

Nutrition: Complementary And Alternative Choices

About My Recommendations

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All my nutritional recommendations begin with products that I consider the Foundation of any daily supplementation routine. The minimum anyone needs per day is Ultra Vites and Ultra Omega-Linic. These provide vitamins, minerals and essential fatty acids.

Extra Calcium should be considered for women.

About the American Diet (or why I make these recommendations):

A popular misconception held by both the lay public and the medical profession is that the American diet supplies sufficient levels of all the nutrients needed by the body. The truth is that our "Western diet" is characterized by imbalances and excesses. The result is often malnutrition and obesity.

To address these problems, I have created a series of nutritional protocols. You can think of a protocol as a carefully tuned regimen for ensuring that you receive all the necessary nutrients; in the proper form; and in the right amounts for healthful living.

A Basic set of recommendations has been developed to supply the optimal nutrients needed by the body. These are the foundation for all my other recommendations. The nutritional suggestions for the other health issues are designed to supply additional nutritional solutions to common health problems.

The Basic Protocols

- Recommended for Everyone: Ultra Vites and Ultra Omega-Linic
- Recommended for Pregnant and Lactating mothers: Ultra Preventive Plus Iron and Ultra Omega-Linic
- Recommended for Healthy Aging - Keep your brain operating at its Peak: Ultra Vites, Ultra Omega-Linic and Ultra Monolaurin.
- Recommended for preserving those windows on the world - your Eyes: Ultra Vites, Ultra Omega-Linic and Ultra Vision

About these products

Ultra Omega-Linic: Fish oil and Black Currant Seed oil provide the necessary PRE formed Long Chain Polyunsaturated Essential Fatty Acids - GLA, EPA and DHA. Since these omega 3 and omega 6 series fatty acids are essential, they must be supplemented. Essential means that the body cannot function correctly without them.

The minimum dose for a teen or adult is two per day. For infants and persons who have difficulty swallowing the capsules, it is easy to poke a hole in the capsule and squirt into the mouth. A pregnant mother needs at least 4 per day. I have found that 6 to 8 per day helps persons with glaucoma, rheumatoid arthritis and other degenerative diseases. In a few instances as many as 16 per day has brought needed relief.

Ultra Vites: This Multi Vitamin does not have any iron. You should not use a multi with iron unless there is a known need for iron.

Ultra Preventive is similar to Opti-Vites, but it contains 1.1 g Spirulina as a source of amino acids and other important nutrients. They both contain high levels of B Vitamins, (including 1000 mcg B12), Vitamin C, Lycopene and Boron, as well as a broad spectrum of chelated trace minerals. The 1000 IU Vitamin D3 is more in line with current recommendations, and is very important for persons who do not have sun exposure. Ultra Preventive Plus Iron contains iron.

Ultra Vites and Ultra Preventive (with and without Iron) to exceed the daily requirements, I assume their use for all my health condition suggestions.

Ultra Monolaurin

Monolaurin is best known for its anti viral and anti bacterial protection. We recommend it for the aging brain because it becomes ketones in the body. In the event of Senile Dementia or Alzheimer's it may be possible for the aging brain to use these keytones when it has trouble using glucose. When used with Ultra Vites and Ultra Omega-Linic it may be possible to slow shrinkage of the brain.

Ultra Vision

The natural Lutein and Zeaxanthin plus vitamin C in this product have been proven to support the macular. When used with Ultra Vites (to supply other needed nutrients) and the essential Fatty Acids in Ultra Omega-Linic, your very specialized organs can receive optimal nutrition.

Because this approach covers all the nutritional bases for an individual, it allows me to tailor my recommendations in such a way that I can use additional nutrients as needed for specific problems. In some instances, the Minimal (Basic) supplements are all that is needed, except that calcium recommendations for women are higher than I could formulate and keep the daily dose of Ultra Vites to a minimum.



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*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease
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