

# ASEA<sup>®</sup> VIA<sup>™</sup> SOURCE<sup>™</sup>

## — THE WHOLE STORY —

Look at your stash of supplements. What are they made of?

While it's true that you can mimic a vitamin's chemical makeup and put it into a supplement, your body won't recognize it—or more importantly, assimilate it—the same way it does whole-food sources of nutrition.

Our bodies recognize VIA Source as food because it's made from food.

Here's how much of the whole foods in one daily serving of VIA Source you'd have to eat each day to get the same nutrients.



### 1/2 CUP HEALTHY OILS

Vitamins A and E plus antioxidants  
from sunflower and safflower oils



### 20+ BIOAVAILABLE FOOD-BASED VITAMINS AND MINERALS

B vitamins, carotenoids, polyphenols, antioxidant pigments, and cofactors plus organic plant-based minerals from glycoprotein ferment, holy basil, lemon, and guava extract ferments

### 1 CUP SEA VEGETABLES

Organic minerals, including calcium, magnesium, and manganese, as well as phytonutrients like carotenoids and fucoxanthin from red algae, plus chlorella, sea kelp, spirulina, and dulse



### 2 CUPS LEAFY GREENS

Indole-3-carbinol and phytosterols  
from alfalfa, broccoli, kale, cabbage,  
parsley, and dandelion leaf



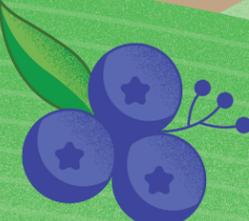
### 4 OZ (120 ML) GRASS JUICES

Vitamins A, C, and E + chlorophyll  
from barley, wheat, and oat grasses



### THE ROOT OF ABSORPTION

In much the same way that a plant converts nutrients from soil into an edible form, the vitamins and minerals in VIA Source are made from a glycoprotein ferment. This process creates a protein matrix—a stable food form that the body can recognize.



### 2 CUPS FRESH FRUITS & BERRIES

Phytonutrients from 11 different  
berries including pomegranate,  
maqui, goji, black currant, and acai

### GO FOR THE SOURCE

You could shop for all of these foods, every day. You could find separate supplements with each nutrient. Or simply go for ASEA VIA Source—whole-food nutrition with a proprietary absorption complex for optimal bioavailability.

Your diet might not be perfect. But your supplement can be.

