

# Introducing Vegan True™

## *True to Your Commitment*

Welcome to Vegan True™! Source Naturals®, a nutritional supplement formulator and leader, supports your vegan lifestyle and your commitment to health. We designed our Vegan True™ line to help you meet your unique and important nutritional needs. Our line includes nutrients lacking in typical vegan diets, such as vitamin B-12; certain supplements difficult to find in vegan forms, such as *omega-3s* and glucosamine; or supplements that are typically available in gelatin capsules that vegans can't take. Vegan True contains no animal products, or anything derived from animal products, such as gelatin, dairy, eggs, bee pollen, or honey. Vegan True makes it easier for you to maintain optimal health while you promote a more humane and caring world.\*

### **Our Vegan True™ line includes:**

Vegan True™ Vegan Force™ Multiple  
Vegan True™ Non-Fish Omega-3s  
Vegan True™ MethylCobalamin  
Vitamin B-12  
Vegan True™ Vegantein Complete™  
Protein Powder  
Vegan True™ Glucosamine  
Vegan True™ CoQ10  
Vegan True™ Iron Support™  
Vegan True™ Vitamin C Plantioxidant  
Complex™  
Vegan True™ B-125  
Vegan True™ Vitamin E D-Alpha  
Tocopheryl Succinate



*for a life well lived™*

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

VEGAN TRUE™

## Vitamin C Plantioxidant Complex™

### 500 mg C with Over 25 Plant-Derived Antioxidants

- Full 500 mg vitamin C per tablet
- Comprehensive array of plant antioxidants—over 25 potent ingredients
- Plant-derived free radical fighters for oxidative stress, immune support, and cardiovascular health
- 100 percent free of any animal products or animal-derived ingredients



Every day, the body deals with pollution, toxins, or unnatural foods. This is where antioxidants become so important. They are nature's balancing molecules, stabilizing free radicals so healthy tissues are not harmed. Vitamin C Plantioxidant Complex™ is a power-packed antioxidant formula

that combines 500 mg vitamin C with more than 25 plant-derived free radical fighters. This all-vegan formula features standardized fruit extracts—especially berries—as well as herbs for oxidative stress, immune, and cardiovascular health support.\*

VEGAN TRUE™

## CoQ10

### Antioxidant and Cellular Energy Support For Heart, Brain, and Muscles

- Performs complex biochemical processes that convert food into ATP energy currency
- Supports mitochondrial health, to benefit heart, brain, nerve and muscle
- Provides antioxidant protection to the lipids in cell membranes
- Completely free of any animal products and animal-derived ingredients\*



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Coenzyme Q10 (CoQ10) is an essential part of the production of adenosine triphosphate (ATP), which is the molecule our bodies use for cellular energy. CoQ10 supports healthy mitochondrial functioning and heart, brain, nerve, and muscle health. CoQ10 supplements may be helpful for people taking statins because research has shown that these cholesterol-lowering drugs inhibit the body's production of CoQ10. CoQ10 can both be synthesized in our bodies and derived from dietary sources. However, its main sources—meat, poultry and fish—are not ideal for vegans. Vegan True CoQ10 is completely free of any animal products and animal-derived ingredients. The vegan softgels used in Vegan True CoQ10 are made from carrageenan, a polysaccharide obtained from edible red seaweed.\*

VEGAN TRUE™

### **Vegan Force™ Multiple Advanced Energy Formula for Vegans**

- Non-animal source of vitamin D
- Nutrients important to vegans, such as vitamin B-12, calcium, and zinc
- Delivers innovative antioxidants, as well as vitamins and minerals in advanced bioactive forms
- Free of any animal products or animal-derived ingredients

Vegan Force™ Multiple is a complete, all-vegan multiple, featuring innovative antioxidants and high potencies of vitamins and minerals in advanced bioactive forms not found in most



multiples. Unlike many multivitamins, Vegan Force contains a non-animal source of vitamin D, which is tremendously important for bone and immune health. Of course, we also include nutrients important for vegans, such as vitamin B-12, calcium, and zinc. Vegan Force supports your brain, skin, and eyes, as well as your immune, circulatory, antioxidant, and energy systems, making it an ideal choice for lifelong vitality and health.\*

VEGAN TRUE™

### **Non-Fish Omega-3s For Heart and Brain Health**

- Ideal source of EPA & DHA compared to less efficient forms of vegan *omega-3s* like flax seed oil that require a difficult metabolic conversion process in the body
- Helps support a healthy cardiovascular system and cognitive function
- Vegan, sustainable source of DHA & EPA\*

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Vegan True™ Non-Fish Omega-3s is an exceptional alternative to both flax seed and fish oils. Flax seed oil and other plant sources of *omega-3s* must undergo complicated processing in the body to be converted to the important omega-3s, DHA and EPA. Our omega-3s are sourced from algae, making them a sustainable alternative to fish oils and overfishing the oceans. Vegan True Non-Fish Omega-3s supports heart and brain health, as well as healthy metabolic inflammation.<sup>1</sup> High levels of DHA are found in the brain, retina and neural membranes. Research indicates that DHA supplementation may help support healthy cognitive function. EPA is the fatty acid most associated with a healthy cardiovascular system.\*

VEGAN TRUE™

## Vitamin E

### D-Alpha Tocopheryl Succinate Antioxidant Support

- Made with *D-alpha* tocopherol, the most bioactive form of vitamin E available
- Possesses twice as much vitamin E activity per mg as synthetic *DL-alpha* tocopheryl
- Plays a vital role in maintaining both skeletal and smooth muscle and is necessary for the maintenance of red blood cells
- 100 percent free of any animal products or animal-derived ingredients



Vitamin E is among the greatest antioxidants ever discovered. Many of its health benefits come from its antioxidant function, which supports normal enzymatic activities, gene expression,

<sup>1</sup>Unlike inflammation associated with disease states, metabolic inflammation is a healthy body's response to everyday stressors such as a poor diet. When imbalanced, it challenges the body's ability to achieve optimal health.

cell regulation, and neurological function. It helps prevent the propagation of free radicals in tissues, and unlike some antioxidants, it is fat-soluble, so it can be incorporated into cell membranes to protect them from oxidative damage.\*

VEGAN TRUE™

## B-125

### Supports Energy Production

- Balanced, complete B complex
- Supports energy production, blood cell formation, fat and protein metabolism, and normal functioning of the nervous system
- Contains no animal products or animal-derived ingredients\*

Vegan True™ B-125 is a balanced array



of all eight B vitamins—B-1, B-2, B-3, B-5, B-6, B-7, B-9, and B-12, often collectively referred to as vitamin B complex—many of which are essential for converting our food into fuel

to produce the energy that keeps us going. While it is possible to obtain most of the B vitamins in our diets, vegans often come up short on B-12 (cobalamin). Since the main sources of cobalamin are seafood, dairy, and meats, vegans must find alternative sources. B vitamins play critical roles in many key enzyme systems, without which the body cannot function. B vitamins act as coenzymes to catalyze numerous biochemical reactions, and they aid in energy production, blood cell formation, and the metabolism of fats, proteins, and amino acids. They are important for the normal functioning of the nervous system. Each B vitamin fills a different, complementary need, which is why they should usually be taken together. Vegan True B-125 delivers the whole range of the B complex vitamins from 100 percent vegan sources.\*

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## Glucosamine

### Promotes Healthy Joints

- Provides building blocks for healthy joints, skin and all of the other connective tissues that give strength, structure, and firmness to your body
- Completely free of any animal products or animal-derived ingredients\*

Most glucosamine is obtained from shellfish, so this fungal-derived glucosamine is ideal for vegans. Just as



amino acids are the building blocks of proteins, glucosamine is an amino sugar, one of the building blocks of glycosaminoglycans (GAGs), the material that gives joints and other connective tissues impact-absorbing properties. GAGs are large molecules that hold water in their structures, just like sponges, to help form the flexible and lubricating “ground substance” found in joints and all of the connective tissues that hold your body together. Vegan True Glucosamine is ideal for helping to maintain healthy joints and an active lifestyle.\*

VEGAN TRUE™

## MethylCobalamin

### Vitamin B-12

#### Cherry-Flavored Sublingual

- Active coenzyme form of vitamin B-12
- Easy absorption and assimilation
- Support for healthy brain cells, nerve tissue, and healthy red blood cells

- Convenient source of vitamin B-12 for vegans and vegetarians\*

MethylCobalamin is a quick-dissolving and easily absorbed, coenzymated™ form of vitamin B-12 for energy and nerve support. The generous amount of methylcobalamin in this product



makes it easy for the body to absorb all the B-12 it needs. Vitamin B-12 provides essential support for the healthy function of red blood cells, regulation of normal homocysteine levels, and for the production of SAmE, the body’s main methyl donor. It is an important nutrient for energy, heart, and nerve health. B-12 is normally found in meat, seafood, eggs, and dairy, so this 100 percent vegan version is an excellent alternative source of B-12 for all vegans. It is also highly recommended for those over 50, who have decreased levels of stomach acid and who therefore may not absorb adequate amounts of B-12 in their diets.\*

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## Vegantein Complete™

### Pea and Rice Protein Powder

- Complete, balanced vegan protein with all 20 amino acids
- Completely free of any animal products or animal-derived ingredients



Many vegans struggle to consume the right types and amounts of protein needed for optimal health benefits. Vegan True™ Vegantein Complete™ is a natural vegetable protein powder made from rice and peas (*Pisum sativum*)—a complete protein, with optimally balanced ratios of all 20 essential amino acids. It is a great way to supplement a vegan diet for those who have problems eating beans or soy. Its neutral flavor mixes well with all other foods. The proteins in Vegantein Complete are also highly digestible and bioavailable.\*

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## Iron Support™

### Gentle on the Stomach

- Ferrous bisglycinate chelate form is gentle on the stomach and colon
- Contains 27 mg of iron
- Vitamin C, folate, and vitamin B-12 are added for enhanced absorption and nutrition
- 100 percent free of any animal products or animal-derived



ingredients\*

Iron is a mineral needed by our bodies. It is a part of all cells and is responsible for many aspects of health—it helps our muscles use and store oxygen, and as a component of the protein hemoglobin, carries oxygen from our lungs throughout our bodies. Iron is particularly important to vegans because the body is not very efficient in absorbing iron from plant sources.

The body absorbs iron from animal foods (meat, fish, dairy) about two or three times more efficiently than it absorbs iron from plants. Rather than the more common forms of iron, such as ferrous sulfate or ferrous fumarate, Vegan True™ Iron Support uses bisglycinate chelate, a patented chelate that research says may be more absorbable while being gentler to the GI tract. To increase absorption and nutrition we have added supporting nutrients such as vitamin C, folate, and vitamin B-12.\*

We are delighted to bring you optimally formulated vegan nutritional supplements, to support your

commitment to a vegan lifestyle and enhance your health and well-being. Whether you are looking for nutrients you have difficulty getting from your typical vegan diet or for supplements hard to find in vegan forms, Vegan True is here to help you meet your specific health needs. For more information about Vegan True products please visit [sourcenaturals.com](http://sourcenaturals.com).

All prices and ingredients are subject to change without notice.



*for a life well lived™*  
[www.sourcenaturals.com](http://www.sourcenaturals.com)

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