

**SUSTAINED RELEASE**

# ENDUR-VM<sup>®</sup>

## MULTIVITAMIN & MINERAL (WITHOUT IRON)

22 vitamins & minerals



Since 1978

### WHAT IS IT?

ENDUR-VM<sup>®</sup> Multivitamin & Mineral (Without Iron) is a sustained-release dietary supplement that provides a convenient, once-daily solution for men and postmenopausal women to support overall cardiovascular and whole body health.

Features 22 essential vitamins and minerals including antioxidants, energizing B vitamins, D3, and trace minerals.

By using a proprietary wax-matrix tablet, each tablet dissolves in a slow, steady manner, resulting in a continuous release of nutrients over 4 to 6 hours. This promotes optimal nutrient absorption and tissue retention, especially for water-soluble B vitamins and vitamin C.

### HOW DOES IT WORK?

Helps fill nutrient gaps that may occur between what a typical diet provides and what the body needs for optimal health.

### WHO CAN BENEFIT?

For adults interested in the convenience of a once-daily multivitamin with optimal nutrient absorption and retention.

### PRODUCT AVAILABILITY

Bottle Size(s):  
60, 150, 300 tablets

### PRACTITIONER DISTRIBUTION

■ WholeScript<sup>™</sup> ([www.wholescript.com](http://www.wholescript.com))

### Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value	
Vitamin A (as retinyl palmitate and 43% as beta-carotene)	2100 mcg	233%
Vitamin C (as ascorbic acid)	100 mg	111%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (Vitamin B1) (as thiamin mononitrate)	5 mg	417%
Riboflavin (Vitamin B2)	6 mg	462%
Niacin (as niacinamide)	30 mg	188%
Vitamin B6 (as pyridoxine HCl)	7 mg	412%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	15 mcg	625%
Biotin	100 mcg	333%
Pantothenic Acid (as d-calcium pantothenate)	15 mg	300%
Calcium (as phosphate)	100 mg	8%
Phosphorus	77 mg	6%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	12%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as sodium selenite)	70 mcg	127%
Copper (as copper sulfate)	2 mg	222%
Manganese (as manganese sulfate)	5 mg	217%
Chromium (from chromium yeast)	15 mcg	43%
Molybdenum (from molybdenum yeast)	5 mcg	11%

**Other Ingredients:** Vegetable wax (rice bran and/or carnauba), stearic acid (vegetable), magnesium stearate (vegetable), modified cellulose, and silica.

**Suggested Use:** Take one (1) tablet daily with a full glass of water, preferably with a meal.

## RESEARCH HIGHLIGHTS

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### Helps adults fill shortfalls in common immune health nutrients

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One NHANES\* (2005-2016) national nutrition survey<sup>1</sup> of more than 26,000 adults indicates the intake of several immune nutrients among U.S. adults is inadequate and pervasive. Overall, the prevalence of inadequacy for 4 out of 5 key immune nutrients is reported to be suboptimal. Specifically, 45% of the U.S. population had a prevalence of inadequacy for vitamin A, 46% for vitamin C, 95% for vitamin D, 84% for vitamin E, and 15% for zinc. Moreover, prevalence of inadequacies of immune nutrients was higher in adults who consumed food only versus those who also consumed dietary supplements: vitamin A (45% vs. 35%), vitamin C (46% vs. 33%), vitamin D (95% vs. 65%), vitamin E (84% vs. 60%), and zinc (15% vs. 11%). These findings indicate a daily multivitamin and mineral (MVM) supplement can help ensure an adequate intake of essential immune nutrients in adults.

### Helps obese adults fill common nutrient gaps

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One NHANES (2001-2008) national nutrition survey<sup>2</sup> of more than 18,000 adults indicates obese adults are at higher risk of certain nutrient inadequacies. Results indicate that a substantial proportion of the adult population (over 40%) had inadequate intakes of vitamins A, C, D, and E, calcium, and magnesium. Compared to normal weight adults, obese adults had about 5% to 12% lower ( $P < .05$ ) intakes of micronutrients and a higher ( $P < .01$ ) prevalence of nutrient inadequacy. These findings suggest a daily MVM can help ensure an adequate intake of essential nutrients in obese adults.

### Helps obese, older adults, especially women, fill common nutrient gaps

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One NHANES (2011-2014) national nutrition survey<sup>3</sup> of more than 2,900 adults, 60 years of age and older, indicates micronutrient inadequacy is associated with obesity in older adults, especially older women. Results indicate a greater percentage of older adults at risk of inadequate intakes of magnesium (both men and women) and calcium, vitamin B6 and vitamin D (women only) compared with their healthy weight counterparts. The proportion of those with serum 25-hydroxyvitamin D less than 40 nmol/L was higher in obese (12%) than in healthy weight older women (6%). In addition, obese adults self-reported poorer health status and had a lower healthy eating score compared to their healthy weight counterparts. These findings suggest a daily MVM supplement can help ensure an adequate intake of essential nutrients in obese, older adults.

### Helps support positive mood

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One controlled clinical trial<sup>4</sup> involving 58 healthy adults, 18-40 years of age, indicates MVM supplementation for 4 weeks improved mood and cognitive function. Mood and blood biomarkers were assessed at baseline and after 4 weeks of supplementation. Compared to placebo, MVM supplementation was associated with significantly lowered homocysteine and increased blood levels of B vitamins ( $P < .01$ ). MVM treatment was also associated with significantly improved mood, as measured by reduced scores on the "depression-dejection" subscale of the Profile of Mood States ( $P < .02$ ). These findings suggest a daily MVM supplement supports positive mood. Interestingly, changes in homocysteine were not correlated with mood changes, suggesting a separate mechanism by which MVM supplementation impacted mood.

1. Reider CA, et al. *Nutrients*. 2020;12(6):1735.
2. Agarwal S, et al. *J Am Coll Nutr*. 2015;34(2):126-134.
3. Jun S, et al. *Public Health Nutr*. 2020;23(13):2268-2279.
4. White DJ, et al. *Nutrients*. 2015;7(11):9005-9017.

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\* The National Health and Nutrition Examination Surveys (NHANES) is a series of cross-sectional health examination surveys of the U.S. population conducted by Centers for Disease Prevention and Control.