Multi-Vitamin

INGREDIENTS

Doctor's Best Multi-Vitamin is a vitamin-mineral dietary supplement formulation fully optimized for absorption and utilization by individuals of all backgrounds and lifestyles. It is solidly grounded in the most current nutritional research, and provides the full range of vitamins and minerals proven essential for human nutrition, in their safest, best tolerated and most biochemically active forms. It excludes iron, which for safety reasons must be taken separately.

This formulation contains only ORTHO nutrients, chemically identical to the body’s own molecules, in line with Nobel Prize winner Linus Pauling’s concept that such ORTHODOX MOLECULES better support human health.¹

BENEFITS

Doctor’s Best Multi-Vitamin has unique positive features not found together in other multiple vitamin-mineral supplements:

- Provides optimal nutrient allowances in just 3 capsules per day. Multiples that recommend taking one or two capsules a day cannot squeeze sufficient amounts into this small mass, and often take “shortcuts”.
- Avoids common “shortcuts” that compromise product quality. For example, it avoids providing magnesium as magnesium oxide, which is known to be poorly absorbed.²
- Unique source for potent plant vitamin D3. Our Vitashine D3 is organically prepared from a sustainable plant source and certified by the prestigious UK Vegan Society.
- Supplies B vitamins in their best-utilized forms.
- Omits synthetic folic acid. This artificial folate is poorly utilized compared to other folate vitamins. This formulation supplies fully active folate.
- Ensures Vitamin B12 fully active for dietary repletion. Virtually all multiples provide insufficient vitamin B12.

The many vitamins, essential minerals and other important nutrients in Doctor’s Best Multi-Vitamin include:

Vitamin A (as retinyl palmitate).³ This nutrient is crucial for the integrity of the delicate cell layers (epithelia) that line the intestinal tract, lungs, and sinuses. Vitamin A is also crucial for healthy embryonic development, and for the eye to function. It also facilitates the body’s capacity to produce antibodies and new immune cells. The retinyl palmitate in this formulation is identical to the molecule that the body uses to transport vitamin A in the bloodstream. Beta-carotene is omitted, as a result of being an unreliable vitamin A source.⁴

Vitamin C (as ascorbic acid).⁵ This is a potent antioxidant against “free radicals” and other toxins, and helps conserve glutathione, vitamin E, and other protective nutrients. It is also an essential cofactor for various enzymes that make brain transmitters, manage the body’s liver detoxification systems, and synthesize collagen molecules that strengthen the body’s many connective tissues. Vitamin C is also fundamental to healthy immunity.

Vitamin D (as D3, cholecalciferol, plant source). Its importance for bone strength is well established, but D3 is also very important for the body’s other organ systems.

Vitamin E (as alpha, gamma, beta, delta tocopherols). This is the major antioxidant protector for membranes, the most dynamic cell zones.⁶

Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>3 veggie capsules</th>
<th>Servings per container</th>
<th>30 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per serving</td>
<td>% Daily Value</td>
<td>Amount per serving</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Vitamin A (as retinyl palmitate)</td>
<td>5000 IU</td>
<td>100%</td>
<td>Iodide (from potassium iodide)</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid)</td>
<td>300 mg</td>
<td>500%</td>
<td>Magnesium (as magnesium glycinate)</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>1600 IU</td>
<td>400%</td>
<td>Zinc (as zinc citrate)</td>
</tr>
<tr>
<td>Vitamin E (as alpha-tocopherol acetate)</td>
<td>30 IU</td>
<td>100%</td>
<td>Selenium (as selenium glycinate)</td>
</tr>
<tr>
<td>Vitamin K (as phytonadione)</td>
<td>80 mcg</td>
<td>100%</td>
<td>Copper (as copper glycinate)</td>
</tr>
<tr>
<td>Vitamin B1 (as thiamin-HCl)</td>
<td>60 mg</td>
<td>4000%</td>
<td>Manganese (as manganese glycinate)</td>
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<tr>
<td>Vitamin B2 (as riboflavin)</td>
<td>75 mg</td>
<td>441%</td>
<td>Chromium (as chromium picolinate)</td>
</tr>
<tr>
<td>Vitamin B3 (as niacinamide)</td>
<td>50 mg</td>
<td>250%</td>
<td>Molybdenum (as molybdenum glycinate)</td>
</tr>
<tr>
<td>Vitamin B5 (as pantothenic acid)</td>
<td>50 mg</td>
<td>2500%</td>
<td>Potassium (as potassium chloride and iodide) 105 mg</td>
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<tr>
<td>Vitamin B6 (as pyridoxine HCl)</td>
<td>50 mg</td>
<td>2500%</td>
<td></td>
</tr>
<tr>
<td>Folate (as methylfolate (Quatrefolic®) 400 mg</td>
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</tr>
<tr>
<td>Vitamin B12 (as methylcobalamin) 1000 mcg</td>
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<tr>
<td>Biotin</td>
<td>600 mcg</td>
<td>200%</td>
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<tr>
<td>Pantothenic acid (as calcium pantothenate)</td>
<td>90 mg</td>
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<tr>
<td>Calcium</td>
<td>20 mg</td>
<td>2%</td>
<td>Zeaxanthin</td>
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<tr>
<td>(from calcium pantothenate, citrate, malate)</td>
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<td></td>
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<tr>
<td>Choline (as choline bitartrate)</td>
<td>100 mg</td>
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</tr>
<tr>
<td>Botox (as botox glycinate)</td>
<td>3 mg</td>
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<tr>
<td>Silicon</td>
<td>3 mg</td>
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<tr>
<td>(from Horsetail Silicon Leaf extract, Epirest®)</td>
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</tr>
<tr>
<td>Lutein</td>
<td>3 mg</td>
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</table>

¹ Daily Value not established.

Other Ingredients: Vegetarian capsule (modified cellulose, titanium dioxide), microcrystalline cellulose, calcium laurate, silicon dioxide.

Suggested Adult Use: Take 3 capsules daily, after meals, or more as recommended by a nutritionally-informed physician.

Gluten Free / Vegan

Store in a cool dry place.

Quatrefolic® is a registered trademark of Gnosis SPA.

Vitashine is the only vegan Vitamin D3 registered with the Vegan Society.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
It helps protect omega-3s and other fatty acids, phospholipids, and coenzyme Q10 against damage. This formulation provides not only alpha-tocopherol but also the gamma-, beta- and delta-tocopherols, to better represent the spectrum of vitamin Es present in foods.

Vitamin K (as K2, menaquinone-7 or MK-7). Beyond its long-established importance for healthy blood coagulation, this vitamin is crucial for healthy calcium metabolism. It is required to hold calcium in bone and to regulate calcium levels in the body's soft tissues. Vitamin K2 also supports the generation of energy by the mitochondria within our cells.

Thiamin ("Vitamin B1") is essential for our cells to make energy and to metabolize amino acids and carbohydrates (including blood glucose). Thiamin is especially important for managing the modern high-carbohydrate diet, which has been linked to "high-calorie malnutrition".

Riboflavin ("Vitamin B2") is a cofactor for various mitochondrial enzymes and therefore also essential for the body to make energy. It is also essential for our cells to make DNA. Riboflavin is necessary for an enzyme that helps conserve glutathione, the body's master antioxidant. Riboflavin also supports important enzymes that recycle folate and activate vitamin B6.

Niacin and Niacinamide ("Vitamin B3"). Both these B3 vitamers are metabolically active, but this formulation uses less niacin in order to minimize skin flushing, which though harmless can be troublesome. Niacinamide does not cause flushing, and is readily converted to various activated B3s essential for enzymes that generate and use energy. Vitamin B3 is readily depleted by excessive alcohol intake or by smoking.

Vitamin B6 (as pyridoxine hydrochloride). This vitamin is essential for at least 100 enzymes that metabolize amino acids, fatty acids, and carbohydrates. It is particularly vital for the brain's early development and for its production of various chemical transmitters.

Folate (as methyl-tetra-hydro-folate or MTHF, Quatrefolic® brand). In all the tissues, folate provides methyl to enzymes that manage homocysteine, a normal metabolic that can be toxic if allowed to accumulate. Drinking, smoking, and certain medications can deplete folate. So does a common gene mutation ("C677T") that impairs the conversion of food folates or folic acid into the body's most fully active folate (MTHF). This formulation provides authentic MTHF to bypass the C677T genetic block.

Vitamin B12 (cobalamin, as methylcobalamin or methyl-B12). B12 works very closely with folate to support methyl metabolism and recycle homocysteine. The body's B12 absorption tends to decline with age. The methyl-B12 vitamer is particularly well absorbed and utilized. Clinical research proves that this formulation's generous daily allowance of methyl-B12 makes "sublingual" B12 dosing unnecessary.

Biotin is built into the molecular structure of at least five enzymes, some of which help regulate DNA structure and gene activity. The mitochondria also need biotin to make energy. Biotin deficiency is relatively common—smoking and certain pharmaceuticals can deplete this vitamin, as can pregnancy and breastfeeding.

Pantothenic acid (as calcium pantothenate, "Vitamin B5"). We need this vitamin to make coenzyme A ("CoA"), a fundamental metabolic factor. Our cells use CoA to make amino acids, proteins and hormones, to metabolize fats into useful fatty acids, and to build cell membranes. Freezing, canning, and refining deplete this vitamin from foods.

Calcium and Magnesium. These two essential minerals have a "yin-yang" relationship, each helping to balance the actions of the other. Calcium is relatively abundant in the diet, versus a relative lack of magnesium. This formulation therefore supplies more magnesium than calcium, to help ensure a more favorable balance.

Iodine (as potassium iodide). This nutrient is an essential component of the thyroid hormones that help regulate our metabolism. Iodine is also used by the immune system as an integral part of its broad array of cell-level defenses.

Zinc (as citrate). This mineral is essential for more than 300 enzymes involved in the metabolism of DNA, other nucleic acids, fats, and carbohydrates, also for the key antioxidant enzyme superoxide dismutase. Zinc is essential for healthy pregnancy and childhood growth, sexual maturation, behavior, immunity, skin quality, and hair renewal.

Copper (as glycinate). This mineral works with zinc to keep the superoxide dismutase enzyme active. Copper is also essential for the mitochondria to make energy, for the brain to produce certain transmitters, for connective tissue strength, blood vessel formation, and healthy blood coagulation.

Selenium (as sodium selenite). This mineral is required by at least 25 enzymes and other "selenium proteins". Selenium proteins include the glutathione peroxidase enzymes that help protect against oxygen free radicals, and a variety of other enzymes that help regulate gene activity, thyroid hormone production, protein synthesis, cell-to-cell communication, muscle development, and immunity. The sodium selenite in this formulation is hypoallergenic and therefore extremely well tolerated.

Manganese (as glycinate). This mineral is essential for another type of superoxide dismutase enzyme, which is located within the mitochondria and helps neutralize oxygen free radicals before they can do harm. Manganese is also used for the metabolism of cholesterol, carbohydrates, and amino acids, and to produce bone matrix components (proteoglycans).

Chromium (as picolinate). This mineral is essential for blood sugar metabolism. The chromium picolinate in this formulation is very well absorbed, helps cope with carbohydrate cravings, and supports healthy mood management.

Molybdenum (as glycinate). Five enzymes require this mineral to neutralize sulfites and bisulfites, potentially toxic substances that are generated from breathing the common pollutant sulfur dioxide and from the body's normal sulfur metabolism. These substances are also often sprayed onto foods and added into wines, vinegars, and even medical products.

Potassium (as citrate). This very important electrolyte helps to balance sodium, which typically is very abundant in the diet.

Choline (as bitartrate). This vitamin-like nutrient supports the production of acetylcholine, the body's most abundant nerve transmitter. Each choline molecule carries three methyl groups that can provide important backup for the methyl groups coming from folate and vitamin B12.

Lutein and Zeaxanthin. These two carotenoid nutrients help protect the retinal tissue of the eye against "free radicals" and other potentially damaging effects generated from light entering the eye. Though not yet proven to be vitamins, lutein and zeaxanthin are known from clinical testing to be very important for human vision.

Other nutrients in this formulation include boron, which supports calcium and magnesium metabolism, especially for bone health, and silicon, which supports connective tissue and bone integrity.

SAFETY

Doctor's Best Multi-Vitamin provides the nutrients that humans absolutely need for healthy metabolism and for healthy renewal, repair, and regeneration of our tissues.

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and maintenance of cells, tissues and organs.

Emotional, chemical, physical, and other stresses of modern living tend to deplete nutrients from the body and effectively increase daily nutritional requirements. Advancing age is linked to impaired nutrient absorption and utilization. Refining and other processing can lower the nutritional effectiveness of foods. Taking Doctor’s Best Multi-Vitamin daily will help ensure that the body’s needs for its most essential nutrients are fully satisfied.

SCIENTIFIC REFERENCES