

ActivNutrients™ Supplement Facts

Serving Size: 2 Capsules

	Amount Per Serving	%Daily Value
Vitamin A (75% [2,812 IU] as mixed carotenoids 25% [938 IU] as cis-retinol palmitate)	3750 IU	75%
Vitamin C (as potassium ascorbate, zinc ascorbate, calcium ascorbate, and sodium ascorbate)	125 mg	208%
Calcium (DimaCal® Di-Calcium Malate and calcium ascorbate)	50 mg	5%
Iron (Ferrochel® Ferrous Bisglycinate Chelate)	2.5 mg	14%
Vitamin D3 (as cholecalciferol)	100 IU	25%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%
Vitamin B1 (as thiamine mononitrate)	10 mg	667%
Vitamin B2 (as riboflavin 5' phosphate)	10 mg	588%
Vitamin B3 (as niacinamide, 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 [†])	200 mcg	50%
Vitamin B12 (as methylcobalamin)	250 mcg	4167%
Biotin	500 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as Di-Magnesium Malate)	50 mg	13%
Zinc (TRAACS® Zinc Glycinate Chelate)	6.5 mg	43%
Selenium (as Selenium Glycinate Complex)	50 mcg	71%
Copper (TRAACS® Copper Glycinate Chelate)	500 mcg	25%
Manganese (TRAACS® Manganese Glycinate Chelate)	250 mcg	13%
Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	250 mcg	208%
Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%
Potassium (as Potassium Glycinate Complex and potassium ascorbate)	50 mg	1%
Inositol	18 mg	**
Choline (as choline dihydrogen citrate)	18 mg	**
PABA (<i>para</i> -aminobenzoic acid)	6.5 mg	**
Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	375 mcg	**

** Daily Value not established.

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, artificial colors, sweeteners, or preservatives.**CAUTIONS:** Consult your healthcare practitioner before use. Avoid if allergic to any ingredient.**STORAGE:** Keep tightly closed in a cool, dry place.**ActivNutrients™ Without Iron and ActivNutrients™ Without Copper and Iron are also available.**

DimaCal, Ferrochel, 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® is a registered trademark of Gnosis S.p.A. Patents Pending.

References

- Ames BN. A role for supplements in optimizing health: the metabolic tune-up. *Arch Biochem Biophys*. 2004 Mar 1;423(1):227-34. [PMID: 14989256]
- Toffanello ED, Inelmen EM, Minicuci N, et al. Ten-year trends in vitamin intake in free-living healthy elderly people: the risk of subclinical malnutrition. *J Nutr Health Aging*. 2011 Feb;15(2):99-103. [PMID: 21365161]
- Block G, Jensen CD, Norkus EP, et al. Usage patterns, health, and nutritional status of long-term multiple dietary supplement users: a cross-sectional study. *Nutr J*. 2007 Oct 24;6:30. [PMID: 17958896]
- Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. *JAMA*. 2002 Jun 19;287(23):3127-29. [PMID: 12069676]
- Moshfegh AJ, Goldman JD, Ahuja JK, et al. U.S. Department of Agriculture, Agricultural Research Service. What we eat in America, Nhanes 2005-2006. Usual nutrient intakes from food and water compared to 1997 dietary reference intakes for vitamin D, calcium, phosphorus, and magnesium. http://www.ars.usda.gov/SP2UserFiles/Place/12355000/pdf/0506/usual_nutrient_intake_vitD_ca_phos_mg_2005-06.pdf Published July 2009. Accessed February 22, 2011.
- What we eat in America. WIN Notes. Weight Control Information Network. <http://win.niddk.nih.gov/notes/winter99/artcl6.htm>. Accessed July 22, 2011.
- Milk Processor Education Program. What America's Missing: A 2011 Report on the Nation's Nutrient Gap. Why Milk.com. http://www.whymilk.com/pdfs/what_americas_missing.pdf. Accessed August 3, 2011.
- Alexy U, Libuda L, Mersmann S, Kersting M. Convenience foods in children's diet and association with dietary quality and body weight status. *Eur J Clin Nutr*. 2011 Feb;65(2):160-66. [PMID: 21139631]
- Kiyose C, Muramatsu R, Kameyama Y, et al. Biodiscrimination of alpha-tocopherol stereoisomers in humans after oral administration. *Am J Clin Nutr*. 1997 Mar;65(3):785-89. [PMID: 9062530]
- Burton GW, Traber MG, Acuff RV, et al. Human plasma and tissue alpha-tocopherol concentrations in response to supplementation with deuterated natural and synthetic vitamin E. *Am J Clin Nutr*. 1998 Apr;67(4):669-84. [PMID: 9537614]
- Venn BJ, Green TJ, Moser R, et al. Comparison of the effect of low-dose supplementation with L-5-methyltetrahydrofolate or folic acid on plasma homocysteine: a randomized placebo-controlled study. *Am J Clin Nutr*. 2003 Mar;77(3):658-62. [PMID: 12600857]

Additional references available upon request

All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

The statements in this document have not been evaluated by the Food and Drug Administration. Products listed are not intended to diagnose, treat, cure, or prevent any disease.

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.