

# Phosfood® Liquid

## Delivers 35 mg of Phosphorus in Each 10-Drop Dose

Phosphorus is an important mineral that enables the body to metabolize protein, calcium, and glucose. Our cells require phosphorus to maintain normal function and to store and use energy. Next to calcium, phosphorus is the second most plentiful mineral found in the body. Just like calcium, most phosphorus is found in the bones and teeth with the remainder in body tissues and fluids. Phosphorus is plentiful in both plant and animal sources. Research suggests that if humans consume adequate amounts of calcium in their diet, they will automatically meet their daily phosphorus requirement. But poor eating habits and food-processing techniques can greatly compromise the amount of nutritional value we ingest on a daily basis.<sup>†</sup>

## How Phosfood Liquid Keeps You Healthy

### *Keeps bones and teeth healthy*

Phosphorus joins calcium to create an almost insoluble compound that gives bones and teeth strength and rigidity.<sup>†</sup>

### *Supports multiple metabolic processes*

The coming together and breaking apart of multiple phosphorus-containing compounds is responsible for many cellular metabolic processes and nutrient utilization. Phosphorus is part of multiple enzyme systems responsible for tissue respiration. Phosphoric compounds are formed as the body uses carbohydrates. Important fatty acids attach to phosphorus during one step of their utilization process. When muscles contract, phosphorus-containing nitrogen compounds come together and break apart. Our bodies require a proper balance of magnesium, calcium, and phosphorus to support good health.<sup>†</sup>

### *Maintains cellular energy*

Cells require a high-energy compound called adenosine triphosphate (ATP) for most of their biological activities. The body cannot produce ATP without the presence of phosphorus. Whenever cells need energy to undergo any cellular activity or process, ATP reacts with water to begin the cycle. The innumerable cells in the body require a slow, consistent source of energy that can be controlled and regulated because the chemical reactions taking place inside cell walls can only use small amounts of energy as needed. ATP provides just the right amount of energy for the specific times cells require additional energy to perform a particular function.<sup>†</sup>



Introduced in 1931



#### Content:

2 fl. oz. (60 ml)

**Suggested Use:** Ten drops in water, three times per day, or as directed.

#### Supplement Facts:

Serving Size: 10 drops (0.5 cc)

Servings per Container: 120

	Amount per Serving	%DV
Calories	0	
Phosphorus	35 mg	4%

**Ingredients:** See Supplement Facts.

Other Ingredients: Water, ortho-phosphoric acid, inositol, and riboflavin.

*Thirty drops supply approximately: 105 mg phosphorus, which is 10 percent of the U.S. recommended daily allowance for that nutrient.*

**Sold through health care professionals.**

*Please copy for your patients.*



This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label.



Vegetarian (Lacto-ovo)

<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



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## What Makes Phosfood Liquid Unique

### Product Attributes

Contains a unique blend of phosphorus from ortho-phosphoric acid, inositol, and riboflavin for a variety of nutritional benefits

- › To promote healthy calcium metabolism and calcium-phosphorus balance
- › To encourage healthy circulation of blood
- › To support healthy cellular energy metabolism essential for tissue health
- › Riboflavin (vitamin B<sub>2</sub>) is important as a coenzyme in cellular oxidation†

### Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually 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

Our founder, Dr. Royal 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 isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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 Phosfood® Liquid.

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