



SMALL MOLECULE TECHNOLOGIES, INC.

MOLECULES & HEALTH

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Nourish Your Body



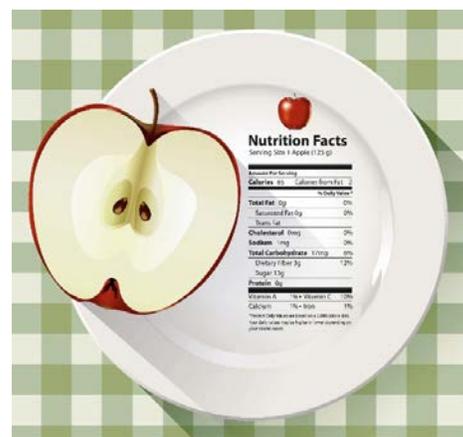
At Small Molecule Technologies, we understand the importance of nutrition for overall health and wellness. We have a biochemical understanding of the nutritional needs of the body that led to the development of the Small Molecule Technologies Nutritional Supplements. This scientific approach based on cellular biology and biochemistry has resulted in a line of nutritional supplements



specifically designed to help your body get the tools it needs every day to support optimum health.

When people discuss nutrition, it is common practice to focus on things like the total number of calories or the amount of fat, protein, carbohydrates, or fiber listed on nutrition labels. The discussion might also include specific nutrients we want to avoid like saturated fats, sodium, added sugars, and cholesterol. But how many of us pay attention to our intake of specific micronutrients like vitamins, minerals, amino acids, and antioxidants? When you are adding up your daily calories, do you also add up your daily magnesium, Vitamin B-12, Vitamin D, or antioxidants? These are the types of nutrients that your body needs to thrive, yet many of us ignore our daily intake.

Frequently, nutritional advice and guidelines fail to adequately address these very nutrients. The result of this is that you might be eating a diet that looks good on paper, meeting all of the recommended intakes of calories, fat, protein, carbohydrates, and fiber. But that very same diet could still be completely void of the neces-



sary vitamins, minerals, and antioxidants that your body needs to thrive. A healthy balanced diet requires an adequate daily intake of these nutrients, so it is important to give them the attention they deserve.

The best way to get adequate amounts of vitamins, minerals, and antioxidants in your diet is by eating plenty of fresh vegetables, fruits, beans, nuts, legumes, and fish/seafood^{1,2} There is plenty of research showing that people are generally much healthier and live longer when they incorporate more of these foods in their diets.^{2,3} Unfortunately, the majority of Americans do not consume nearly enough of these foods on a daily basis. Even when we do eat these foods, they may not contain all of the nutrients or health benefits we are expecting because:



- Cooking, canning, and other forms of food processing usually decreases the nutrients in food by breaking them down
- Produce is harvested before it is ripe (and full of the most beneficial nutrients), so that it does not spoil while being transported long distances or as it sits on the shelf in the store
- Modern agricultural techniques that depend on chemical fertilizers and pesticides frequently deplete the soil of vital minerals, resulting in crops that do not have the same nutritional and antioxidant content found in organically farmed produce⁴⁻⁸



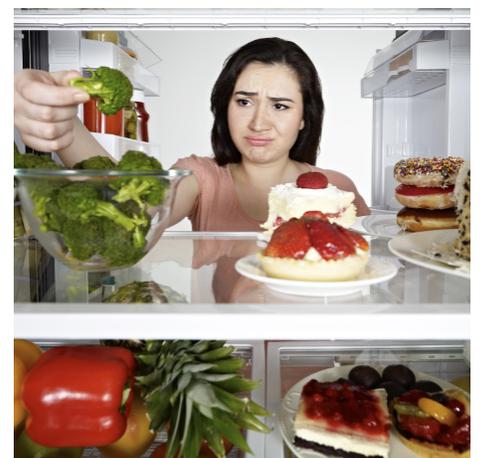
- Vegetables and fruits frequently do not get eaten unless they are cooked, breaded, deep-fried and/or covered in unhealthy dressings, sauces, or dips

Most people know that they should eat more fresh produce in their diets, but there are a lot of very good reasons that people don't eat enough. Some of these reasons include:

- **Affordability:** fresh, local, organic produce frequently carries a premium price tag compared to processed foods that are full of excess sugar, salt (sodium), and preservatives. This can especially become a problem for people trying to feed a large family.⁹⁻¹²
- **Accessibility:** Many people live in areas where they don't have access to fresh produce and the only option is processed foods or fast-food. These "food deserts" are a common problem for many people in both urban and rural settings.^{9,10,13}
- **Time:** We live busy lives and the country as a whole spends less time than ever preparing home-cooked meals, opting instead for fast and conve-

nient options including processed meals and fast-food.¹³

- **Taste:** It's hard to make yourself or your family eat food that you don't think tastes good, and the fact is that a lot of people just don't like the taste of some healthy foods. A major reason for this is that over the past decades we have been busy bombarding our taste buds with excessive salt, sugar, sweeteners, and fats so we are unable to taste the natural flavors of our food. Because of this we tend to flavor fresh produce with unhealthy condiments instead of utilizing health-promoting and flavorful herbs and spices.
- **Familiarity:** A large number of people are unfamiliar with many vegetables and do not know how to properly pre-



pare them because they were never exposed to them while growing up.¹⁴ The result is that many of us only eat a few select vegetables and fruits, making for a diet that lacks the necessary diversity for a broad spectrum of nutrients.

We know that eating better food is the best way to give our body the nourishment it needs, but we have to face the fact that it might not always be possible or practical for some of the reasons we have just outlined. So we need to ask ourselves – if the food I’m eating is not providing the nutrients I need, then how is my body going

to get them? The answer for many people comes in the form of dietary supplements like the Small Molecule Technologies products.³

Small Molecule Technologies Supplements should be used in combination with a healthy diet, not as a replacement. They were designed as an affordable and easy way to boost the nutrition of your diet to make sure your body is getting all of the tools it needs on a daily basis, helping to ensure optimum health and nutrition. You can start incorporating them today along with healthy dietary practices to give your body the nutrition it needs!



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About the author: Kyle Hilsabeck, PharmD., is the Vice President of Pharmaceutical Affairs at McCord Holdings and licensed by the Iowa Board of Pharmacy. He completed bachelors degrees in biology and biochemistry at Wartburg College before earning his Doctorate of Pharmacy from the University of Iowa College of Pharmacy. Upon graduation, he completed a community pharmacy practice residency through the University of Iowa where he focused primarily on nutritional aspects of care including the use of vitamin, mineral, and herbal supplements. He has taught courses for the University of Iowa College of Pharmacy on vitamins, minerals, herbs, and nutritional supplements and given many presentations on the subject as well. He has a passion for improving patient care specifically with regards to the safety and quality of the nutritional supplements and health information people use.

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