

## MULTIPLE VITAMIN/MINERAL PROTOCOL



Realistically we are not all able to consume the 5-10 servings of fruit and vegetables per day to ensure that we acquire all 13 different vitamins and 17 different minerals. And even if we were able to get in all of our fruits and vegetables, the quality of the soil, the pesticides that are used and the overall environment is not the same as it was 10, even 25 years ago. Incorporating a multiple vitamin and mineral supplement into our daily routine ensures that we replenish and replace what our bodies need to function. The human body consists of millions of cells that are constantly regenerating. Each cell in the body needs a certain amount of vitamins and minerals to perform at its best and prevent illness. Vitamins are critical in the production of red blood cells and the maintenance of the nervous, skeletal and immune systems. Minerals are also needed in small amounts to help regulate body functions and aid in the growth and maintenance of body tissues and to help release energy. To ensure that our bodies are performing at their best most optimal level, it is therefore important to incorporate a multiple vitamin/mineral (multivite) supplement.

At CustomVite we have the ability to customize a multivite specifically tailored to the unique nutritional requirements of the individual patient. Not a "one-size fits all" supplement that can be obtained off the shelf. Several factors are important to consider when looking at a multivite for a patient. Elements such as gender, age, genetics, environment all need to be taken into consideration. Prescription drugs can also cause depletions and interactions with vitamins and minerals. Unfortunately, supplements that are available on the market do not tailor to these factors or elements. They are predetermined formulations designed to fit a population not the individual. Through the use of our Lifestyle and Medical History Questionnaire along with a series of analyzed laboratory results, CustomVite has the ability to make a recommendation that is designed specifically for the patient. No two formulations are alike, each one is unique. On the reverse is an example of a multiple vitamin/mineral formulation that can be used as a baseline for your patient and can be further manipulated to suit the needs of the individual.

### PROTOCOL HIGHLIGHTS

- Provides a wide range of antioxidants which includes Quercetin and Alpha-Lipoic Acid
- Uses Methylated forms of vitamins, for example Vitamin B12 (Methylcobalamin) to support homocysteine metabolism
- Emphasizes chelated forms of minerals which are more highly absorbed, for example calcium (amino acid chelate) vs. calcium (carbonate) which is a lower grade of calcium
- Contains Vitamin K2 (Menaquinone), the superior form of Vitamin K which benefits bone and cardiovascular health as well as is a powerful antioxidant
- Maintains a 2:1 ratio of Calcium and Magnesium for optimal absorption and maximum bioavailability
- Uses only USP/FCC grade supplements for all vitamins and minerals and herbal supplements are all standardized extracts
- CoQ10 softgel contains Vitamin E as a fat source which therefore increases absorption.
- Includes Fish Oil as a daily supplement which also enhances absorption of the multivite as a whole.

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*These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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# MULTIPLE VITAMIN/MINERAL PROTOCOL



<b>SUPPLEMENT</b>	<b>DOSAGE</b>
Vitamin A (Palmitate) .....	5000 IU
Beta Carotene .....	5000 IU
Mixed Carotenoids (from D. Salina) .....	5000 IU
Vitamin C .....	1000 mg
Vitamin D .....	1000 IU
Vitamin E .....	200 IU
Mixed Tocopherols .....	200 IU
Vitamin K2 (Menaquinone) .....	150 mcg
Thiamin (Vitamin B1) .....	50 mg
Riboflavin (Vitamin B2) .....	50 mg
Niacin (Niacinamide) (Vitamin B3) .....	50 mg
Pantothenic Acid (Vitamin B5) .....	50 mg
Pyridoxine Hydrochloride (Vitamin B6) .....	50 mg
Methylcobolamin (Vitamin B12) .....	1000 mcg
Biotin .....	500 mg
Folic Acid .....	800 mcg
Calcium (hydroxyapatite) .....	500 mg
Iodine (Potassium Iodide) .....	150 mcg
Magnesium (amino acid chelate) .....	250 mg
Zinc .....	30 mg
Selenium .....	200 mcg
Copper .....	1 mg
Manganese .....	6 mg
Chromium (amino acid chelate) .....	600 mcg
Molybdenum .....	100 mcg
Boron .....	1000 mcg
Potassium .....	99 mg
Vanadium (sodium metavanadate) .....	50 mcg
Fish Oil .....	1000 mg
Co-Enzyme Q-10 .....	50 mg
Lipoic Acid .....	100 mg
L-Carnitine (Fumarate) .....	250 mg
Quercetin .....	300 mg
Lutein .....	6 mg
Grapeseed Extract .....	25 mg

## RECOMMENDATIONS

The supplements in the listed protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists has the ability to customize each supplement (or even add/delete) to a patient's unique nutritional requirements. Dosages can be adjusted accordingly to help improve your patients overall nutritional status. This multiple vitamin/mineral recommendation does not take into account drug-nutrient interactions. By having the patient provide us with their current prescriptions and supplements through our Lifestyle and Medical History Questionnaire, we can cross reference their information to determine if there are any interactions for their personalized formulation.

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