



## 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, proprietary multivitamin/mineral blend features activated vitamin cofactors, folate as a blend of 5-MTHF<sup>†</sup> and folic acid for optimal utilization, and patented Albion<sup>®</sup> chelated mineral complexes in vegetable capsules. The balanced nutrient profile in VitaMineral Max supports vitamin/mineral synergistic activity; antioxidant protection with vitamins C and E, selenium, and carotenoids; and phase I detoxification.\**

All NutriMedical Formulas Meet or Exceed cGMP Quality Standards

## Discussion

It's a fact that good nutrition is a basis for wellness, and good nutrition usually translates into a stronger immune system, less illness, and improved 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>[5-9]</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 VitaMineral Max:

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

**Bioavailability** The micronutrients are provided in bioavailable forms, meaning that they may be better absorbed and utilized. A full complement of Albion<sup>®</sup> patented mineral chelates and complexes is contained in VitaMineral Max. 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 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 is 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<sup>®†</sup>, 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** VitaMineral Max 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, mixed carotenoids, 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, folic acid, 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. Carotenes, 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.**



# Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

Amount Per Serving %DV*			Amount Per Serving %DV*		
Vitamin A (75% [2,812 IU] as mixed carotenoids 25% [938 IU] as cis-retinol palmitate)	3750 IU	75%	Zinc (TRAACS® Zinc Glycinate Chelate)	6.5 mg	43%
Vitamin C (as potassium ascorbate, zinc ascorbate, calcium ascorbate, and sodium ascorbate)	125 mg	208%	Selenium (as Selenium Glycinate Complex)	50 mcg	71%
Calcium (DimaCal® Di-Calcium Malate and calcium ascorbate)	50 mg	5%	Copper (TRAACS® Copper Glycinate Chelate)	500 mcg	25%
Vitamin D3 (as cholecalciferol)	100 IU	25%	Manganese (TRAACS® Manganese Glycinate Chelate)	250 mcg	13%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	250 mcg	208%
Vitamin B1 (as thiamine mononitrate)	10 mg	667%	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%
Vitamin B2 (as riboflavin 5' phosphate)	10 mg	588%	Potassium (as Potassium Glycinate Complex and potassium ascorbate)	50 mg	1%
Vitamin B3 (as niacinamide and niacin)	32 mg	160%	Inositol	18 mg	**
Vitamin B6 (as pyridoxal 5' phosphate)	10 mg	500%	Choline (as choline dihydrogen citrate)	18 mg	**
Folate (100 mcg as folic acid and 100 mcg as 5-methyltetrahydrofolate†)	200 mcg	50%	PABA ( <i>para</i> -aminobenzoic acid)	6.5 mg	**
Vitamin B12 (as methylcobalamin)	250 mcg	4167%	Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	375 mcg	**
Biotin	500 mcg	167%	* Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value (DV) not established.		
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%			
Iodine (as potassium iodide)	50 mcg	33%			
Magnesium (as Di-Magnesium Malate)	50 mg	13%			

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



DimaCal, TRAACS 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™ † Quatrefolic™ is a registered trademark of Gnosis S.p.A. Patents Pending.

## Directions

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

## References

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## Cautions

Consult your healthcare practitioner before use. Avoid if allergic to any ingredient.

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