

# Advanced Multi



## Clinical Applications

- Basic “Insurance” Formula for Wellness\*
- Supports Antioxidant Protection\*
- Supports Detoxification\*
- Supports Health in Individuals with Poor Nutrient Intake\*
- Supports Individuals with Stressful Lifestyles\*

*Advanced Multi is a high-quality, hypoallergenic multivitamin formula designed to help meet the daily nutritional needs of children and adults. The formula’s delicious, natural fruit punch flavor and its powdered form make it easy to use. It features natural and activated forms of vitamins, such as beta-carotene, cholecalciferol, folate as 5-MTHF (5-methyltetrahydrofolate), and B12 as methylcobalamin as well as patented Albion® chelated mineral complexes. The activated nutrient profile supports vitamin/mineral synergistic activity; antioxidant protection with vitamins C and E, selenium, and carotenoids; healthy immune activity; cellular metabolism; and detoxification.\**

All Ohana Wellness Center Formulas Meet or Exceed cGMP Quality Standards

## Discussion

Good nutrition is a basis for wellness, and good nutrition usually translates into a stronger immune system and better health. An important aspect of good nutrition is micronutrition (vitamins and minerals).<sup>[1-4]</sup> Micronutrients participate in converting food into energy; building and repairing tissues and DNA; manufacturing neurotransmitters, hormones, and other modulators in the body; breaking down and detoxifying xenobiotics and medications; and maintaining growth, reproduction, and health.\*

According to research by the USDA and other organizations, Americans are lacking key micronutrients.<sup>[5-9]</sup> Mass food production, storage techniques, poor food choices, and nutrient-depleting preparation methods may contribute to inadequacies. Nutrient intake data from a representative sample of the US population aged 2 years and older indicate that vitamins A, D, E, C, and folate, calcium, and magnesium are underconsumed relative to the estimated average requirements (EARs). What’s more, some functional medicine practitioners believe that the recommended intakes (e.g., %DV, DRIs, EARs, RDAs) may not meet the requirements of all individuals, especially the chronically ill. The bottom line is that children and adults are not consuming enough nutrient-rich foods to meet all their most basic vitamin and mineral needs.\*<sup>[6]</sup>

There are numerous reasons to select Advanced Multi:

**Complete, Minus Copper and Iron** This formula features a wide variety of important nutrients in significant amounts, including calcium and magnesium, vitamins C and E, bioactive folate, B complex, beta-carotene, and trace elements. Advanced Multi provides the option to add copper and/or iron only when needed, such as when indicated by laboratory testing.\*

**Bioavailability** The micronutrients are provided in forms that can be optimally absorbed and utilized. Advanced Multi contains a full complement of Albion® patented mineral chelates and complexes. Albion is a recognized world leader in mineral amino acid chelate nutrition and manufactures highly bioavailable minerals that are validated by third-party research and clinical studies.\* Not only does this formula contain natural vitamin E, which has been proven to be up to 100% more bioavailable than synthetic dl-alpha-tocopherol, but it also provides mixed tocopherols to more closely approximate how vitamin E occurs naturally in whole foods.<sup>[9,10]</sup> Folate is provided as 5-methyltetrahydrofolate (5-MTHF), the most bioactive form of folate.<sup>[11]</sup> This formula features 5-MTHF as Quatrefolic®, which is proven to have greater stability, solubility, and bioavailability when compared to the calcium salt form of 5-MTHF.<sup>[12]</sup> Vitamin B12 is provided as MecobalActive™. This patented form of methylcobalamin has very high purity; no harmful solvents are used in its production.<sup>[13]</sup> Vitamins B2 and B6 are also provided in activated forms.\*

**Energy Production** Advanced Multi provides generous levels of B vitamins, which serve as prime coenzymes in glycolysis and oxidative phosphorylation (steps in energy production) and as cofactors in amino acid and lipid metabolism. The balanced presence of B vitamins is essential to their cooperative functioning and excellent for growing children as well as adults with stressful lifestyles.\*

**Antioxidant Protection** Vitamins E and C; selenium; zinc; lemon bioflavonoids; mixed carotenoids, including alpha- and beta-carotene, gamma-carotene, and lycopene; and trace elements provide broad-spectrum antioxidant activity. The combination of these nutrients provides broad spectrum intra- and extracellular antioxidant support.\*

**Detoxification Support** Xenobiotics, including environmental pollutants and medications, must undergo biotransformation into molecules that can be easily excreted from the body. Artificial colors and flavors, additives, preservatives, and pesticides all increase demands on the body’s detoxification processes, which require vitamins and minerals. There are significant levels of bioavailable riboflavin, niacin, folate, and B12 present in these formulas to support phase I detoxification. Beta carotene, vitamin C, tocopherols, selenium, and zinc are present to protect tissues from reactive intermediates formed between phase I and phase II detoxification.\*

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

# Supplement Facts

Serving Size: 2 Scoops (about 6.1 g)  
Servings Per Container: About 60

	Amount Per Serving	%DV for Children 1 through 3 Years of Age	%DV for Adults and Children 4 or more Years of Age
Calories	20		
Total Carbohydrate	4 g	3%†	1%†
Vitamin A (600 mcg (76%) as retinyl palmitate and 190 mcg (24%) as natural beta-carotene and alpha-carotene)	790 mcg	263%	88%
Vitamin C (ascorbic acid)	600 mg	4,000%	667%
Vitamin D3 (cholecalciferol)	40 mcg (1600 IU)	267%	200%
Vitamin E (as d-alpha tocopheryl succinate)	100 mg	1,667%	667%
Thiamin (as thiamine HCl)	12.5 mg	2,500%	1,042%
Riboflavin (as riboflavin and riboflavin 5'-phosphate sodium)	10 mg	2,000%	769%
Niacin (as niacinamide)	20 mg	333%	125%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	5 mg	1,000%	294%
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) <sup>S1</sup>	680 mcg DFE	453%	170%
Vitamin B12 (as methylcobalamin)	100 mcg	11,111%	4,167%
Biotin	300 mcg	3,750%	1,000%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	2,500%	1,000%
Choline (as choline dihydrogen citrate)	30 mg	15%	5%
Calcium (as calcium citrate malate) <sup>S2</sup>	100 mg	14%	8%
Iodine (as potassium iodide)	150 mcg	167%	100%
Magnesium (as dimagnesium malate) <sup>S2</sup>	125 mg	156%	30%
Zinc (as zinc bisglycinate chelate) <sup>S2</sup>	15 mg	500%	136%
Selenium (as selenium glycinate complex) <sup>S2</sup>	100 mcg	500%	182%
Manganese (as manganese bisglycinate chelate) <sup>S2</sup>	0.5 mg	42%	22%
Chromium (as chromium nicotinate glycinate chelate) <sup>S2</sup>	125 mcg	1,136%	357%
Molybdenum (as molybdenum glycinate chelate) <sup>S2</sup>	100 mcg	588%	222%
Sodium	45 mg	3%	2%
Potassium (as potassium glycinate complex) <sup>S2</sup>	66 mg	2%	1%
Natural Mixed Tocopherols	140 mg	**	**
Lemon Bioflavonoids (from <i>Citrus x limon</i> )(peel)	60 mg	**	**
Inositol	15 mg	**	**
Natural Mixed Carotenoids	2.59 mg	**	**
Typical Composition:			
Beta-Carotene	1.85 mg	**	**
Alpha-Carotene	925 mcg	**	**
Gamma-Carotene	9.25 mcg	**	**
Lycopene	2.8 mcg	**	**
Boron (as bororganic glycine) <sup>S2</sup>	750 mcg	**	**
Vitamin K2 (as menaquinone-7)	30 mcg	**	**

†Percent Daily Values are based on a 2,000 calorie diet.

‡Percent Daily Values are based on a 1,000 calorie diet.

\*\* Daily Value (DV) not established.

**Other Ingredients:** Beet juice concentrate (color), natural flavors, citric acid, stevia leaf extract, malic acid, and sea salt.



**Quatrefolic**

S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.



S2. Albion®, DimaCal®, TRAACS®, and the Albion Gold Medallion® are registered trademarks of Albion Laboratories, Inc. Malates covered by US patent 6,706,904 and patents pending.

## Directions

Children 1-3: a half scoop twice daily; children 4 or more: one scoop twice daily; adults: three to four scoops divided into two daily doses. Mix thoroughly in 8 oz of water and consume, or use as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

## Formulated To Exclude

Wheat, gluten, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.

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Distributed By: Ohana Wellness Center  
2340 130th Ave NE D-200  
Bellevue Wa. 98005  
425-881-2310  
[www.naturalmedicineforhealth.com](http://www.naturalmedicineforhealth.com)

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