

Ultra Preventative Multi Vitamin Mineral



Formula Notes

- General wellness support
- Broad spectrum multi-vitamin
- Safe levels of vitamin A for women who are pregnant or may become pregnant
- 1000 IU vitamins D & B12 to combat deficiency
- Chelated form increases bioavailability
- Available with & without iron

Discussion

These broad spectrum, multiple vitamin and mineral formulas are specially manufactured using microencapsulation, enteric coating, and isolation techniques to protect the nutrients and present them to the body for optimal absorption and utilization. When iron is in the formula it is protected from oxidation by the vitamin C also present in the formula.

Studies have shown in order to meet the minimum daily requirements, one must consume at least 1100 calories of nutrient dense foods. None of these calories can come from “naked calories” such as sugar, making it difficult to meet the minimum daily requirements, much less optimal levels, without supplementation. Two nationwide food consumption studies conducted by the USDA found that approximately 60% of individuals surveyed were consuming only 70% of the daily minimum requirements of six essential nutrients: vitamin B6, folate, zinc, copper, calcium and magnesium. Ultra-Vites and Ultra Preventive Multi Vitamin Mineral are formulated to provide daily supplements which exceed RDIs.

In addition, iron deficiency has long been a marker for the nutritional status of a population. Much attention has been given to iron replacement; however, too little attention has been given to damaging consequences of excess iron. Current data suggest iron supplementation should be limited to patients with iron deficiency anemia, a few women, some children, and blood donors at high risk for anemia. If the multi of choice is Ultra-Vites and iron is indicated, consider Iron Plus, otherwise consider Ultra Preventive Multi Vitamin Mineral Plus Iron.

Supplement Facts:

Serving Size: 4 capsules

Servings Per Container: 30

Amount Per Serving	% Daily Values	Amount Per Serving	% Daily Values
Potassium (as potassium citrate)..... 40 mg	1	Pantothenic Acid (d calcium pantothenate) 75 mg	750
Vitamin A (as vitamin A acetate)..... 4500 IU	90	Iodine (as potassium iodide)..... 225 ug	150
Vitamin C (as ascorbic acid)..... 250 mg	417	Magnesium (rice protein chelate)..... 120 mg	30
Calcium (as calcium carbonate)..... 0.18 g	18	Zinc (rice protein chelate)..... 15 mg	100
Vitamin D (as cholecalciferol)..... 1000 IU	250	Copper (rice protein chelate)..... 2 mg	100
Vitamin E (d-Alpha tocopheryl acetate)..... 100 IU	333	Manganese (rice protein chelate)..... 2.5 mg	125
Thiamin (vitamin B1)..... 25 mg	1667	Chromium (rice protein chelate)..... 100 ug	83
Riboflavin (vitamin B2)..... 25 mg	1470	Selenium (as L-selenomethionine)..... 50 ug	71
Niacin (as niacinamide)..... 40 mg	200	Molybdenum (rice protein chelate)..... 20 ug	27
Vitamin B6 (pyridoxine HCl)..... 25 mg	1250	Boron (rice protein chelate)..... 5 mg	*
Folate (folic acid)..... 800 ug	200	Citrus Bioflavonoid Complex 50 mg	*
Vitamin B12 (cyanocobalamin)..... 1000 ug	16,667	Lycopene..... 2.5 mg	*
Biotin..... 100 ug	33		

%DV are based on a 2000 calorie diet. *DV not established

Other Ingredients: Earthrise® Certified Organic Spirulina containing the following naturally occurring phyto-nutrients and amino acids: Phycocyanin, Chlorophyll, Mixed Carotenoids, Polysaccharides, Sulfolipids, Gamma Linoleic Acid, SOD (Super Oxide Dismutase), Zeaxanthin, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine, Alanine, Arginine, Aspartic Acid, Cystine, Glutamic Acid, Glycine, Histidine, Proline, Serine, Tyrosine; gelatin capsule.

Suggested Use: Ultra Preventative Multi Vitamin Mineral: 4 capsules daily with breakfast or lunch, or as directed. (Ultra-Vites: 2 capsules per day, or as directed)

The ingredients in this product are supplied by well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. Supplements are manufactured by Time Laboratories www.timelabs.com , 877-846-3522.

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



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