

# All-In-One Multi-Vitamin & Mineral

This one formulation replaces the need for 5-8 additional vitamin and mineral products.

A full spectrum multi-vitamin and mineral enriched with optimal antioxidant protection, a B-50 complex, carotenoids (lycopene and lutein), bioflavonoids, 500 mg of elemental calcium, and all essential vitamins from A to Zinc. This all-in-one formulation replaces the need for 5-8 different vitamin bottles, making it more cost-effective and practical for individuals to acquire optimal levels of antioxidant protection with the health-promoting doses of all other vitamins and minerals.

This supplement helps the body defend itself against many degenerative conditions, while providing important anti-aging benefits that slow the aging process. Using this product in conjunction with Nature's Essential Oils, improves the skin's complexion, texture and appearance. The B-50 complex is important to support and repair nerve function and the vitamin E, in the form of vitamin E Succinate, has been shown to possess the most potent anti-cancer properties compared to all other forms of vitamin E. Studies also show that most adults are missing 500 mg of calcium from their diet between ages 15 and 50 to defend against osteoporosis, which now affects one in four women and one in four men over the age of 50. This product helps ensure that each individual will minimize their risk of future development of this common and preventable bone condition, which causes more deaths each year than the combined mortality rate for breast and ovarian cancers in women. For all these reasons, and many more, the Adëeva All-in-One Multiple-Vitamin and Mineral is a foundation supplement for virtually every adult.

## Clinical Applications:

Essential foundation support for disease prevention in general, including osteoporosis

Enhance fertility

Adjunctive nutritional support for: inflammatory states, cancer, heart disease, high blood pressure, cognitive impairment, weakened immune states, cataracts, macular degeneration, prevention of neural tube defects (e.g. spinal bifida) and various skin conditions.

## Active Ingredients

Vitamin A (palmitate)	2,500 I.U.
Beta Carotene	10,000 I.U.
Vitamin D (cholecalciferol)	400 I.U.
Vitamin E (d-alpha tocopherol succinate)	400 I.U.
Vitamin C (ascorbic acid)	1,000 mg
Vitamin B-1 (thiamine mononitrate)	50 mg
Vitamin B-2 (riboflavin)	50 mg
Niacin (niacinimide)	50 mg
Vitamin B-6 (pyridoxine hydrochloride)	50 mg
Vitamin B-12 (cyanocobalamin)	50 mcg
Folic Acid	400 mcg
D-Pantothenic Acid (calcium d-pantothenate)	50 mg
Biotin	300 mcg
Calcium (carbonate & citrate)	500 mg
Iron (ferrous fumarate)	6 mg
Magnesium (magnesium oxide)	200 mg
Zinc (citrate)	15 mg
Copper (gluconate)	2 mg
Chromium (hvp chelate)	50 mcg
Manganese (gluconate)	5 mg
Selenium (hvp chelate)	100 mcg
Molybdenum (citrate)	50 mcg
Bioflavonoids (citrus complex)	50 mg
Lycopene (5%)	6 mg
Lutein (5%)	6 mg

Amounts for 4 capsules, 120 per bottle

## Contraindications & Considerations

### Conditions:

- History of allergic reaction/intolerance to vitamin supplements
- GI Ulcer<sup>1</sup>
- Sickle Cell Anemia
- Pregnancy<sup>2</sup>
- Breast Feeding or Lactation<sup>3</sup>
- Hemolytic Anemia (Glucose-6 Phosphate Dehydrogenase Deficiency)
- Kidney Failure (Renal Failure)<sup>4</sup>
- History of Kidney Stone<sup>5</sup>
- Wilson's Disease – copper storage disease (Hepatolenticular Degeneration)
- Hemochromatosis – Iron Storage Disease<sup>4</sup>
- Received a transplant of any kind<sup>4</sup>
- If kidney has been removed<sup>4</sup>
- Kidney clearance problem (e.g., a dialysis patient)<sup>4</sup>
- Sarcoidosis<sup>4</sup>

<sup>1</sup> Monitor patient tolerance with supplementation

<sup>2</sup> Pregnancy: Take one caplet per day PLUS prenatal vitamin (with physician approval)

<sup>3</sup> Breast Feeding: Take one caplet per day PLUS prenatal vitamin (with physician approval)

<sup>4</sup> Requires approval from specialist/physician

<sup>5</sup> Take 2-3 caplets per day maximum

