

Clinical Nutrients Technical Data

Clinical Nutrients™ dietary supplements are comprehensive multivitamin and mineral supplements formulated with clinically effective levels of nutrients. The high potency combination of essential vitamins, minerals, and key nutrients are designed to meet the different needs of all age and gender groups.

- Age and gender specific formulas to meet nutrient needs of different life stages
- Optimal levels of nutrients, provided in their most bioavailable forms for easy assimilation†
- High quality, consistent products manufactured at an FDA registered drug establishment
- Specialized coating to ease swallowing
- Sensitive Stomach option available to meet individual needs

HOW DOES IT WORK?

Why Take Multivitamins

Research shows that most Americans don't get the recommended daily allowances of vitamins and minerals from their diets. ¹ And, busy lifestyles take a toll on nutrient stores of vitamins and minerals needed for optimal energy production and healthy stress management. Requirements for nutritional support of the body can be altered due to changes in nutritional availability, time commitments, stress levels and energy requirements that individuals may experience on a daily basis. ^{2,3}

Water soluble nutrients such as the B-vitamins, vitamin C and certain minerals are not stored in the body, and so require constant replenishing. They're required to support daily energy levels, to form neurotransmitters, hormones, and immune system substances, and to protect from the effects of stress, aging, occasional sleeplessness and oxidative stress.†⁴

Natural phytonutrients such as lutein, zeaxanthin, hesperidin and fruit extracts can round out the nutritional profile of a high-quality multiple. ⁵⁻⁷

Multivitamin and mineral supplements have been clinically shown to enhance many aspects of health.† ⁸ In order to provide optimal health benefits, the supplement must provide a full range of essential vitamins and minerals, at clinically effective levels, along with other nutrients that provide targeted support to the body's organs and systems.†⁸

Most once-daily multivitamins are formulated to provide *only* the recommended daily allowances (RDA), which is defined as the *minimum* amount of a vitamin or mineral that is required to prevent a deficiency disease (i.e., scurvy, rickets).⁹ The RDAs are not necessarily the amount required for optimum health.

Clinical Nutrients™ multivitamins are formulated to provide essential nutrients for energy, bone support, digestion, vision, healthy aging, blood sugar metabolism, and immune health.[†]

Making Multivitamins Easier to Swallow

An online survey of 679 adults found that 40 percent of them had difficulty swallowing pills. Factors that affected the perceived difficulty in swallowing the pill included the size of the pill and the shape.¹⁰ Comprehensive multivitamins, by their very nature, can be large tablets.

To make *Clinical Nutrients™* Daily Multiples easier to swallow, they are coated using OrganiGlide™ Technology. This unique, OrganiGlide coating is composed of organic spirulina and natural acacia gum that protects the nutrients from light and moisture while helping the tablet slide down the esophagus.

Key Multivitamin Ingredients

Clinical Nutrients™ Daily Multiples offer the following ingredients that are key to good health:

Ingredient	Key Functions and Benefits
Vitamin A and Beta-Carotene	<p>Helps support healthy skin and mucous membrane integrity; supports healthy immune system responses; supports healthy bone growth and healthy reproductive processes.[†] Beta-carotene, a precursor of vitamin A, is an antioxidant and free radical fighter.^{† 11-14}</p> <p>Vitamin A also supports the function of heart mitochondria (energy-producing cells) and maintains the general health and vigor of epithelial cells.^{†13,15}</p>
Vitamin C	<p>Necessary for the proper functioning of the immune system; antioxidant and free radical fighter; assists with hormone synthesis; supports healthy skin integrity; supports healthy iron absorption.^{†16-19}</p> <p>Promotes many metabolic reactions, particularly protein metabolism, including formation of connective tissue.[†] Vitamin C also provides protection for the inner lining of the arteries.^{†20}</p>
Vitamin D	<p>Supports healthy metabolism of calcium and phosphorus; supports the absorption of vitamin A; supports bone mineralization.^{† 21-23}</p> <p>Recent research has shown that Vitamin D is important to the maintenance of electrolyte balance, volume balance and helps support the retention of healthy blood pressure levels that are already within normal limits.^{† 24-26} Also boosts immune function.^{† 27}</p>

	Helps oxygen circulation; supports healthy nerve transmissions; supports healthy leg nerves and muscles; helps boost energy levels.† 28-30
Vitamin E	Vitamin E also inhibits the oxidation of low density lipids by inactivating free radicals.†29 It supports fatty acids and healthy development of cell structures. 33 Supports healthy platelet activity.†29,31
Potassium	Supports healthy nervous system; supports regular heart rhythm; supports proper muscle contraction, especially cardiac muscle contraction.† 32-34
Bilberry (Vaccinium myrtillus)	Rich in flavonoids and supports eye health.† 35
Lutein	Lutein scavenges free reactive oxidative species, supports eye health, and may support healthy cholesterol levels already within normal limits.† 5,36-38
Vegetable Blend	Vegetables are important sources of antioxidants.† Cruciferous vegetables contain glucosinolates, which are important for cellular health. 39,40 Cruciferous vegetables, such as broccoli, cauliflower, and cabbage, contain several phytochemicals including indole-3-carbinol (I3C), phenethyl isothiocyanate (PEITC), sulforaphane, and diindolylmethane (DIM). 41-45 These cruciferous vegetables are important for healthy hormone metabolism.†46,47

Ingredients for Digestion†

Clinical Nutrients™ provides the following ingredients to promote healthy digestion:*

Ingredient	Key Functions and Benefits
Ginger	Supports body's anti-inflammatory response; supports healthy stomach function.† 48,49

Ingredients for Blood Sugar Metabolism†

Clinical Nutrients™ provides the following ingredients to support blood sugar metabolism already within the normal range:†

Ingredient	Key Functions and Benefits
Chromium	Supports healthy carbohydrate metabolism; helps maintain healthy blood glucose

	concentration already within normal range; may increase insulin binding and the number of insulin receptors.† 50,51 Helps support the retention of healthy cholesterol levels that are already within normal limits.†50,51
Vanadium	An essential trace element, vanadium supports glucose and lipid metabolism.† Vanadium adds support to sodium and potassium transport in the red blood cell.† 52-54
Cinnamon Bark	Supports healthy immune system; helps maintain healthy blood glucose metabolism already within normal limits; supports healthy digestion; supports healthy bacterial balance in the intestines.† 55-57

Ingredients for Healthy Aging and Immunity†

Clinical Nutrients™ provides the following ingredients to support healthy aging and immunity:†

Ingredient	Key Functions and Benefits
Iodine	<p>Required by thyroid gland to synthesize thyroid hormones, which regulate the basal metabolic rate; the thyroid gland is critically linked to effective cardiac functioning.† 58</p> <p>Contributes to the efficiency of the pumping strength of the heart muscle; supports healthy metabolic rate; supports healthy growth regulation.†58</p>
Zinc	<p>Supports healthy immune system; supports healthy enzyme processes; supports healthy immune response.† 59</p> <p>Involved in protein digestion; Zinc has been shown in clinical trials to support healthy aortic valves and overall cardiovascular health.† 60</p> <p>Supports prostate health in men.† 61</p>
Selenium	<p>An essential trace element; with vitamin E supports healthy cell membranes; supports healthy thyroid functioning.† 62-65</p> <p>Research also shows that selenium supports cardiovascular function.† 66</p> <p>Supplementation of selenium has been shown to promote prostate health.†67</p>
Copper	Supports healthy energy metabolism, healthy skin integrity; helps iron utilization; required with iron for synthesis of hemoglobin.† 68,69 Provides significant support for healthy heart muscles.† 70-72

	Component of coenzymes in electron transport chain and enzyme necessary for melanin pigment formation. ^{†68-69}
Manganese	Supports healthy metabolic reactions; activates several enzymes and has antioxidant properties; needed for hemoglobin synthesis, urea formation, growth, reproduction, lactation, bone formation, possibly the production and release of insulin and inhibiting cell damage. ^{† 73,74}
Chromium	Supports healthy carbohydrate metabolism; helps maintain healthy blood glucose concentration already within normal range; may increase insulin binding and the number of insulin receptors. ^{† 89,90} Helps support the retention of healthy cholesterol levels that are already within normal limits. ^{†75,76}
Molybdenum	Supports healthy iron metabolism; supports healthy uric acid production; supports healthy sexual functioning in men. ^{† 77,78} Functions as a cofactor for three enzymes which contribute to the antioxidant capacity of the blood and also plays a role in the metabolism of prescription medications. ^{†77,78}
Boron	Supports healthy bone and joint function; supports healthy muscle health; supports healthy muscle synthesis. ^{† 79}
Green Tea	Polyphenols in green tea act as potent antioxidants; supports cellular health. ^{†80}
Sweet Cherry Fruit Extract	Rich in antioxidants and supports the immune system. ^{† 81-82}
Inositol	Supports healthy nerve cell transmission. ^{†83,84}
Pomegranate (40% ellagic acid)	Pomegranate is a polyphenol antioxidant; fights free radicals; promotes prostate and breast cell health. ^{† 85,86}
Polygonum Cuspidatum, 50% Resveratrol	A potent antioxidant; supports healthy aging and cardiovascular health. ^{† 87,88}
Cranberry (Vaccinium macrocarpon)	Supports urinary tract function. ^{† 89}

Ingredients for Bone Health†

Clinical Nutrients™ provides the following ingredients for bone health:†

Ingredient	Key Functions and Benefits
Calcium	Necessary for bone and joint health; allows proper interaction of myosin and actin, proteins in the muscles, to support proper contraction. ^{† 90-93}

Magnesium	<p>Magnesium regulates nerve muscle firing.^{† 94-97} Required for normal functioning of muscle and nervous tissue; participates in bone formation; constituent of many coenzymes.^{†95,96}</p> <p>Supports a healthy immune system and enzymes involved in energy production.^{†94-97}</p>
Selenium	<p>An essential trace element; with vitamin E supports healthy cell membranes; supports healthy thyroid functioning.^{† 98-101}</p> <p>Research also shows that selenium supports cardiovascular function.^{†102}</p> <p>Supplementation of selenium has been shown to promote prostate health.^{† 103}</p>
Manganese	<p>Supports healthy metabolic reactions; activates several enzymes and has antioxidant properties; needed for hemoglobin synthesis, urea formation, growth, reproduction, lactation, bone formation, possibly the production and release of insulin and inhibiting cell damage.^{† 104,105}</p>
Boron	<p>Supports healthy bone and joint function; supports healthy muscle health; supports healthy muscle synthesis.^{†106}</p>

Ingredients for Energy†

Clinical Nutrients™ provides the following ingredients for energy:†

Ingredient	Key Functions and Benefits
Thiamin (Vitamin B1)	<p>Essential for carbohydrate metabolism; important for immune system functioning; affects mood and cognitive function.^{† 107,108}</p> <p>Essential for synthesis of acetylcholine.^{†109}</p>
Riboflavin (Vitamin B2)	<p>Riboflavin (vitamin B2) is crucial in the production of body energy.[†] Supports healthy glutathione reductase activity, which helps maintain glutathione, a major protector against free radical damage.[†] Vitamin B2 itself also has antioxidant qualities.^{† 110-112}</p>
Niacin	<p>Supports healthy cholesterol production and assists in triglyceride breakdown to retain healthy cholesterol levels that are already within normal limits.^{†113-117} Increases good cholesterol levels, particularly HDL-2 (the best cholesterol).^{†118}</p> <p>Niacin supports the retention of healthy blood pressure that is already within normal limits.^{†119}</p>
Vitamin B6	<p>A homocysteine lowering agent that also supports healthy circulation.^{†120,121}</p>

	Essential coenzyme for normal amino acid metabolism; assists in production of circulating antibodies.† 122
Folic Acid	Folic acid's main function is support of healthy energy production.† It supports healthy immune system and healthy nervous system function.† Recent research shows folic acid can reduce the amount of the amino acid homocysteine in the blood.† 123-126
Vitamin B12	This essential nutrient supports healthy human energy production.† Vitamin B12 helps support metabolism of carbohydrates and fats.† It supports healthy cell formation and cellular longevity.†126-128
Biotin	Essential coenzyme required by the mitochondria for cellular production of energy.† 129 Required for the conversion of pyruvic acid to oxaloacetic acid and the synthesis of fatty acids and purines; supports healthy hair and skin.†129-131
Pantothenic Acid	In clinical studies, when combined with other heart healthy nutrients, pantothenic acid supported the muscle strength of the heart.†132 Essential for transfer of pyruvic acid into Krebs cycle, conversion of lipids and amino acids into glucose, and synthesis of cholesterol and steroid hormones.†133
Choline Bitartrate	Choline contains methyl group, and methyl groups from choline convert homocysteine into a useful amino acid.†134 Choline is important for the structural integrity of cell membranes and lipid and cholesterol transport and metabolism.† 135,136

RECOMMENDATIONS

Take 3 tablets daily with water to activate easy to swallow tablet coating. Best if taken with food.

PRECAUTIONS

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

HOW IS IT SUPPLIED?

- 70039; 90 tablets

STORAGE RECOMMENDATIONS

Store at controlled room temperature, 59° to 86°F (15° – 30°C).

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