



You have two adrenal glands, one sitting atop both of your kidneys. They're no larger than walnuts and each lighter than a grape, yet are responsible for one of the most important functions in your body—*managing stress.*

## ADRENAL FATIGUE

*Just the facts...*



When the adrenals are overtaxed, a condition known as adrenal fatigue may set in, which can set a cascade of disease processes into motion.

One obvious sign of adrenal fatigue is a feeling of constant and unrecoverable exhaustion. Other symptoms include irritability, lack of focus and motivation, unhealthy cravings and sometimes even depression.

It's estimated that up to eighty percent of adults experience adrenal fatigue at some point, yet it remains one of the most under-diagnosed conditions in the United States. Most suffering from adrenal fatigue look for relief by continuing the overuse of (often sugar-laden) caffeine and stimulants—which very likely caused the condition to begin with. Not only is this ineffective but often makes symptoms worse.

**The remedy for adrenal fatigue is to recharge the adrenal glands. This can only happen with rest, nourishment—and a break from stimulants.**



*Free to be nourished!*

We can't get all we need from our diet anymore. There are better ways to get your B vitamins than shots and patches that don't work. Nourish and revitalize your brain and body with B-Free's organic botanicals and a full-spectrum, highly bioavailable B-vitamin complex.

### Supplement Facts

Serving size: 1 capsule Servings per container: varies

|  | Per Serving | %Daily Value |
|--|-------------|--------------|
| Vitamin B1 (as Thiamine Pyrophosphate) | 1.5 mg      | 100%         |
| Vitamin B2 (as Riboflavin-5-Phosphate) | 1.8 mg      | 110%         |
| Vitamin B3 (as Niacinamide Ascorbate)  | 20 mg       | 100%         |
| Vitamin B5 (as D-Calcium Pantothenate) | 11 mg       | 110%         |
| Vitamin B6 (as Pyridoxal-5-Phosphate)  | 2.2 mg      | 110%         |
| Vitamin B7 (as Biotin)                 | 330 mcg     | 110%         |
| Vitamin B9 (as Calcium Folate)         | 460 mcg     | 115%         |
| Vitamin B12 (as Methylcobalamin)       | 200 mcg     | 3,333%       |
| Potassium Iodide                       | 1.5mg       | 1000%        |
| Magnesium (as AAC)                     | 100mg       | 25%          |
| Proprietary Blend                      | 240 mg      | *            |

Wildcrafted Hoodia Gordonii (Certified), Organic Citrus Sinesis, Organic Green Tea, Organic Yerba Mate, Organic Raw Cacao, Organic Black Pepper, Organic Cayenne Pepper  
Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
\*Daily Value not established  
† - Amino Acid Chelate Complex  
Other Ingredients: Organic Rice Concentrate, Vegetable Capsule (Cellulose, Water) (Rev. 17.1009)

### USAGE DIRECTIONS:

As a dietary supplement take 1-3 capsules daily, in divided doses, with meals.

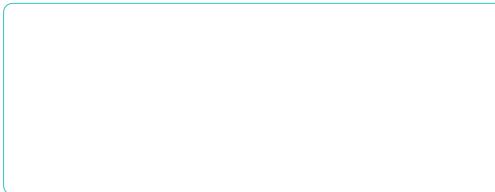
### WARNING:

If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product.

*B-Free's proprietary blend includes organic green tea, providing polyphenols and bioflavonoids. While green tea does contain caffeine, it's much lower in strength compared to regular caffeine. The amount of caffeine from green tea (<1mg) in one capsule of B-Free is such a trace amount that it's virtually non-existent and most likely will not produce any stimulant effect. However, if you are ultra-caffeine sensitive, start with one B-Free in the morning or early afternoon to see how your body reacts.*

**These statements have not been evaluated by the FDA. This product is not meant to diagnose, treat, cure or prevent any disease.**

To try or learn more about B-Free and other amazing wellness products from Nutrisail:



**NUTRISAIL** Independent Authorized Retailer

**NUTRISAIL** IT'S TIME TO FEEL GOOD AGAIN!

FREE  
TO  
FEEL  
GOOD  
AGAIN



BR, BF, FA, O, 171009

# Free TO FOCUS. Free TO RELAX.

Powered by a highly bioavailable full-spectrum B-complex and organic botanicals, B-Free is a caffeine-free, stimulant-free formula that delivers revitalizing nourishment to support vital biological functions and aid the repair and prevention of adrenal fatigue.

If you are a regular user of caffeine or thermogenic energy and weight loss supplements, you should rest your adrenals by taking a day off from all stimulants for a day or two every 7-10 days.

This safe, synergistic formula can be used as a daily B-vitamin supplement—and your best friend on days off from stimulants. Make sure your body has the nutritional tools it needs to repair, restore and revitalize with B-Free.



## What is B-Free?

B-Free is a caffeine-free, stimulant-free version of our popular B-LITE® Daily Energizer formulas. It contains the same highly-bioavailable, full-spectrum vitamin B complex, nourishing organic botanicals, and important minerals—but without the caffeine and other natural stimulants.

## When can I take B-Free?

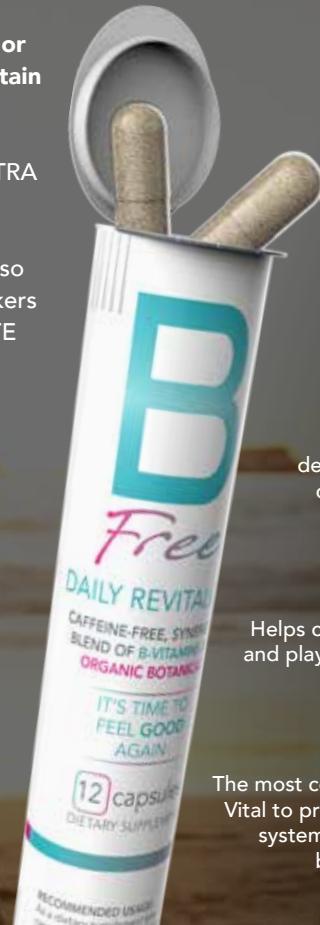
B-Free can be used anytime, day or night, to deliver the high-quality B-Vitamin complex that our body needs to function at optimal levels. B-Free is especially ideal for recovery when you take a day or two off from caffeine and thermogenics to relax and recharge your adrenals.

## Can I take B-Free with B-LITE or other consummables that contain caffeine?

Absolutely. Add a B-Free to boost your B-LITE or B-LITE®XTRA experience when you want to pump up the nutrition without added stimulation. B-Free is also perfect for coffee and tea drinkers who want the nutrition of B-LITE without the extra stimulants.

## Can I take B-Free if I am on prescription medication?

B-Free, like all Nutrisail products, are held to the utmost standards in safety, quality and potency. However, no matter what we design or intend our formulas to do for you, we always urge you to talk to your health practitioner prior to using our products if you are on medication.



## Vitamin B5 (Pantothenic Acid)

Involved in the fight against infection as well as the production of antibodies that fight microbes and cancer.

## Vitamin B6 (Pyridoxine)

Necessary for the metabolism of amino acids (the building blocks of protein), carbohydrates, and fats.

## Vitamin B7 (Biotin)

Crucial to the normal development of white blood cells that fight disease and cancer cells.

## Vitamin B9 (Folic Acid)

Helps convert food into glucose, and plays a role in the prevention of heart disease

## Vitamin B12 (Cobalamin)

The most complex of all the B-Vitamins. Vital to proper function of the nervous system and the manufacture of the building blocks of our genes.

## Vitamin B1 (Thiamine)

Critical for proper functions of the adrenal glands and the production of neurotransmitters.

## Vitamin B2 (Riboflavin)

Vital to the cells ability to use oxygen or store energy. May decrease the frequency and severity of migraine headaches.

## Vitamin B3 (Niacin)

Essential for the break down of fats, proteins, and carbohydrates into energy.

# Free TO B

Referred to as the vitamin-B complex, the eight essential B vitamins—B1, B2, B3, B5, B6, B7, B9 and B12—play an enormous role in keeping our bodies running like well-oiled machines. These vital nutrients help prevent illness and disease, manage stress, support proper function of the nervous system, neutralize free radicals, and convert our food into fuel—just to name a few. Together and in abundance, they allow us to stay healthy, focused and energized throughout the day.

While many of the B vitamins work together, each has its own specific benefits. This graphic illustrates just a few of the functions that each individual B vitamin in the B-Complex helps with.