

## FEEDBACK FROM OUR CUSTOMERS

“ I am 80 years young and I am feeling great which I put down to a good attitude and your CAA-Multi! I've been taking CAA-Multi since 2005. ”

**Graeme.**

“ After taking only one two month supply of CAA-Multi, I have started to feel like I have so much more stamina. ”

**Lee.**

“ I take two CAA-Multi every day for a skin complaint which helps, but the bonus of this is 12-18 months after starting CAA-Multi it has also helped my knees. I find that I can run and jump like a young man again! At one stage I could only walk short distances and would cringe at the thought of going down stairs. I am so grateful for your CAA-Multi. ”

**Graham.**

“ My mother's health and her mental clarity were starting to flag so I bought her some of your CAA-Multi and your Omega 3 capsules. She has been taking them for a couple of years now and she couldn't be any healthier. Her mental clarity has also returned. Thank you. ”

**Chris.**

## DIRECTIONS

**Adults:** take one capsule daily.

Always read the label and use only as directed.

If taking Warfarin or any other blood thinning medication please discuss with your health professional. Read the instructions and only use as directed.

Made in New Zealand from local and/or imported ingredients.

## INGREDIENTS

Ingredients per capsule	Weight	Active
Boron (chelated)	50 mg	2.5 mg
Chromium (polynicotinate)	250 mcg	30 mcg
Copper (gluconate)	11 mg	1.5 mg
Iodine (natural from sea kelp)	20 mg	100 mcg
Iron (chelated)	25 mg	5 mg
Magnesium (citrate complex)	435 mg	87 mg
Manganese (chelated)	32 mg	6.4 mg
Potassium (chloride)	153 mg	80 mg
Selenium (amino acid chelate)	12.5 mg	125 mcg
Silica (bamboo extract)	20 mg	14 mg
Sulphur (MSM non-allergenic)	75 mg	75 mg
Zinc (citrate)	33 mg	10 mg

Antioxidants & bioflavonoids	25 mg	25 mg
Vitamin A (beta carotene)	5mg	500mcg
Vitamin B1 (thiamine)	1000 mcg	1000 mcg
Vitamin B2 (riboflavin)	1000 mcg	1000 mcg
Vitamin B3 (niacinamide)	10 mg	10 mg
Vitamin B5 (calcium pantothenate)	8 mg	8 mg
Vitamin B6 (pyridoxine)	1000 mcg	1000 mcg
Vitamin B9 (folic acid)	300 mcg	300 mcg
Vitamin B12 (high absorption)	50mcg	50mcg
Vitamin C	35 mg	35 mg
Vitamin D (natural) - 1000 IU	10 mg	25 mcg
Vitamin E (natural) - 15 IU	10 mg	10 mg

Encapsulating aids  
Gluten, dairy and soy free

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NEW ZEALAND

# CAA-MULTI

A multi-mineral and vitamin supplement specially formulated for New Zealanders

All our products are  
**GLUTEN FREE**

# The CAA-Multi Story

In 1982, David's father had a serious heart attack, which gave him a wakeup call as he had been living a similar lifestyle. He spent the next five years researching all aspects of health and experimenting with his own. This sparked his life long passion for natural health.

In 2002 he read the book "Cancer: Cause and Cure" by 97 year old Australian farmer, Percy Weston. Percy identified the connection between common health disorders and the depleted soil minerals in Australia.

An Australian company was manufacturing tablets that contained some of the depleted minerals that Percy had identified, mainly; magnesium, potassium, iron, zinc and manganese. David was unable to find a similar supplement here in New Zealand, so he began importing the tablets from Australia. Later that same year, the Australian company closed down.

David then decided to create his own formula, based on the most critical minerals lacking in our NZ soil, mainly; selenium, boron, iodine and copper. He also added sulphur, the full range of B vitamins, vitamin D, sea kelp (including iodine), bioflavonoids and other antioxidants.

The effectiveness of his multi mineral and vitamin formulation exceeded all of his expectations with positive reports flooding in from customers about their improved general health, increased energy levels and better quality of sleep.

Many improvements have been made to the formula since then, with organic silica, iron, vitamin B12 and vitamin A (beta carotene) being added.

The CAA-Multi formula is constantly being evaluated by David and our manufacturing team, ensuring that it is of the highest quality. We now believe it to be the most complete multi-mineral and vitamin supplement on the NZ market.



## Frequently asked questions

### When should I take CAA-Multi?

This product might keep you awake if taken later in the day, so it is best taken in the morning with breakfast.

### Can I take CAA-Multi with my usual medication?

All the nutrients in CAA-Multi are natural and in normal daily quantities, so they should not react with any medication. However, if you are on blood thinning medication we advise discussing with your healthcare professional prior to taking.

### Is CAA-Multi safe to take during pregnancy?

CAA-Multi is safe to take during pregnancy, breast feeding or if you are trying to conceive. In fact, there is no more important a time to take CAA-Multi.

### When should I take two CAA-Multi capsules per day?

Teenagers during growth spurt periods, prior to or after surgery, during or after chemotherapy or recovering from poor health. Take one in the morning and one later in the day, but revert back to one a day (in the morning) if your sleep pattern should become disrupted.

### Should I take any other supplements while on CAA-Multi?

We recommend taking our Bone Health and CoQ10-Omega3 in conjunction with our CAA-Multi. Bone Health contains pure coral calcium and vitamin K2 which helps the body store calcium in the bones and not the arteries. Our top quality CoQ10 is a powerful antioxidant that supports your heart and artery health.

Our CAA-Multi is formulated (along with a well balanced diet) to meet your recommended daily intake of minerals and vitamins. However, extra supplementation may be required, e.g. extra magnesium for relaxation.

### What are the different types of CAA-Multi?

We have three different versions of CAA-Multi:

- Regular - our standard formula
- No-Iron - regular with the iron removed
- No-Sulphur - regular with the sulphur removed

## BENEFITS

- Supports an alert brain and mental clarity
- A complete mineral and vitamin blend for optimal health and nutrition
- Supports healthy artery and heart health
- Promotes high energy

