

# Dr Cherubino Approved - 5 Essential Nutrients



## Support for a Strong Healthy Body!

- Clinical Quality Nutritional Support for Strong Healthy Cells
  - A Proactive Way To Prepare For Life's Stresses

### Supplementing the Basics

(All Supplements are Not Created Equal!)

*The single most commonly asked question that we get concerning nutrition is -*

#### Where Do I Start?

*The supplements in this category are recommended as the basics in a proper nutrition program.*

*They contain many of the nutrients that have been stripped from our soil and are therefore missing or in insufficient quantities in the foods that we eat. They also provide the much needed replacement nutrients for those that have been destroyed by air pollution, chemicals, stress, pesticides and overly processed foods.*

*For best results we highly recommend that all five supplements be used on a daily basis, however they are listed below in order of importance beginning with the greatest.*



#### Our Commitment

At Cherubino Health Center we are committed to applying our knowledge and experience to the selection of the best nutritional supplementation currently available.

We evaluate supplements based on physiological action, quality, nutrient ratios and price, in that order. Only when these standards are met will we affix the Dr. Cherubino Approved label.

We review Dr. Cherubino Approved supplements on a constant basis. You will therefore see brands, ingredients, proportions, ratios and formulations change accordingly.

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**1. MultiVitamin Mineral Formula** -- The single most important supplement you will ever take is a clinical quality multivitamin mineral supplement. The range of nutrients, rate of absorption, cellular usability and quality control place this particular supplement at the very top when compared with any other supplement. Simply the best of the best! \*

*Recommended dosage: (        ) capsules per day, (--with --- without--) meals.*

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Cherubino Health Center ---- [CherubHealth.com](http://CherubHealth.com) ---- 508- 229- 0007 --- [info@CherubHealth.com](mailto:info@CherubHealth.com)

\* Specific ingredient and product information is given for the purposes of nutritional support. To our knowledge, the Food and Drug Administration, unless specifically noted, has not evaluated these statements.

**2. Calcium and Magnesium Formulas** -- Calcium is considered the “Guardian of the cell”, providing a primary support mechanism for the trillions of cells in the human body. All systems including, cardiac, circulatory, lymphatic, muscular and skeletal depend on high quality calcium for optimal function. Remember, milk, antacids and most calcium supplements do not provide you with usable calcium. Magnesium works along with calcium and has many benefits of it’s own. \*

*Recommended dosage: (        ) capsules per day, (--with --- without--) meals.*

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**3. Essential Oil Formula** -- Essential oils provide essential fatty acids for skin, digestion, joints, liver, heart, lymph and vascular systems. As a supplement becomes popular, poor quality “knockoffs” begin showing up on discount shelves everywhere. Great care must be taken to preserve the important components of the plant and fish sources from which these oils are derived. \*

*Recommended dosage: (        ) capsules per day, (--with --- without--) meals.*

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**4. Fat-soluble Vitamin C** -- Since it’s discovery in the early 1930s, Vitamin C has been used for its many health benefits. These include, among others, antioxidant, free radical scavenger, adrenal gland and connective tissue supporter, as well as cellular detoxifier. Ascorbyl Palmitate, due to its fat-penetrating nature, has been shown to cross the cell membranes. It nutritionally supports bone development, strong immune system function, capillary and blood vessel integrity and is assistive in and supportive of nerve impulse transmission. The best way to take Vitamin C! \*

*Recommended dosage: (        ) capsules per day, (--with --- without--) meals.*

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**5. Vitamin E Formula** -- A properly formulated Vitamin E supplement is harder to find than most people think. This Dr. Cherubino Approved supplement takes the guesswork away while providing you with the best of what Vitamin E has to offer. Vitamin E is crucial to proper cellular function; it protects and supports all physiological functions through its free radical scavenging activity, especially cardiovascular. At Cherubino Health Center we recommend this specific Vitamin E formulation as a part of our five Essential Nutrient Supplements. \*

*Recommended dosage: (        ) capsules per day, (--with --- without--) meals.*

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*These Dr. Cherubino Approved Formulas are the result of careful extraction, preparation and formulation to produce products that are pure and highly usable as well as heavy metal and toxin free.*

*The excellent quality of these supplements makes their cost per effective dosage considerably less expensive than cheaper over-the-counter brands.*

Pick up at the center or / Call us to order... 508-229-0007

We also carry other supplements and can special order as needed.

More Information Online...[CherubHealth.com](http://CherubHealth.com) ([Information Center](#), [Members Page](#))

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