

# Mother & Child™ – Recovering While Nursing (cont'd)

For at least four to six months after delivery, the newborn's nutrition depends entirely on mother's milk or formula substitutes. Studies show that children who are breastfed for at least two years do better in virtually every aspect of development than those who are not. While any mother's milk is better than store bought replacements, *the quality of all mother's milk depends on the nutrition she gets during and after pregnancy.*

To give your child the best milk possible, and to regain your strength as quickly and completely as you can, you *must* consume foods that *restore this "Essence" energy.* Modern *table foods simply cannot* accomplish this.

**Mother & Child** provides higher potencies of vitamins and minerals than **Mother to Be**, because the child is now separated from the mother, and gets only minute amounts of these nutrients from the milk. More importantly, it provides the *green foods to energize* the body as a whole, and a wondrous combination of Superior Tonic Herbs to help *restore the "Essence"* spent during pregnancy and delivery. Some of this "Essence" is also passed through the milk, so that renewing it in the mother helps deliver it to the child.

While Superior Tonics are *called* "herbs," they are really the *world's most profound foods.* By providing *hundreds of anti-oxidants and other phyto-nutrients,* they repair damage done to cells throughout the body, and strengthen the function of every organ system and the blood. By strengthening the Spleen System, they help you digest and assimilate nutrients, so that your milk will deliver more nutrition to your infant. By strengthening Kidney "Essence" as no common foods or nutrients can, they help you recover more quickly and completely from the birthing trauma. This, of course, helps both you and your child to be healthier, happier and stronger.

**Mother & Child** also provides 162 mg. of *lactose free colostrum* in each day's use, to load your milk with dynamic, immune enhancing properties, and an equal amount of *L-Taurine*, an amino acid that is extremely important to the development of the child's central nervous system and vision.

## Better for Your Child's Brain and Bones

**Mother & Child** and **Mother to Be** are also better for your child's brain and bone development than other formulas. For example, each IU of their *vitamin E (d-alpha tocopherol)* is balanced with a full milligram of *gamma tocopherol, and with a full spectrum of tocotrienols.* This is because *gamma tocopherol protects brain cells just as alpha tocopherol protects the heart.* Studies show that equal levels of alpha and gamma tocopherol produce *greater brain development* than alpha tocopherol alone. In today's world, nothing is more important to your child's future than the way his or her brain develops, and there is no better nutrient for this development than gamma tocopherol.

In addition, our natal products provide *calcium and magnesium* not in the outdated, 10:4 or 2:1 ratios, but in the roughly equal amounts current research shows to be ideal for human health. When our intake of calcium exceeds magnesium by any significant amount, *both skeletal and cardiovascular health may suffer.* Magnesium is the nutrient in which Americans are by far the most deficient. If mothers lack magnesium, their fetus or nursing child will, as well. If we don't get at least 600 mg. of magnesium per day, we may be setting ourselves—and our children—up for countless health problems (for more information on this, see our Ionic Fizz brochure).

Pure Essence Natal formulas are guaranteed to your complete satisfaction. If you are anything less than delighted with your personal results, return the unused portion (or your empty bottle) with your receipt to your place of purchase for a complete refund.

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

We welcome your comments and suggestions.

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# Each Day's Usage of Natal Formulas Provides:

## Mother to Be™

**SUGGESTED USAGE:** Two tablets with each meal, or three tablets with breakfast, and three more with lunch. May be used on empty stomach.

### Supplement Facts

Serving Size: 6 Tablets Servings Per Container: 30

Ingredient	Amount Per Serving	%DV
Vitamin A (natural beta carotene)	8000 IU	160
Vitamin D (ergocalciferol)	200 IU	50
Vitamin E (d-alpha tocopherol)	200 IU	667
Vitamin C (calcium, manganese ascorbate)	360 mg	600
Vitamin B-1 (thiamine)	22.5 mg	1500
Vitamin B-2 (riboflavin)	23.5 mg	1500
Vitamin B-3 (niacin, inositol hexanicotinate)	60 mg	300
Vitamin B-5 (d-calcium pantothenate)	100 mg	1000
Vitamin B-6 (pyridoxine HCL)	30 mg	1500
Vitamin B-12 (methylcobalamin)	90 mcg	1500
Folate (folic acid)	1000 mcg	250
Biotin (d-biotin)	300 mcg	100
Calcium (citrate, ascorbate)	600 mg	60
Magnesium (citrate/malate, oxide)	600 mg	150
Potassium (succinate, citrate)	50 mg	**
Iron (bis glycinate)	18 mg	67
Zinc (methionate, glycinate)	12 mg	80
Manganese (ascorbate)	2 mg	100
Copper (sebacate)	500 mcg	25
Iodine (kelp)	150 mcg	100
Chromium (polynicotinate)	60 mcg	50
Selenium (l-selenomethionine)	60 mcg	86
Molybdenum (glycinate)	60 mcg	78
Silica (bamboo)	15mg	*

#### Associated Nutrients

Mixed tocopherols: Gamma	200 mg	*
Delta	65 mg	*
Beta	30 mg	*
Tocotrienols (Tocomin®)	5 mg	*
Hesperidin complex (98% hesperidin)	150 mg	*
Phosphatidylcholine	100 mg	*
Rutin	30 mg	*
Inositol	30 mg	*
Boron (glycinate)	1 mg	*
Vanadium (citrate)	30 mcg	*
Monatrace Minerals	27 mg	*

#### Enzyme Blend

Amylase	1927 DU	*
Cellulase	1071 CU	*
Protease	3922 HUT	*
Lactase	97 ALU	*
Lipase	11 FCCLU	*
Invertase	11 SU	*

#### Proprietary SuperFood and Herbal Extract Blend

Spirulina platensis	900 mg	*
Barley grass juice concentrate (33:1)	135 mg	*
High ORAC fruit concentrates (250:1)	63 mg	*
(strawberry, blueberry, blackberry, cranberry, grape, pomegranate)		
High ORAC vegetable concentrates (33:1)	135 mg	*
(spinach, broccoli, parsley)		
Reishi mushroom (10:1 extract)	90 mg	*
Lycii fruit (12:1 extract)	54 mg	*
German chamomile (6:1 extract)	54 mg	*
Raspberry leaf (4:1 extract)	54 mg	*
Nettles leaf (4:1 extract)	27 mg	*
Red clover flowers (5:1 extract)	27 mg	*
Dandelion leaves (3% vitexin)	27 mg	*
Ginger root (10:1 extract)	45 mg	*
Grape seed extract (95% arithocyanadins)	27 mg	*
Phasophyta, rhodophyta kelp blend	27 mg	*
Bilberry fruit (25% anthocyanadins)	17 mg	*
Essential oil of lemon, lavender	45 ml	*
<b>Total Whole Food and Herbal Value</b>	<b>30175 mg</b>	*

\*\* Less than 2% DV \* Daily Value not established

**Other Ingredients:** Cellulose gum, magnesium stearate, silicone dioxide.

**Storage:** Keep tightly closed at room temperature.

**Caution:** Please keep all supplements out of children's reach.

**Tocomin®** Tocomin® is a registered trademark of Carotech, Inc. and protected by US Patent No. 5,157,132.

## Mother & Child™

**SUGGESTED USAGE:** Two tablets with each meal, or three tablets with breakfast, and three more with lunch. May be used on empty stomach.

### Supplement Facts

Serving Size: 6 Tablets Servings Per Container: 30

Ingredient	Amount Per Serving	%DV
Vitamin A (natural beta carotene)	10000 IU	200
Vitamin D (ergocalciferol)	200 IU	50
Vitamin E (d-alpha tocopherol)	300 IU	1000
Vitamin C (calcium, manganese ascorbate)	500 mg	834
Vitamin B-1 (thiamine)	30 mg	2000
Vitamin B-2 (riboflavin)	34 mg	2000
Vitamin B-3 (niacin, inositol hexanicotinate)	100 mg	500
Vitamin B-5 (d-calcium pantothenate)	100 mg	1000
Vitamin B-6 (pyridoxine)	40 mg	2000
Vitamin B-12 (methylcobalamin)	120 mcg	2000
Folate (folic acid)	800 mcg	200
Biotin (d-biotin)	300 mcg	100
Calcium (citrate, ascorbate)	500 mg	50
Magnesium (citrate/malate, oxide)	600 mg	150
Potassium (succinate, citrate)	50 mg	**
Iron (bis glycinate)	12 mg	67
Zinc (methionate, glycinate)	15 mg	100
Manganese (ascorbate)	2 mg	100
Copper (sebacate)	500 mcg	25
Iodine (kelp)	150 mcg	100
Chromium (polynicotinate)	120 mcg	100
Selenium (l-selenomethionine)	70 mcg	100
Molybdenum (glycinate)	60 mcg	78
Silica (bamboo)	10mg	*

#### Associated Nutrients

Mixed tocopherols: Gamma	300 mg	*
Delta, Beta	140 mg	*
Tocotrienols (Tocomin®)	5 mg	*
Hesperidin complex (98% hesperidin)	170 mg	*
Phosphatidylcholine	120 mg	*
Rutin	30 mg	*
Inositol (inositol hexanicotinate)	30 mg	*
Boron (glycinate)	1 mg	*
Vanadium (citrate)	30 mcg	*
Monatrace Minerals	30 mg	*

#### Enzyme Blend

Amylase	1460 DU	*
Cellulase	811 CU	*
Protease	2971 HUT	*
Lactase	74 ALU	*
Lipase	8 FCCLU	*
Invertase	8 SU	*

#### Specialty Nutrients

L-Taurine	162 mg	*
Colostrum (100% lactose free)	162 mg	*

#### Proprietary SuperFood and Herbal Extract Blend

Spirulina platensis	630 mg	*
Barley grass juice concentrate (33:1)	90 mg	*
High ORAC fruit concentrates (250:1)	54 mg	*
High ORAC vegetable concentrates (33:1)	135 mg	*
Codonopsis root (12:1 extract)	70 mg	*
Astragalus root (12:1 extract)	45 mg	*
Gynostemma leaf (12:1 extract)	45 mg	*
Asparagus root (12:1 extract)	34 mg	*
Ophiopogon root (12:1 extract)	34 mg	*
Lycii fruit (12:1 extract)	31 mg	*
Eucommia bark (12:1 extract)	31 mg	*
Phasophyta, rhodophyta kelp blend	27 mg	*
Rehmannia root (12:1 extract)	25 mg	*
White peony root (12:1 extract)	25 mg	*
Achyranthis herb (12:1 extract)	25 mg	*
Phellodendron bark (12:1 extract)	25 mg	*
Cornus fruit (12:1 extract)	25 mg	*
Ginger root, bamboo extract blend	15 mg	*
Essential oils of lemon, lavender	45 ml	*
<b>Total Whole Food and Herbal Value</b>	<b>26132 mg</b>	*

\*\* Less than 2% DV \* Daily Value not established

**Other Ingredients:** Cellulose gum, magnesium stearate, silicone dioxide, stearic acid. **Storage:** Keep tightly closed at room temperature. **Caution:** Please keep all supplements out of children's reach. **Mother & Child™** is not intended for use during pregnancy.

# Complete Nutrition and Natural Natal Support

The World's First Superior Tonic Natal Formulas



▶ Over 26,000 mg. of Whole Food Power

▶ Special Nutrients for Fetal and Infant Brain Development

▶ Restores the Vital "Essence" Spent During Pregnancy and Delivery

# Natal Formulas: Complete Nutrition and Natural Natal Support



IN EVERY MOMENT OF EVERY DAY, the human body is busy conducting more than one million different types of metabolic reactions. These reactions control digestion, immune response, hormone production, pH balance, the five senses and every other aspect of human function. What we call **“health” is simply a reflection of how efficiently these reactions occur.**

The efficiency of metabolic reactions is limited by the amount of energy that is available to cells, and by the health of the cells themselves. The energy available to cells depends on the quality of foods we eat, and on the presence of vitamins and minerals, which activate enzyme systems that liberate energy from foods. The cells themselves can be damaged by dehydration, glycation, free radical oxidation, and so on. We can avoid dehydration by drinking plenty of pure water, and diminish glycation by avoiding processed carbohydrates. While we cannot prevent all free radical oxidation, it can be minimized (and often reversed) with anti-oxidant nutrients. Maximum protection, however, requires an incredibly diverse anti-oxidant profile.

Because modern foods do not provide the nutrients we need for maximum metabolic efficiency, **The Journal of the American Medical Association** recommends that all Americans use a multiple nutrient supplement every day. Research shows that such supplements improve health in general, and also help prevent serious disease.

Yet, most “multiples” provide *only* vitamins and minerals. While these nutrients help the body liberate energy from foods, people who use them rarely notice much benefit. This is because modern foods are so dead by the time we eat them that they require nearly as much energy to digest as they return to the metabolic process.

To overcome this problem, the *best* multiples are fortified with energy packed green foods (spirulina, barley grass juice, kelp, etc.). These products draw rave reviews, because their green foods provide vast

amounts of energy, so that cells can conduct their metabolic reactions more efficiently.

Yet, even these products have limitations. While they support metabolic efficiency by increasing the energy levels *in* cells, they do little to repair the free radical damage done *to* cells. Thus, the team that first developed them (Pat Bailey and Jerry Cochern) never quit working on improvements. Now, they have created the world’s first Superior Tonic Multiples, which are light years beyond anything else that has ever been available. **Mother to Be** and **Mother & Child** are the only entrants in the entire field of natal nutrition to provide the cellular strengthening power of Superior Tonic Herbs.

## What Pure Essence Natsals *Don’t* Have

The body treats different forms of nutrients in different ways. Calcium carbonate, for example, is poorly absorbed, while calcium citrate is absorbed quite well. Most nutritional consumers do not understand the importance of using specific *forms* of nutrients, because they haven’t been trained in how the body treats specific nutritional forms. Pure Essence products use only those forms of nutrients the body uses best.

Many micro-nutrients, like folic acid, vitamin B-12, selenium, chromium and biotin are used in such small amounts that the only way to disperse them evenly in a large batch of nutritional mix is by first spraying them on a carrier. Such carriers include di-calcium phosphate (a rock hard mineral compound), sugars, or baby laxatives. Legally, these carriers are not required to be listed on labels, because they are considered *parts* of the nutrients they are sprayed on.

Because we do not want these carriers in our products, and because raw material suppliers do not stock micro-nutrients without them, we have our micro-nutrients custom made on calcium citrate, so that not even a trace of nutritionally negative material is present. The same care is taken with other ingredients.

For example, we pay three to four times more than the market price for herbs to be sure they are never

treated with hexane, benzene, ethylene oxide or other synthetic chemicals. We pay far more for our vitamin B-12, using *methylcobalamin* instead of the less bioavailable *cyanocobalamin* form. Our vitamin E is pure, non-succinated alpha tocopherol, and our beta carotene is 100% natural, and 100% gelatin free. The list goes on and on.

**As an expecting or new mother, you don’t want to worry about whether your supplements contain ingredients that might harm your fetus or child. And, as long as your supplements are our supplements, you don’t need to, because we do it for you. So, for the ultimate in natal nutrition, step up to Mother to Be, while you’re pregnant, and to Mother & Child upon delivery. They’re the cleanest, purest, most energetic, and most healthful natal multiples ever offered. And, as with all Pure Essence products, they are guaranteed to your complete satisfaction.**

## Mother to Be™ – Eating for Two

During pregnancy, a “mother to be” is most certainly eating for two. She needs extra nutrients, but must be careful not to overload tissues in the developing child. Thus, the potencies of vitamins in pre-natal formulas should be smaller than those in general multiples. This should be balanced with *higher* levels of whole foods.

**Mother to Be** provides more whole food value than any other prenatal product in the world, including 900 mg. of spirulina, 135 mg. of barley grass juice concentrate (equals 4455 mg. of whole food value), 63 mg. of high ORAC (oxygen reducing anti-oxidant capacity) fruit concentrates (equivalent to over 15,750 mg. of whole fruits), and 135 mg. of organic vegetable concentrates (equal to over 6750 mg. of raw vegetables). Thus, over **26,000 mg. of whole food power** is present in each day’s usage. These foods provide instant energy to cells throughout the body at the time a woman needs them most – when they are busy doing the work for two.

**Mother to Be** also provides botanicals that have been used to **promote healthy pregnancies** for centuries in Europe and the United States (German chamomile, raspberry leaves and bilberry fruit). Fresh ginger juice is added to improve digestion and help with morning sickness. **Bamboo leaf** (the world’s richest source of organic silica) helps the developing fetus build **strong bones**.

Still further, **Mother to Be** provides **reishi mushrooms** and **lycii berries**, two of the world’s most prized tonic herbs. These herbs (which are really **foods**) have been used during pregnancy for 4000 years in Asia. They build strong blood and support every organ system, so that every type of cellular function improves. Most importantly, they restore the vital **“Essence”** of the Kidney System, which is the “energy” transferred to the fetus during pregnancy and delivery. Because of this, they help produce **stronger, happier children**, while **preventing mothers from being “drained”** during and after pregnancy.

## Mother & Child™ – Recovering While Nursing

During pregnancy, a woman’s body undergoes the most profound change it will ever experience. As gestation evolves, **an energy called Kidney “Essence” passes from mother to fetus. During labor and delivery, an enormous amount of this energy is transferred.**

## Superior Tonic Herbs for New & Expectant Mothers

FOR OVER 4000 YEARS, the peoples of Asia have benefited from the most holistic, natural health systems on Earth. Superior Tonic herbs are the foundation on which these systems are built.

In Traditional Chinese Medicine, every cell in the body belongs to one of five major organ systems (Heart, Lung, Spleen, Kidney and Liver) or the blood. When energy flows freely between these systems, each system works efficiently, and health is abundant. When energy flow is disturbed, however, imbalances occur. If not corrected, these imbalances become impediments to efficient metabolism, and lead to disease.

Throughout the centuries in which Chinese Medicine has flourished, over 15,000 herbs have been used as medicines. Yet, in all that time, only 22 have been classified as true Superior Tonics, and about 30 more as tonic helpers.

To qualify as a Superior Tonic, an herb must strengthen, invigorate or restore normal function to at least one of the body’s major organ systems, build at least one of the three major types

of energy, and be safe for regular, daily consumption. Superior Tonic Herbs are used daily by over one billion Asians as dietary supplements that generate energy, enhance immunity, promote mental clarity, maximize longevity, and so on.

Superior Tonic Herbs bestow such profound health benefits by providing hundreds of phyto-nutrients that exist in no other plants on Earth. Many of these nutrients are anti-oxidants that protect cells from free radical oxidation. Because the anti-oxidants in each herb are different, and protect cells in different organ systems, the right combination of Superior Tonic Herbs can help protect every cell in the body.

Expectant and nursing mothers channel huge amounts of energy to the developing fetus and newborn child. In Chinese terminology, this energy is called “jing,” or “essence,” and resides deep within the Kidney System. Because this is the energy that we pass on at birth, and that we need to see us through illness or injury, it is vital to keep this energy abundant both during and after pregnancy. Superior Tonic Herbs are the only supplements in the world that directly rebuild this energy. For this reason, they should, along with nutrient dense green foods, form the foundation of every nutritional regimen. There is, quite simply, nothing else on Earth that can match their benefits.

Following is a brief description of how the foods and tonic herbs in our natal formulas help support optimal health.

**Spirulina:** Provides Nature’s most perfect protein. Rich in pre-made glycogen (to provide nearly instant energy). Loaded with phycocyanin (a profoundly important anti-oxidant) and naturally occurring vitamins.



**Barley Grass Juice Powder:** Rich in chlorophyll and SOD, (an anti-oxidant that is thought to slow the aging process). Great sources of vitamins and minerals.

**Reishi mushroom:** The true master tonic. Supports all five organ systems and the Blood, and all three energies. Is used in Asia for enormously wide range of medical treatments, but is *not* a medicine. It is used because it balances the body so that the body can then heal itself.

**Lycii fruit:** Tonic to Liver, Kidney, Lung Systems and Blood. Among the most prized of all longevity tonics. Often used to help prevent morning sickness. Also a primary sexual tonic, meaning that it strengthens the reproductive process.

**Codonopsis root:** A ginseng replacement where the “heat” of ginseng is not desired. Tonic to Spleen and Lung Systems, and to the Blood. Rich in immune building factors.

**Astragalus:** Tonic to Spleen and Lungs. Highly treasured immune tonic. Supports digestion, eliminative functions.

**Ophiopogon root:** Tonic to Lung, Heart Systems and stom-

ach. Promotes mental and emotional clarity.

**Gynostemma leaf:** Tonic to Spleen, Lungs, Kidneys, Liver and Heart Systems, and to all three major energy treasures. Regarded as a virtual “cure-all” in Japan.

**Eucommia bark:** Tonic to Kidney and Liver Systems. Highly prized for helping to rebuild the “Essence” that women lose so much of during pregnancy and childbirth.

**Asparagus root:** Tonic to Lung, Kidney and Heart System, and important in rebuilding “Essence.” Highly prized as tonic to Kidney “Yin,” which is vital to the production of fluids that rebuild sexual interest and ability after childbirth.

**Achyranthis herb:** Directs energy of other herbs toward the reproductive tract, so that their energies reach the Kidney System and work toward rebuilding “Essence.”

**Prepared Rehmannia root:** Tonic to Kidney, Liver and Heart Systems. Called “Kidney’s Own Food,” and considered strongly rejuvenative and life-lengthening. Used in nearly every reproductive tonic in China because it supports Kidney “Essence.”

**White Peony:** A marvelous Liver and Spleen Tonic. Cleanses, builds and nourishes the Blood. Harmonizes the actions of other herbs.

**Cornus fruit:** Works with “Essence” and “Yin” tonics as astrigent, meaning that it helps preserve the vital moisture essential to healthful feminine function.

Quality



Assured