



▼ **INGREDIENTS**

Supplement Facts		
Serving size: 1 capsule *DV not established		
	Amount Per Serving	%Daily Value
Vitamin C (Ascorbate)	50 mg	83%
Vitamin B5 (Pantothenate)	30 mg	300%
Vitamin B6 (Pyridoxine)	25 mg	1250%
Vitamin B3 (Niacin)	17.5 mg	87%
Vitamin B1 (Thiamine)	12.5 mg	833%
Vitamin B2 (Riboflavin)	12.5 mg	735%
Calcium	10 mg	<1%
Potassium	10 mg	<1%
Zinc	3.75 mg	25%
Manganese	1 mg	50%
Magnesium	1 mg	<1%
Vitamin B9 (Folate)	200 mcg	50%
Mixed Carotenoids	150 mcg	*
Biotin	50 mcg	16%
Copper	0.75 mcg	<1%
Chromium	60 mcg	50%
Selenium	35 mcg	50%
Vitamin B12 (Hydroxocobalamin)	2.5 mcg	100%
Vitamin E (Mixed Tocopherols)	50 IU	166%
Extracts of: Guava; Lemon; Amla; Sesbania; Holy Basil; Annatto		
Proprietary Matrix Blend	40 mg	
Resveratrol; Goldenseal (Rt); Ginger (Rt); Dandelion (Rt); FNA; Cissus Quadrangularis; Siberian Ginseng (Rt); Piperine (Black Pepper); Astragalus (Rt)		

Other ingredients: Cellulose and Leucine

▼ **DOSAGE**

- **SpectraOne:** 1 - 2 capsules per day, or as directed.
- **SpectraOne-Liquid:** 4 droppers = 1 capsule.
Children: 2 - 4 droppers per day
Adults: 4 - 8 droppers per day
- Note: SpectraOne is intended to be accompanied by ±2 droppers of SpectraTwo.

▼ **PACKAGING**

- **Capsules:** 30 capsules/eco-bottle
- **Tincture:** 2 oz. glass bottle with dropper

▼ **PERSPECTIVE**

Whole foods are the basis of human nutrition for thousands of years. Their nutrients are accompanied by purposeful, complex molecular compounds. Whole food vitamins are biological complexes that interact with the human biological terrain and provide exactly what the body's cells require.

▼ **LIFESTYLE**



#870 SpectraOne (Herbal Whole Food Cellular Multi-Vitamin/Mineral)
#871 SpectraOneLq

SpectraOne is the first 100%, certified organic, whole food, herbal and plant-based multi-vitamin/multi-mineral dietary supplement. The whole food sources of the nutrients are guava, amla, lemon, holy basil, sesbania, and annatto. The Vitamin B₁₂ is synthesized by bacteria—like probiotics do in the human G.I. tract. SpectraOne is half of the complete Spectra duo with SpectraOne providing the water-soluble nutrients, and SpectraTwo delivering the fat-soluble vitamins. Together SpectraOne and SpectraTwo provide a complete array of cellular food for effective cellular performance. These pure, complex forms are intended to provide superior bioavailability at the cellular level.

▼ **INDICATIONS**

- Supplement with whole-complex nutrients
- Prenatal nutrition support
- Athletic performance and recovery
- Cellular nutrition to activate and enliven cellular metabolic processes
- A major upgrade to the synthetic, fractionated vitamins

▼ **KEY COMPONENTS**

- **Vitamin Complexes** – Vitamin A (Mixed Carotenoids); B Complex Vitamins – Vitamin B₁ (Thiamine), Vitamin B₂ (Riboflavin), Vitamin B₃ (Niacin), Vitamin B₅ (Pantothenic Acid), Vitamin B₆ (Pyridoxine), Vitamin B₇ (Biotin), Vitamin B₉ (Folate), Vitamin B₁₂ (Hydroxocobalamin); Vitamin C; Vitamin E (complete tocopherols). Note: SpectraTwo provides complete tocotrienols, along with Vitamin F complexes.
- **Mineral/Trace Mineral Complexes** – Calcium, Magnesium, Zinc, Potassium, Manganese, Copper, Selenium, Chromium.
- **Herbal/Botanical Base** – Provides synergists.
- **Resveratrol** – Unlocks the SIRT-1 gene (Silent Mating Type Information Regulation Two homolog) known to promote optimal cellular health. Helps regulate epigenetic gene silencing and glucose utilization.
- **Goldenseal** – A strong digestive/assimilation support botanical. Rich in berberine, it helps the body with overall G.I. tract health.
- **Ginger** – Soothing G.I. support. Warming and energizing.
- **Dandelion** – Chockablock full of vitamins (natural Vitamins A and C, natural iron and calcium) and minerals with specific affinity for supporting normal liver function. Supports the normal glucose regulatory processes.
- **Cissus quadrangularis** – A native herb of Sri Lanka. Helps maintain a healthy glucose metabolism. Also supports healthy utilization of minerals.
- **Siberian Ginseng** – An adaptogenic and overall health tonic. Researched in over 3000 studies, it supports a healthy stress response, cognitive processes, and mitochondrial energy production.

- **Piperene** – Black Pepper. A synergist-agent assisting uptake and utilization of food nutrients.
- **Astragalus** – A Chinese tonic herb with a long history, plus modern research showing that it supports a healthy immune system and youthful vitality.

▼ **CONTRAINDICATIONS**

None. Check with physician or health care practitioner if pregnant.

▼ **CLINICIAN CONSENSUS**

Daily Broad-Spectrum Dietary Supplementation:

#870/#871 SpectraOne

#872 SpectraTwo

#129 DV₃ - Vitamin D3 & K2

#150 PRO - Nutro-Protein

[Excellent to accompany 1 scoop #620/625/630 – MetaboShake.]

▼ **BACKGROUND**

Based on recent scientific studies, Dr. Shayne Morris, a nutri-metabolomic expert, designed this support for optimal cellular nutrition and cellular metabolic functions. Coupled with herbal research that demonstrates efficacious botanical-nutrient influence over cellular epigenetic expressions of health, Dr. Morris combined the nutrients and herbal “activation” components into a synergistic matrix that helps the cells’ organelles function normally and meet the challenges of daily wear and tear.

▼ **SYNERGISTIC CONSIDERATIONS**

- **#810 eNRG** - Quantum Cellular ATP Energy
- **#131 FBR** - Fibers
- **#840 EVENTA** - Cellular Enzyme Corrector
- **#850 MORS** - Methylation Donor
- **#880/882 VistaOne & Two** - Membrane Regeneration
- **#184 ROX** - Antioxidant w/ Resveratrol
- **#150 PRO** - Nutro-Protein
- **#128 CVO^R** - Cardiovascular Oil
- **#820 EPIC** - Metabolic NO-ONOO Micro Antioxidant
- **#433 GCEL** - Intracellular Glutathione

▼ **INFORMATION RESOURCES**

- www.systemicformulas.com

Quality Control: All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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