

# Betafood®

1450

Please Copy for Your Patients

## Betafood Contains Beet Root, Beet Leaf, and Naturally-Occurring Betaine

Beet greens are a source of riboflavin, iron, vitamins A and C, and beta carotenes. Both the tops and the root of the beet contain folic acid, a vitamin essential for maintenance and repair of the gastrointestinal tract. Folic acid deficiencies can result in neural tube defects in infants. Both beet tops and tubers also have potassium, which helps balance the high sodium intake of most Americans. Adequate potassium is also needed for proper muscle functioning and blood pressure control. Beets also contain betaine, a substance recognized for its role in cardiovascular and liver health.†

## How Betafood Keeps You Healthy

### Beet fiber modulates insulin production

The beet tubers in Betafood contain a particular type of soluble fiber called pectin, which slows the absorption of food into the blood stream from the small intestine. This modulates blood-sugar levels and the release of insulin from the pancreas.†

### Beets provide betaine

Betaine is produced naturally in the body by the oxidation of choline. In the past, betaine was assumed simply to be an unimportant by-product of choline metabolism. Now, however, betaine is recognized as an important participant in critical body functions. Some scientists suggest that it is important for humans to get betaine from dietary sources, such as Betafood.†

### Beets may contribute to cardiovascular health

Elevated homocysteine levels have been found in up to 40 percent of people with cardiovascular conditions. It is known that high homocysteine levels normalize in response to nutrients, which aids in the conversion of homocysteine to the amino acid methionine. These nutrients include betaine, its precursor choline, folic acid, and vitamins B<sub>6</sub> and B<sub>12</sub>. In the future, it can be predicted that screening for homocysteine may be as common as screening for cholesterol.†

### Beets may maintain normal liver function

In the presence of tissue-damaging alcohol, betaine may maintain normal liver metabolism function. It is thought that this occurs by increasing an alternate biochemical pathway by which the conversion of homocysteine to methionine occurs.†



*Introduced in:*

1943

*Content:*

90 Tablets

### Supplement Facts:

Serving Size: 1 tablet  
Servings per Container: 90

		%DV
Calories	1	

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† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Betafood®

## What Makes Betafood Unique

### Unique Product Attributes

This is a vegetarian product

Ingredients are derived from whole-food sources

- Each tablet supplies 100 mg beet root and 100 mg beet leaf and root juice
- Beets provide naturally-occurring betaine, a substance recognized for its role in both liver and gallbladder health†

### Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and by-products from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

### Unique Processing

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- Preserves nutritional integrity

Exclusive low-temperature, high-vacuum drying technique

- Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- The nutrients in Betafood are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories constantly conduct bacterial and analytical tests on raw materials, product batches, and finished products

- Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- Assures high-quality essential nutrients are delivered

### Whole Food Philosophy

*Dr. Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over synthetic nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to a synthetic or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.*

*Each tablet supplies 100 mg beet root and 100 mg beet leaf and root juice, with naturally-occurring betaine.*

*Proprietary Blend: Beet (root), beet (leaf), oat flour, and dried beet (root) juice.*

*Other Ingredients: Honey and calcium stearate.*

*Suggested Use: One tablet per meal, or as directed.*

*Special Information: Keep bottle tightly closed. This product absorbs moisture.*

*Sold to health care professionals.*

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Betafood®.

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