprehensive Core™ working up to one ounce twice daily will likely avoid detoxification effects. The primary detoxification symptom is diarrhea and nausea. Most

individuals do well starting on a teaspoon a day (split morning and mid-afternoon) for one week. After one week, they can start increasing their dose by a teaspoon a day until they are up to their regular dose.

Splitting Dosage: It is always preferable to split doses of Comprehensive Core™ into two or three equal doses per day.

Hypoglycemia: Individuals with low blood sugar and the accompanying daily up and down energy cycle may benefit from adding a teaspoon of Comprehensive Core™ to a bottle of non-chlorinated water and sipping over an hour or so. It is acceptable to consume several bottles daily if needed.

Frail or ill individuals: These individuals may be more prone to unpleasant side effects from detoxification. Remember, the more toxic, the more chance of detoxification symptoms since MEL Pro Lab products are very powerful cleansers. At the same time, even a small amount of Comprehensive Core™ (Fulvic/Humic) is beneficial if it can be tolerated. Simply start with a very small amount (1/4 to 1/2 tsp once or twice daily) and work up slowly to the standard dose. Very ill individuals can benefit from the maximum daily dosage of Comprehensive Core™. Just remember to work up slowly.

With or Without Food: Comprehensive Core™ can be taken with or without food.

Avoid at Night: Since Comprehensive Core™ components stimulate our body and naturally contain a baseline of Vitamins, especially B Vitamins, it is important not to take them too late in the day so they will not interfere with sleep. This is especially true of the added nutrients in Comprehensive Core™.

Avoid taking with prescription medications: Comprehensive Core™ should not be taken at the same time as prescription medications. The Fulvic component may influence the absorption and utilization. MEL Pro Lab products are also powerful detoxifying agents and may alter the effective dose of prescription medications because many medications are foreign or toxic substances to the body and can be removed by the Humic or Fulvic components thereby reducing a medication's effects.

Supplements and MEL Pro Lab products: Organic supplements can be given at the same time as MEL Pro Lab products but the dosage may need to be adjusted due to the Fulvic components ability to increase absorption and cellular utilization. Please discuss any supplements you are taking with Angie before starting MEL Pro Lab supplementation. Anything you consume will generally be better absorbed and possibly have a higher potency, especially organic supplements. Remember that MEL Pro Lab products naturally contain a baseline of 74+ organic, ionic minerals, vitamins, amino acids and other nutrients, so in addition to improved absorption that increases the

effective dose of other supplements, Comprehensive Core™ are also supplementing with a potent baseline of nutrients.

Omega 3 fish oil supplement: Many health care practitioners prescribe a minimum dose of 1-2 grams daily of high quality Omega 3's. Omega 3 assists MEL Pro Lab product activity by helping to balance the omega ratios. A better balance of omegas can assist in the prevention of inflammatory processes that contribute to systemic inflammation. Reducing consumption of fried foods, and other foods containing oils that upset this balance, is also important.

Hydration when taking MEL Pro Lab products: Our Bodies are 55-80% water depending on your age, sex, Body Mass Index (BMI), etc. Drinking plenty of water helps us to eliminate toxins and acidic wastes. Blood and Lymph Volume are also dependent on water intake and excretion which can make it easier for acidic wastes and toxins to be expelled from our bodies.

There are no hard and fast rules about how much water you need every day because there are many factors that influence your hydration needs. For example body size and weight, the climate where you live (hot weather generally requires more hydration than cooler weather because you sweat more), how much you exercise, consumption of alcoholic beverages or caffeine, body acidity or health conditions are some of these factors. A good estimate is to take body weight in pounds and divide that number in half. This gives the amount in ounces a person needs (8 ounces equals one cup). For every 20 minutes of exercise add another 8 ounces, if you drink alcoholic beverages drink at least the same amount of water.

If you are on a detoxification and cleansing program you should also increase your water consumption to help your body “flush” out the acids and toxins at least by 8 to 16 ounces. Your urine should have a faint yellow color and very little smell. Urine that is dark and that has a strong odor is probably a good indication you are not hydrating properly.

If you have any heart, kidney or adrenal problems, or your health care provider has you taking diuretics, you need to consult with your doctor about how much water to drink each day.

It is advisable “not” to drink all of the water you need per day all at once. Divide the amount and drink several glasses of water throughout the day. This is especially important if you engage in lots of heavy exercise. Also drink only a moderate amount of water during mealtimes too much water can dilute stomach acids and digestive enzymes and interfere with food digestion.

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