

FACT SHEET - IMUNI Vegan Complete

What is IMUNI Vegan Complete?

IMUNI Vegan Complete provides a convenient all-in-one capsule with a specialised blend of nutrients, vitamins and minerals that are known to be consumed in lower quantities in plant-based diets. The IMUNI team has optimised this formula, using highly bioavailable ingredients and optimal doses in keeping with best evidence-based practice and dietary recommendations, to ensure that one capsule per day appropriately supplements people preferring a plant-based diet. One capsule per day helps prevent dietary deficiencies in iron, zinc, B12, iodine, vitamin D and selenium and may assist in production of healthy red blood cells and thyroid hormone, as well as supporting energy levels and healthy immune system function.

Going plant-based and reducing meat intake in general is largely accepted as a healthier alternative to conventional Western diets. Emerging evidence continues to favour a plant-based diet in conferring multiple health benefits including reduction in heart disease, diabetes, obesity and some cancers including colon cancer. However, despite the innumerable health benefits of going meat-free, plant-based diets are also far more likely to leave people deficient in vital nutrients; especially vitamin B12, zinc, iodine, iron and vitamin D, which are more readily available in fish, poultry, red meat and dairy foods. Vitamin B12 in particular is almost exclusively sourced from meat, which also contains more readily bioavailable iron in the form of heme iron.

Additional supplementation with these often depleted nutrients not only makes sense, but may also help to optimise the health benefits conferred by a whole-food plant-based diet by ensuring vegans and vegetarians are nutrient replete.

Consult our website imunihealth.com for detailed information on the scientific evidence behind this important nutraceutical blend.

Ingredients:

Each vegan capsule contains: Iron (as iron (II) glycinate) 8 mg, Zinc (as zinc citrate dihydrate) 10 mg, Iodine (as potassium iodide) 150 µg, Selenium (as selenomethionine) 100 µg, Chromium (as chromic picolinate) 50 µg, Colecalciferol Vitashine™ (Vit D3 1000 IU) 25 µg, Thiamine hydrochloride (Vit B1) 10 mg, Riboflavin sodium phosphate (Vit B2) 10mg, Nicotinamide (Vit B3) 25 mg, Calcium pantothenate (Vit B5) 20 mg, Pyridoxine hydrochloride (Vit B6) 10 mg, Pyridoxal 5-phosphate monohydrate (Vit B6) 5 mg, Methylcobalamin (co-methylcobalamin) (Vit B12) 500 µg, Magnesium ascorbate monohydrate 112 mg (equiv. ascorbic acid (Vit C) 100 mg), Ubidecarenone (CoQ10) 60 mg.

All ingredients contained in this product are vegetarian and vegan friendly. This product does not contain animal products, dairy, lactose, gluten, nuts, soy, sulfites, artificial colour, flavours or sweeteners, added sugars or genetically modified ingredients (GMO-free).

Recommended dose:

Recommended for adults and children over 12 years of age. Take one (1) capsule daily with food. Capsules may be opened, and contents can be added to food or beverage and consumed immediately.

Precautions/contraindications:

Consult your doctor before use if:

- You are already using supplements with ingredients contained in this product.
- You believe you might be suffering from conditions such as iron, B12, or vitamin D deficiency as higher doses might be required to treat these conditions.

Warnings and adverse effects:

- This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.
- Do not take while on warfarin therapy without medical advice.
- Not for the treatment of iron deficiency conditions.
- Vitamin and mineral supplements should not replace a balanced diet.
- If symptoms persist, consult your healthcare professional.
- Do not use if tamper evidence seal is broken or missing.
- Store below 25°C in a cool, dry place away from direct heat and sunlight.

Interactions with medications:

- Ingredients contained in this product may interact with Warfarin (e.g. Coumadin, Marevan)
- Any other major drug interactions are unlikely given the doses and ingredients contained in this product.

References:

- Dynan N. 2018. Helping to meet the nutritional needs of patients, News GP; Royal Australian College of General Practitioners (RACGP), source: <https://www1.racgp.org.au/newsgp/clinical/helping-to-meet-the-nutritional-needs-of-patients>