



# THE BESTOW SKIN ESSENTIALS SMOOTHIE

*Your RDI Hero Snack*

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## What's the big deal with RDI's?

A Recommended Dietary Intake (RDI), sometimes referred to as Recommended Daily Intake, is the average daily intake level of a particular nutrient that is needed to meet the nutrient requirements of most healthy individuals.

These levels are generally considered to be the minimum amount required to avoid a deficiency disease, not necessarily the amount we need for optimum health. In fact, micronutrient deficiency is starting to show up as a major contributor in the development of many modern diseases. This is not surprising when you consider our Western diet is full of processed foods and refined carbohydrate which fill us up with empty nutrition. This means we pile up the calories but starve on nutrients.

There are some very scary statistics showing just how likely we are to be deficient in one or more of these vital nutrients. One study that looked at the food intake of over 16,000 people found the following:

70% of the population don't consume enough vitamin D
60% didn't consume enough vitamin E
45% didn't consume enough magnesium
38% didn't consume enough calcium
34% didn't consume enough vitamin A
25% didn't consume enough vitamin C

Other nutrients at risk of deficiency were zinc, phosphorous, iron, copper, selenium and most of the B vitamin family.

Clearly we need to increase our intake of these important micronutrients for optimum health and your Bestow skin-nutrition boosters and the nutrient-rich Bestow Cleanse both support you in this. We worked hard to balance the Summer and Winter Bestow Cleanse 7 Day Meal Planner, and with just a little sunshine each day to top up your vitamin D, we're proud to say you will reach 100% RDI of all of the essential vitamins, minerals and nutrients during your cleanse week.

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Your Bestow Skin Essentials Smoothie (even without the full dose of Bestow Be Cleansed) provides you with a massive boost supplying:

Over 300% of your Vitamin E	26% Iron
Over 100% of your Omega 3	25% Phosphorous
100% of Vitamin K	24% Potassium
42% of Fibre	22% B6
78% Manganese	30% Calcium
60% Vitamin A	12% Zinc
28% Copper	25% Vitamin C
48% Magnesium	15% B1
20% Folate	12% B2
7% Selenium	8% B3
4% B5	6% Vitamin D

Some people might be concerned that there is a risk of overdosing on certain nutrients. If you are on them, hearing that the Bestow Skin Essentials Smoothie provides over three times the RDI of vitamin E might be alarming news! However, you will be relieved to know that you cannot overdose on nutrients ingested from food sources. What you do need to be careful of is having too many synthetic nutrients from nutritional supplements – something that can easily occur if you are taking multiple varieties of vitamin supplements.

For the most part it is beneficial to exceed your RDI for each nutrient. The RDI is really the minimum required for health, rather than optimum. In other words, you can't get too much of a good thing!

*Please note: If your doctor instructs to you to avoid consuming certain nutrients in conjunction with specific medications, be sure to follow their advice.*

