

Women's Multivitamin and Mineral Formula with Bioperine®

A good multi-vitamin and mineral formula is a key component of overall good health. Biomed's **MultiFem™** provides a full spectrum nutritional multi-vitamin, mineral, trace element and herbal support formula all in one energizing and highly potent state-of-the-art formula specifically designed for a woman's everyday needs. Life in the 21st Century is perhaps more demanding on a woman's life than it has even been. A woman's life today frequently operates in several spheres at once and can include such varied facets as: running a household and/or family, climbing the corporate ladder or holding down a full time job and acting out the role of a weekend warrior. This necessitates the need to take an effective multi-vitamin and mineral formula that enables women to operate at peak performance the whole day long.

Many women today may not be getting their full nutritional value from the foods they eat –they may be dieting, eating on the run or eating foods which are depleted of their nutritional value. Even for women who do eat regularly, due to depleted nutrients in the soil, the use of chemicals in food production and processing and the prevalent use of prescription drugs (including birth control pills), it is not uncommon to be vitamin and mineral deficient. This situation combined with the added rigors of a stressful lifestyle makes it essential that supplementation with vitamins and minerals become a part of the daily routine. Biomed's **MultiFem™** has been uniquely formulated to provide women with the specific mix and quantity of different vitamins and minerals they require to maintain good health.



Each vegetarian capsule contains:

Ingredients	Dosage
Vitamin A (palmitate)	.750 IU
Beta carotene (Mixed carotenoids)	.750 IU
Total vitamin A in activity	1000 IU
Vitamin B1 (thiamine HCL)	.2.5 mg
Vitamin B2 (riboflavin 5 phosphate)	.2.5 mg
Vitamin B3 (niacinamide)	.2.5 mg
Vitamin B6 (pyridoxine HCL; pyridoxal 5 phosphate)	.25 mg
Vitamin B12 (cyanocobalamin)	.50 µg
Folic acid	.0.25 mg
Pantothenic acid (calcium pantothenate)	.25 mg
Biotin	.10 µg
Vitamin C (Calcium ascorbate)	.25 mg
Vitamin E (d-alpha tocopherol succinate)	.50 IU
Vitamin D2 (ergocalciferol)	.100 IU
Calcium (citrate/carbonate)	.200 mg
Magnesium (HVP* chelate)	.75 mg
Iron (citrate)	.1 mg
Zinc (HVP* chelate)	.5 mg
Copper (HVP* chelate)	.1 mg
Iodine (potassium iodide)	.0.025 mg
Selenium (HVP* chelate)	.25 µg
Chromium (HVP* chelate)	.50 µcg
Potassium (HVP* chelate)	.10 µg
Manganese (HVP* chelate)	.0.5 mg
Vanadium (HVP* chelate)	.5 µg
Molybdenum (HVP* chelate)	.2 µg
Silicon (dioxide)	.1 mg

*HVP = Hydrolyzed Vegetable Protein (rice)

Non-medical ingredients:

Red clover extract (8% isoflavons)	.25 mg
Evening primrose oil	.50 mg
Bioperine®	.3 mg

Excipients: microcrystalline cellulose, magnesium stearate, silicon dioxide.

Contraindications: Do not use in individuals with known or suspected sensitivity to any of the above listed ingredients.

ADULT DOSE: Take 1-2 capsules 2 times a day with food, or as directed by a practitioner.

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MULTIFEM™

Recognizing that stress is a fact of life for women today, MultiFem contains a full complement of B vitamins as these vitamins work best when they work together. It also provides extra pantothenic acid to support the adrenal glands and an extra quantity of B-6 and zinc, which are important immune system boosters. Vitamin C is a further important stress fighter. It works to support the adrenal function, is an important immune-system protein and is required to metabolize folic acid. Vitamins B-6 and B-12 work synergistically with folic acid in helping to maintain a woman's reproductive health by addressing symptoms associated with monthly hormonal fluctuations, fatigue, anemia and elevated homocysteine levels.

It is common for women to be deficient in chromium, a condition that can lead to anxiety, fatigue and glucose intolerance. Recognizing this, **MultiFem™** includes a healthy dose of chromium. Likewise, in order to build strong bones, it contains a good quantity of calcium, balanced with magnesium, vitamin D that works synergistically with the calcium and several other trace minerals.

Biomed's **MultiFem™** also contains two herbal supplements: red clover extract and evening primrose oil. Red Clover is a phyto-estrogen containing several isoflavones, which have been demonstrated to be good for the cardiovascular system and useful in balancing women's hormones. Studies involv-

ing red clover extract have shown it to be effective in managing menopausal symptoms including hot flashes. Evening primrose oil contains gamma linolenic acid (or GLA), a type of fatty acid which inhibits the inflammatory process. In terms of women's health, GLA acts as a natural estrogen that is beneficial in treating menstrual conditions including breast tenderness, cramps, heavy bleeding and hot flashes.

Finally, to increase the bioavailability of the active ingredients in **MultiFem™**s, Bioperine® has been added. Bioperine® is a standardized extract from the fruits of black pepper, which scientific studies have shown that Bioperine® can greatly increase the bioavailability of many other compounds — such as vitamins, minerals and herbal substances. Bioperine® improves the absorption of these compounds in the intestine, promotes their retention in cells, and prevents their being metabolized in the liver, thereby increasing their overall effectiveness.