

# ActivNutrients™

Hypoallergenic Multivitamin/Mineral Formula for Wellness Support\*



ActivNutrients formulas are available in 120 capsules  
ActivNutrients Without Iron is also available in 240 capsules

## Discussion

It's a fact that good nutrition is a basis for wellness, and good nutrition usually translates into a stronger immune system and better health. An important aspect of good nutrition is micronutrition (vitamins and minerals).<sup>[1-4]</sup> Micronutrients play a role in converting food to energy; building and repairing tissues and DNA; manufacturing neurotransmitters, hormones, and other modulators in the body; breaking down and detoxifying xenobiotics and medications; and maintaining growth, reproduction, and health. According to research by the USDA and other organizations, the American diet is lacking micronutrients.<sup>[5-8]</sup> In fact, nine out of 10 Americans are missing key micronutrients. Common culprits may be food-production and storage techniques, poor food choices, and nutrient-depleting preparation methods. Whatever the cause, the bottom line is that children and adults are not consuming enough nutrient-rich foods to meet all their most basic vitamin and mineral needs.<sup>[6]</sup> What's more, the recommended intakes (e.g., %DV, DRIs, EARs, RDAs) are designed to meet the *minimum needs* of *some* healthy individuals; they are not designed to meet the requirements of all individuals, especially the chronically ill.\* There are numerous reasons to select ActivNutrients:

**Balanced Profile** Vitamins and minerals work synergistically and cooperatively when present in proper amounts. However, imbalances between micronutrients can disrupt this synergistic relationship, possibly leading to instances of competitive intestinal absorption or displacement at the metabolic/cellular level, which can produce relative excesses and insufficiencies. For this reason, ActivNutrients' balanced profile includes calcium and magnesium, zinc and copper, vitamins C and E, bioactive folate, vitamin B12 and B vitamin complex, beta-carotene, and trace elements.\*

**Bioavailability** The micronutrients are provided in bioavailable forms so that they can be better absorbed and utilized. A full complement of Albion® patented mineral chelates and complexes is contained in ActivNutrients. Albion is a recognized world leader in mineral amino acid chelate nutrition and manufactures highly bioavailable nutritional mineral forms that are validated by third-party research

## Clinical Applications

- » Foundation Nutrition for a Variety of Protocols\*
- » Basic “Insurance” Formula for Wellness\*
- » Supports Antioxidant Protection\*
- » Supports Detoxification\*
- » Supports Health in Those with Poor Nutrient Intake\*
- » Supports Those with Stressful Lifestyles\*

*This high-quality, hypoallergenic, multivitamin/mineral blend includes activated vitamins; folate as a blend of Quatrefolic®† (5-MTHF) and folic acid for optimal utilization; and patented Albion® TRAACS® chelated mineral complexes in vegetable capsules. The comprehensive nutrient profile in ActivNutrients™ supports foundational wellness; antioxidant activity with vitamins C and E, selenium, and beta-carotene; and phase I detoxification.\**

and clinical studies. Not only does this formula contain natural vitamin E—which has been proven to be up to 100% more bioavailable than synthetic dl-alpha-tocopherol—but it also provides mixed tocopherols to more closely approximate how one might consume vitamin E in healthful foods.<sup>[9,10]</sup> Folate is provided as folic acid and 5-methyltetrahydrofolate (5-MTHF)—the most bioactive form of folate.<sup>[11]</sup> The form of 5-MTHF in this formula is Quatrefolic®†, which is proven to have greater stability, solubility, and bioavailability over calcium salt forms of 5-MTHF. Vitamins B2 and B6 are also provided in activated forms, and vitamin B12 is provided as methylcobalamin.\*

**Energy Production** ActivNutrients provides generous levels of B vitamins, which serve as prime coenzymes in glycolysis and oxidative phosphorylation, and as cofactors in amino acid and lipid metabolism. The balanced presence of B vitamins in this formula is essential to their cooperative functioning and excellent for those with stressful lifestyles.\*

**Antioxidant Protection** The broad spectrum of nutrients delivering antioxidant activity in the formula includes natural vitamin E, vitamin C, selenium, zinc, beta carotene, and trace elements. The balance of these provides for effective antioxidant functioning; they often work synergistically to regenerate each other and maintain consistent levels of antioxidant activity both intra- and extracellularly.\*

**Detoxification Support** Xenobiotics, including environmental pollutants and medications, must undergo biotransformation into molecules that can be easily excreted from the body. There are significant levels of bioavailable riboflavin, niacin, folate, and B12 present in the formula to support phase I detoxification, which is needed to contend with the increasing demand posed by xenobiotics and metabolic by-products. Beta carotene, vitamin C, tocopherols, selenium, copper, zinc, and manganese are present to protect tissues from reactive intermediates formed between phase I and phase II detoxification.\*

\*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.

**ActivNutrients™ Supplement Facts**

Serving Size: 2 Capsules

|   | Amount Per Serving | %DV   |
|---|--------------------|-------|
| Vitamin A (75% as beta-carotene and 25% as retinyl palmitate)                               | 3750 IU            | 75%   |
| Vitamin C (as calcium ascorbate, sodium ascorbate, potassium ascorbate, and zinc ascorbate) | 125 mg             | 208%  |
| Vitamin D3 (as cholecalciferol)   | 100 IU             | 25%   |
| Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)                           | 100 IU             | 333%  |
| Vitamin D3 (as cholecalciferol)   | 100 IU             | 25%   |
| Thiamin (as thiamine mononitrate)   | 10 mg              | 667%  |
| Riboflavin (as riboflavin 5'-phosphate)   | 10 mg              | 588%  |
| Niacin (as niacinamide and niacin)  | 32 mg              | 160%  |
| Vitamin B6 (as pyridoxal 5'-phosphate)  | 10 mg              | 500%  |
| Folate (100 mcg as folic acid and 100 mcg as 5-methyltetrahydrofolate <sup>†</sup> )        | 200 mcg            | 50%   |
| Vitamin B12 (as methylcobalamin)  | 250 mcg            | 4167% |
| Biotin  | 500 mcg            | 167%  |
| Pantothenic Acid (as d-calcium pantothenate)  | 100 mg             | 1000% |
| Calcium (as DimaCal <sup>®</sup> Di-Calcium Malate and calcium ascorbate)                   | 50 mg              | 5%    |
| Iron (as Ferrochel <sup>®</sup> Ferrous Bisglycinate Chelate)                               | 2.5 mg             | 14%   |
| Iodine (as potassium iodide)  | 50 mcg             | 33%   |
| Magnesium (as Di-Magnesium Malate)  | 50 mg              | 13%   |
| Zinc (as TRAACS <sup>®</sup> Zinc Glycinate Chelate and zinc ascorbate)                     | 6.5 mg             | 43%   |
| Selenium (as Selenium Glycinate Complex)  | 50 mcg             | 71%   |
| Copper (as TRAACS <sup>®</sup> Copper Glycinate Chelate)                                    | 0.5 mg             | 25%   |
| Manganese (as TRAACS <sup>®</sup> Manganese Glycinate Chelate)                              | 0.25 mg            | 13%   |
| Chromium (as TRAACS <sup>®</sup> Chromium Nicotinate Glycinate Chelate)                     | 250 mcg            | 208%  |
| Molybdenum (as TRAACS <sup>®</sup> Molybdenum Glycinate Chelate)                            | 25 mcg             | 33%   |
| Potassium (as Potassium Glycinate Complex, potassium ascorbate, and potassium iodide)       | 49.5 mg            | 1%    |
| Inositol  | 18 mg              | **    |
| Choline (as choline dihydrogen citrate)   | 18 mg              | **    |
| PABA (para-aminobenzoic acid)   | 6.5 mg             | **    |
| Vanadium (as TRAACS <sup>®</sup> Vanadium Nicotinate Glycinate Chelate)                     | 375 mcg            | **    |

**Other Ingredients:** HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, and silica.

**DIRECTIONS:** Take two capsules twice daily, or as directed by your healthcare practitioner.

**DOES NOT CONTAIN:** Wheat, gluten, corn protein, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**CAUTIONS:** Consult your healthcare practitioner before use. Keep out of reach of children. Avoid if allergic to any ingredient.

**STORAGE:** Keep tightly closed in a cool, dry place.

**Also Available in:**

ActivNutrients™ without Copper & Iron  
**Activated Vitamin Cofactors in a Hypoallergenic Proprietary Blend with Patented Mineral Chelates**

The same great formula as ActivNutrients, but without copper, iron, or folic acid. Folate is provided as a blend of calcium folinate and Quatrefolic.

ActivNutrients™ without Iron  
**Hypoallergenic Multivitamin/Mineral Formula for Wellness Support\***  
The same great formula as ActivNutrients, but without iron.



DimaCal, Ferrochel, TRAACS<sup>®</sup> and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending.



† Quatrefolic<sup>®</sup> is a registered trademark of Gnosis S.p.A. Patents pending.

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All XYMOGEN<sup>®</sup> Formulas Meet or Exceed cGMP Quality Standards.

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