

break  
through  
to the  
real you



Bio-vitality.com

by Alyssa Burns-Hill, MSc, FRSPH, MIHPE

## Client Information

### Multi Support (180 vcaps)

**£27.50**

Multi Support contains high-potency amounts of vitamins, minerals, trace elements, antioxidants, and natural carotenoids and is recommended as a daily supplement to provide a comprehensive foundation of essential micronutrients. Multi Support supplies 30 important nutrients in well-absorbed forms and amounts that meet or exceed recommended dietary intake levels, thus supporting many biological processes crucial to maintaining optimal health.

**More comprehensive than regular multiple vitamins:** Multi Support provides all of the vitamins found in regular multivitamin products but also includes extra amounts of vitamins C, E, D, and B-complex vitamins plus calcium, magnesium, and other crucial minerals and trace elements. Vitamins E and beta-carotene are supplied in their natural forms, **whereas most common brands contain synthetic forms that are not as effective.**

**Four products in one:** Multi Support is really four products in one. It is a multivitamin, an extra vitamin C supplement, an extra vitamin E supplement, and an extra calcium supplement. These four supplement categories are considered to be necessary, integral components of a healthy diet by nutrition experts. Iron is excluded from the formula as it is unnecessary for most people and may be potentially harmful as excessive amounts have been associated with heart disease, arthritis, and cellular damage. Vitamin K has also been excluded from this formula, making it suitable for patients using anticoagulant medications who wish to avoid taking this nutrient.

**More complete “families” of nutrients:** Multi Support contains 100% natural vitamin E complex supplying all of the mixed tocopherols (d-alpha, d-beta, d-gamma, and d-delta) to provide broader antioxidant protection. Both preformed, natural-sourced Vitamin A (retinol) and its carotene precursor extend more complete vitamin A nutrition. All-natural mixed carotenoids, including alpha- and beta-carotenes, lutein, zeaxanthin, and cryptoxanthin, offer more diverse benefit and are safer than synthetic beta-carotene alone. A complete array of B vitamins supports many metabolic functions and includes significant amounts of specific B vitamins most crucial to avoiding toxic build-up of homocysteine.

**Activated folate and vitamin B12:** Multi Support supplies L-5-methyltetrahydrofolate (L-5-MTHF) and folic acid, the active forms of folate. Unlike folic acid, these two active forms are absorbed and utilized directly and are the most beneficial forms for patients with elevated homocysteine resulting from compromised utilization of folate.

**Extra vitamin D3:** Natural vitamin D3 is included at 800 IU daily, a higher amount than typically found in daily multivitamins, to help achieve optimal intakes now recognized to support bone health as well as its numerous roles in tissues throughout the body.

**Bio-available minerals and trace elements:** Because many common forms of minerals used in supplements are not efficiently absorbed, Multi Support contains mineral compounds that are easy to digest and absorb. Mineral amino acid chelates used in Multi Support are fully-reacted, low molecular weight mineral compounds with exceptional tolerance and documented bioavailability. Calcium citrate-malate is a

This information service is not intended to make any claims or provide medical advice. Please [www.bio-vitality.com](http://www.bio-vitality.com) for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

#### Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at [www.bio-vitality.com](http://www.bio-vitality.com) (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.



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## Multi Support (continued)

Multi Support can be taken by anyone who wishes to establish a protective core foundation of high-potency nutrients. It is free of common allergens (milk, gluten, eggs, yeast), artificial flavours, preservatives, and colourings.

Supplement Facts			
Serving Size 6 Capsules • Servings Per Container 30			
Amount Per 6 Capsules		% Daily Value	
Vitamin A (50% (5,000 I.U.) from fish liver oil and 50% (5,000 I.U.) as natural carotenes (alpha, beta, cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> )	10,000 I.U.	200%	
Vitamin C (as calcium ascorbate)	750 mg	1250%	
Vitamin D <sub>3</sub> (as cholecalciferol)	800 I.U.	200%	
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols)(d-beta, d-delta, d-gamma) from soy	400 I.U.	1333%	
Thiamine (as thiamine hydrochloride USP)	50 mg	3333%	
Riboflavin USP	25 mg	1471%	
Niacin (75% as niacinamide USP and 25% as niacin USP)	100 mg	500%	
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride USP)	25 mg	1250%	
Folate (50% as folic acid (L-5-formyltetrahydrofolate) and 50% as L-5-methyltetrahydrofolate)	800 mcg**	200%	
Vitamin B <sub>12</sub> (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	200 mcg	3333%	
Biotin USP	300 mcg	100%	
Pantothenic Acid (as d-calcium pantothenate USP)	150 mg	1500%	
Calcium (64% as calcium citrate-malate and 36% as calcium ascorbate)	250 mg	25%	
Iodine (from kelp)	150 mcg	100%	
Amount Per 6 Capsules		% Daily Value	
Magnesium (as magnesium glycinate chelate***)	250 mg	63%	
Zinc (as zinc glycinate chelate***)	15 mg	100%	
Selenium (as selenium amino acid complex)	200 mcg	286%	
Copper (as copper glycinate chelate***)	2 mg	100%	
Manganese (as manganese glycinate chelate***)	10 mg	500%	
Chromium (50% as chromium polynicotinate**** and 50% as chromium nicotinate glycinate chelate***)	200 mcg	167%	
Molybdenum (as molybdenum glycinate chelate***)	150 mcg	200%	
Potassium (as potassium aspartate)	50 mg	1%	
Boron (as boron aspartate-citrate)	2 mg	*	
Vanadium (as bis-glycinato oxovanadium)	100 mcg	*	
Choline (as choline bitartrate)	100 mg	*	
Inositol	25 mg	*	
para-Aminobenzoic Acid USP	50 mg	*	
Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone)	100 mg	*	

Other ingredients: Vcaps™ vegetarian capsule, water, silicon dioxide, magnesium stearate, and natural citrus flavor.

\*\*Amount of active isomers from mixed isomer forms.

\*\*\*Albion Laboratories

\*\*\*\*ChromeMate® brand InterHealth N.I. Covered by one or more U.S. Patents 4,923,855, 4,954,492 and 5,194,615.

**Suggested Use:** 6 capsules daily with food.

**Cautions and Contraindications:** No adverse reactions or drug interactions have been reported.

This product is safe for pregnant and breast feeding women.

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: Sept 2009

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