Betafood®

Provides Naturally Occurring Betaine to Help Support Various Body Systems

Beet greens are a source of riboflavin, iron, vitamins A and C, and beta-carotenes. Both the tops and the root of the beet contain folic acid, a vitamin essential for maintenance and repair of the gastrointestinal tract. Folic acid deficiencies can result in neural tube defects in infants. Both beet tops and tubers have potassium, which helps balance the body when the sodium intake is high. Adequate potassium is also needed for proper muscle functioning and blood pressure control. Betaine, found in beets, is a substance recognized for its role in cardiovascular and liver health.†

How Betafood Keeps You Healthy

Beet fiber modulates insulin production

The beet tubers in Betafood contain a particular type of soluble fiber called pectin, which slows the absorption of food into the bloodstream from the small intestine. This modulates blood-sugar levels and the release of insulin from the pancreas.†

Beets provide betaine

Betaine is produced naturally in the body by the oxidation of choline. In the past, betaine was assumed to be an unimportant byproduct of choline metabolism. Now, however, betaine is recognized as an important participant in critical body functions. Some scientists suggest that it is important for humans to get betaine from dietary sources, such as Betafood.†

Beets may contribute to cardiovascular health

Elevated homocysteine levels have been found in up to 40 percent of people with cardiovascular conditions. It is known that nutrients can help normalize homocysteine levels through the conversion of homocysteine to the amino acid methionine. These nutrients include betaine, its precursor choline, folic acid, and vitamins B_6 and B_{12}.†

Beets may maintain normal liver function

In the presence of tissue-damaging alcohol, betaine may maintain normal liver metabolism function. It is thought that this occurs by increasing an alternate biochemical pathway by which the conversion of homocysteine to methionine occurs.†

Introduced in 1943

GF V

Content:
90 tablets

Suggested Use: One tablet per meal, or as directed.

Supplement Facts:
Serving Size: 1 tablet
Servings per Container: 90

	Amount per Serving	%DV
Calories	1	

Proprietary Blend: 312 mg
Beet (root), beet (leaf), and oat flour.

Other Ingredients: Honey and calcium stearate.

Each tablet supplies approximately: 100 mg beet root and 100 mg beet leaf and root juice, with naturally occurring betaine.

Special Information: *Keep bottle tightly closed. This product absorbs moisture.*

Sold through health care professionals.

Please copy for your patients.

GF 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. V Vegetarian (Lacto-ovo)
†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Standard Process®
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Betafood®

What Makes Betafood Unique

Product Attributes

Ingredients are derived from whole food sources

- Each tablet supplies approximately 100 mg beet root and 100 mg beet leaf and root juice
- Beets provide naturally occurring betaine, a substance recognized for its role in both liver and gallbladder health†

Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed-control standards, and continually monitoring the health of our plants

- Assures the soil is laden with minerals and nutrients
- Ensures plants are nutritionally complete and free from synthetic pesticides

Manufacturing and Quality-Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- Preserves nutritional integrity

Low-temperature, high-vacuum drying technique

- Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- The nutrients in Betafood are processed to remain intact, complete nutritional compounds

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 Betafood®.*

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