

Multivitamin and mineral formula with Bioperine®

Due to the stresses and hurried nature of life in the 21st Century, it is not unusual for Canadians to receive less than their recommended required intake of various vitamins and minerals. Vitamins and minerals are substances that the body requires in order to properly grow, function and remain healthy. Also referred to as micronutrients, vitamins and minerals are not manufactured by the body itself and therefore it is necessary to acquire them through other means – such as the food we eat or supplementation.

Multi Supreme™ has been formulated to provide a well-proportioned blend of a full spectrum of the vitamins, minerals and lipotropic factors the body needs to remain healthy.

Increased Bioavailability

To increase the bioavailability of the micronutrients in **Multi Supreme™**, Bioperine® has been added. Bioperine® is a standardized extract from the fruits of black pepper, which studies have shown enhances the bioavailability of other compounds (e.g. vitamins, minerals and herbal substances). Bioperine® improves the absorption of these compounds by the intestine, promotes their retention in cells, and prevents their being metabolized in the liver, thereby increasing their overall effectiveness.



Each tablet contains:

Constituents	Dosage
Vitamin A (palmitate)	3333.33 IU
Total vitamin A in activity	3333.33 IU
Vitamin E (d-alpha tocopheryl acid succinate)	66.66 IU
Vitamin B1 (thiamine hydrochloride)	16.66 mg
Vitamin B2 (riboflavin)	12.5 mg
Vitamin B3 (niacinamide)	25 mg
Vitamin B5 (calcium pantothenate)	25 mg
Vitamin B6 (pyridoxal hydrochloride)	12.5 mg
Vitamin B12 (cyanocobalamin)	25 µg
Folic acid	130 µg
Biotin	33.3 µg
Vitamin C (ascorbic acid)	166.66 mg
Calcium (HVP chelate)	150 mg
Magnesium (HVP chelate)	75 mg
Zinc (HVP chelate)	7.5 mg
Iron (HVP chelate)	.3 mg
Copper (HVP chelate)	.500 µg
Iodine (Kelp)	.40 µg
Selenium (HVP chelate)	.25 µg
Chromium (HVP chelate)	.25 µg
Potassium (HVP chelate)	16.5 mg
Manganese (HVP chelate)	.3.3 mg
*HVP = Hydrolyzed Vegetable Protein (rice)	

Lipotropic factors:

Choline (bitartrate)	.4 mg
Inositol	.8.3 mg

Non-medical ingredients:

PABA (Paraaminobenzoic acid)	12.5 mg
Betaine hydrochloride	25 mg
Lecithin	16.66 mg
Citrus bioflavonoids	33.33 mg
Rutin	3.33 mg
Bioperine®	.3 mg

Excipients: vegetable stearate, magnesium stearate, silicon dioxide.

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

ADULT DOSAGE: Take 3 tablets per day with food, or as directed by a practitioner.

continued on back page

MULTI-SUPREME™

Why are most people depleted of vitamins and minerals?

Factors such as deterioration in the mineral content of the soils our food is grown in and increased environmental contamination of the air, water and land around us have over the past 100 years reduced our ability to secure the full range and quantity of micronutrients we need to remain healthy. Combined with the compromised diet that most North Americans now eat (e.g. foods which are over processed, overcooked or too rich in nutrient-depleted ingredients) and the consumption of large quantities of sugars, fats, caffeine and alcohol means that most people no longer can rely on their diet to receive all the minerals and vitamins they require to remain healthy.

Caffeine, in cola, chocolate, coffee and cappuccinos, inhibits the absorption of iron by as much as 85%. High sugar intake reduces the absorption of vitamins and minerals. Highly refined foods rob the body of the vital nutrients found in unprocessed (or better still, raw organic) foods. Alcohol inhibits the body's ability to absorb proteins, fats, vitamins and several minerals.

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Vitamins

Vitamins are vital for regular body functions, mental alertness and immunity from disease and infection. Vitamins are important in the metabolism of carbohydrates, fats and protein in that they do not provide calories to the body.

Vitamins fall into two classifications: water-soluble and fat-

soluble. Water-soluble vitamins include the B-vitamins and vitamin C. Since water-soluble vitamins are not stored in the body they need to be taken into the body on a regular-basis. Also any excess quantity taken is excreted from the body, usually in the urine. Fat-soluble vitamins, which include vitamins A and D, are stored in the body's fatty tissue and liver. Fat-soluble vitamins can accumulate in the body and reach toxic levels if over consumed.

Minerals

Minerals are important in maintaining proper health and function in the body. Certain minerals, such as calcium, magnesium, and potassium, are referred to as major minerals as the body requires them in large quantities. For instance, calcium, phosphorus and magnesium are important in maintaining healthy teeth and bones. The body requires other minerals, such as chromium, copper, iodine, iron, manganese, selenium and zinc in small quantities. Trace minerals are also important for normal growth and health: Chromium is important for glucose metabolism; iodine helps to metabolize fats and for a healthy thyroid gland; iron is vital in the production of hemoglobin and the oxygenation of red blood cells; and zinc aids in wound healing and in boosting the immune system and male fertility.

Lipotropic Factors

Biomed's Multi Supreme™ contains the lipotropic factors choline (bitartrate) and inositol to help keep cholesterol more soluble, to detoxify the liver and to increase resistance to disease by helping the thymus gland carry out its important work.