

Daily Fx



Clinical Applications

- Provides Foundational Supplementation for Overall Health*
- Supports Intestinal and Microbiome Health*
- Supports Healthy Magnesium and Vitamin D Levels*
- Promotes Healthy Immunity*
- Provides Omega-3 Fatty Acids for Good Nutrition and Healthy Cytokine Production*

*Daily Fx provides 30 days of supplementation in convenient, once-a-day packets. Each packet provides a daily dose of five Apex Medicinals, LLC foundational health formulas: Probiotic Formula, Multivitamin Formula without Iron, Omega-3 Max Formula, Optimal Magnesium Formula, and Vitamin D3 2000. These formulas provide high-potency probiotics, an iron-free multiple, omega-3 fatty acids, and extra magnesium and D3.**

All Apex Medicinals, LLC Formulas Meet or Exceed cGMP Quality Standards

Discussion

Probiotic Formula is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 30 billion CFU per capsule. ProbioMax Daily DF provides four researched strains of beneficial bacteria, including the extensively studied HN019[®] strain of *Bifidobacterium lactis*.^[1] These live microorganisms have proven health benefits and well-established safety and have been tested for epithelial cell adhesion and/or resistance to low pH.^[2] To further support resistance to low pH and the delivery of microorganisms to the small intestines, Apex Medicinals, LLC employs DRcaps[™] gastro-resistant capsules. These specially designed, innovative capsules help minimize exposure of the actives to stomach acid and ensure more targeted release. Though the gastrointestinal and immune-supportive benefits of probiotics are the most widely studied, scientists continue to find that gut bacteria influence many other aspects of health, including brain function, weight management, detoxification, and cytokine production.*^[3-7]

Multivitamin Formula without Iron is a high-quality, hypoallergenic, multivitamin/mineral blend that includes activated vitamins; folate as Quatrefolic[®] (5-MTHF); and patented Albion[®] TRAACS[®] chelated mineral complexes all provided in vegetarian capsules. 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).^[8-11] According to research by the USDA and other organizations, the American diet is lacking micronutrients.^[12-14] In fact, nine out of 10 Americans are missing key micronutrients.^[14] Mass food production, storage techniques, poor food choices, and nutrient-depleting preparation methods may contribute to inadequacies. 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.^[13] What's more, some scientists feel that the recommended intakes (e.g., %DV, DRIs, EARs, RDAs) may not meet the requirements of all individuals, especially the chronically ill.*

There are many reasons to select Multivitamin Formula without Iron. Among them are its balanced nutrient profile for foundational wellness, bioavailable micronutrient forms for optimal absorption and utilization, generous levels of B vitamins, and broad-spectrum antioxidant and phase I detoxification support.*

Omega-3 Max Formula is made using a proprietary MaxSimil composition containing monoglyceride fish oil with no additional ingredients, carriers, or excipients. Each fish-gelatin softgel is enteric-coated. The fish oil is non-GMO, certified sustainable from Scandinavia, and antibiotic-free. Additionally, it is eco-friendly because the greater absorption of EPA and DHA ultimately means that fewer grams of fish oil need to be harvested for the same benefit. Research suggests that consumption of EPA and DHA omega-3 fatty acids may support cardiovascular health.^[15] Studies have also shown that fish oils may support healthy cytokine production, promote optimal joint function^[16], and support overall brain and nervous system function.*^[24]

Optimal Magnesium Formula contains Albion[®]'s TRAACS[®] magnesium lysinate glycinate (mineral amino acid chelate) and Albion's chelated di-magnesium malate—both formulated for enhanced absorption. Magnesium, the fourth most abundant mineral in the body, participates in over 600 enzymatic reactions in nearly all tissues.^[17] Deficiency is common and results from poor dietary intake, poor absorption, and excessive losses through urine, stool, perspiration, or lactation. Certain drugs, certain herbs, poor kidney function, excessive alcohol intake, and drinking mostly "soft" water can contribute to magnesium depletion as well.^[18] Malic acid (from di-magnesium malate) supports energy production and lactic acid clearance via the Krebs cycle.*^[19]

Vitamin D3 2000 provides 2000 IU of cholecalciferol in each convenient softgel. While vitamin D3 (cholecalciferol) is made in the skin when 7-dehydrocholesterol reacts with sunlight, many things affect the degree to which this biosynthesis occurs, including time of day, seasons, location, smog/pollution, clothing, shade of skin (darker skin requires more sun), and sunscreen use. Low-cholesterol diets and certain cholesterol therapies can also affect vitamin D formation. By some estimates, one billion people worldwide have vitamin D deficiency or insufficiency.^[20] Reversing deficiency and maintaining optimal serum vitamin D levels beneficially impacts biochemistry and numerous body systems; this is largely because calcitriol—the physiologically active product of vitamin D—is a secosteroid hormone that targets over 200 genes in a wide variety of tissues.^[21,22] As the research demonstrates, vitamin D is clearly imperative for the development, growth, and maintenance of a healthy body from gestation to old age.*^[22]

Although D2 and D3 are similar biochemically, D3 was reported to be approximately 87% more potent in raising and maintaining serum calcidiol (body's storage form) concentrations and in producing two- to threefold greater storage of vitamin D than the equimolar D2.*^[23]

***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.**

Distributed By
Apex Medicinals, LLC
109 W. Grizzly Dr.
DeKalb, TX 75559
www.apexmedicinals.com

Daily Fx



Supplement Facts

Serving Size: 1 Packet
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories		
Total Fat	5	1%*
Vitamin A (75% as natural beta-carotene and 25% as retinyl palmitate)	1120 mcg	124%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	125 mg	139%
Vitamin D3 (cholecalciferol)	52.5 mcg (2100 IU)	263%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	67 mg	447%
Thiamin (as thiamine mononitrate)	10 mg	833%
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	769%
Niacin (as niacinamide and niacin)	32 mg	200%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	588%
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	200 mcg DFE	50%
Vitamin B12 (as MecobalActive™ methylcobalamin)	250 mcg	10,417%
Biotin	500 mcg	1667%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline dihydrogen citrate)	18 mg	3%
Calcium (as DimaCal® d-calcium malate, d-calcium pantothenate, and calcium ascorbate)	50 mg	4%
Iodine (as potassium iodide)	50 mcg	33%
Magnesium (as Albion® di-magnesium malate and TRAACS® magnesium lysinate glycinate chelate)	175 mg	42%
Zinc (as TRAACS® zinc bisglycinate chelate)	6.5 mg	59%
Selenium (as Albion® selenium glycinate complex)	50 mcg	91%
Copper (as TRAACS® copper bisglycinate chelate)	0.5 mg	56%
Manganese (as TRAACS® manganese bisglycinate chelate)	0.25 mg	11%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	250 mcg	714%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	25 mcg	56%
Potassium (as Albion® potassium glycinate complex and potassium ascorbate)	49.5 mg	1%
MaxSimil® Fish Oil Concentrate		
Total Omega-3 Fatty Acids	650 mg	**
EPA (eicosapentaenoic acid)	430 mg	**
DHA (docosahexaenoic acid)	300 mg	**
	130 mg	**
Proprietary Blend		
<i>Lactobacillus acidophilus</i> La-14®	174 mg (15 Billion CFU)	**
<i>Bifidobacterium longum</i> Bl-05™		
<i>Lactobacillus plantarum</i> Lp-115®		
HOWARU® Bifido (<i>Bifidobacterium lactis</i> HN019®)	50 mg (15 Billion CFU)	**
Inositol	18 mg	**
PABA (para-aminobenzoic acid)	6.5 mg	**
Vanadium (as TRAACS® vanadium nicotinate glycinate chelate)	375 mcg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: HPMC (capsule & acid-resistant capsule), microcrystalline cellulose, ascorbyl palmitate, silica, medium-chain triglyceride oil, vegetable stearic acid, softgel (fish gelatin, vegetable glycerin, and purified water), GRAS enteric coating (ethylcellulose, sodium alginate, purified water, medium-chain triglycerides, oleic acid, vegetable stearic acid, and ammonium hydroxide), mixed natural tocopherols, vegetable magnesium stearate, organic extra virgin olive oil, and softgel (bovine gelatin, vegetable glycerin, and purified water).

Contains: Fish (anchovy and/or sardine [sources of fish oil], tilapia and/or pangasius [sources of fish gelatin]).

† Colony Forming Unit

References

- Danisco. Strain information: *Bifidobacterium lactis* HN019™. http://www.danisco.com/fileadmin/user_upload/danisco/documents/products/StrainInfo__HN019_Aug_2013.pdf. Accessed May 13, 2016.
- Danisco. Strain Information Technical Sheets. Madison, WI: Dupont Nutrition and Health. [available upon request]
- Mangiola F, Ianiro G, Franceschi F, et al. Gut microbiota in autism and mood disorders. *World J Gastroenterol*. 2016 Jan 7;22(1):361-68. [PMID: 26755882]
- Masood MI, Qadir MI, Shirazi JH, et al. Beneficial effects of lactic acid bacteria on human beings. *Crit Rev Microbiol*. 2011 Feb;37(1):91-98. [PMID: 21162695]
- Drissi F, Raoult D, Merhej V. Metabolic role of lactobacilli in weight modification in humans and animals. *Microb Pathog*. 2016 Mar 23. pii: S0882-4010(15)30152-2. [Epub ahead of print] [PMID: 27033001]
- Nova E, Pérez de Heredia F, Gómez-Martínez S, et al. The role of probiotics on the microbiota: effect on obesity. *Nutr Clin Pract*. 2016 Feb 11. pii:0884533615620350. [Epub ahead of print] Review. [PMID: 26869611]
- Nowak A, Kuberski S, Libudzisz Z. Probiotic lactic acid bacteria detoxify N-nitrosodimethylamine. *Food Addit Contam Part A Chem Anal Control Expo Risk Assess*. 2014;31(10):1678-87. [PMID: 25010287]
- 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 April 22, 2016.
- Sebastian RS, Cleveland LE, Goldman JD, et al. Older adults who use vitamin/mineral supplements differ from nonusers in nutrient intake adequacy and dietary attitudes. *J Am Diet Assoc*. 2007 Aug;107(8):1322-32. [PMID: 17659898]
- Milk Processor Education Program. What America's missing: a 2011 report on the nation's nutrient gap. https://milklife.com/sites/default/files/field_pdf/Nutrition/2013/08/08/what_americas_missing.pdf. Accessed April 22, 2016.
- Oelrich B, Dewell A, Gardner CD. Effect of fish oil supplementation on serum triglycerides, LDL cholesterol and LDL subfractions in hypertriglyceridemic adults. *Nutr Metab Cardiovasc Dis*. 2011 Sep 15. Epub ahead of print. [PMID: 21924882]
- de Baaij JH, Hoenderop JG, Bindels RJ. Magnesium in man: implications for health and disease. *Physiol Rev*. 2015 Jan;95(1):1-46. [PMID: 25540137]
- Magnesium balance: can you juggle? *Albion® Research Notes*. Dec;15(4). http://www.albionhumannutrition.com/research-notes/download/doc_details/328-magnesium-balance-can-you-juggle. Accessed May 13, 2016.
- Dean W, Ward J. Krebs's cycle intermediates: maximizing your body's performance. *Nutrition Review*. <http://nutritionreview.org/2013/04/krebs-cycle-intermediates/>. Accessed April 22, 2016.
- Tsiaras WG, Weinstock MA. Factors influencing vitamin d status. *Acta Derm Venereol*. 2011 Mar;91(2):115-24. [PMID: 21384086]
- Cannell JJ, Hollis BW. Use of vitamin D in clinical practice. *Altern Med Rev*. 2008 Mar;13(1):6-20. [PMID: 18377099]
- Vitamin D council. <http://www.vitaminDcouncil.org/>. Accessed April 22, 2016.
- Heaney RP, Recker RR, Grote J, et al. Vitamin d3 is more potent than vitamin d2 in humans. *J Clin Endocrinol Metab*. 2011 Mar;96(3):E447-52. [PMID: 21177785]

***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.**

Distributed By
Apex Medicinals, LLC
109 W. Grizzly Dr.
DeKalb, TX 75559
www.apexmedicinals.com

DRS-306
REV. 05/07/18

Directions

Take the contents of one packet daily, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. Do not use if packet is damaged.

Does Not Contain

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

MecobalActive™

The active form of B₁₂ is a trademark of Ferrer Health Tech.

HOWARU®

HOWARU® and the HOWARU® logo are registered trademarks of DuPont or its affiliates. HN019® is a registered trademark of Fonterra™ Limited and is licensed to DuPont Nutrition Biosciences.



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

Manufactured using MaxSimil® fish oil. MaxSimil® is a registered trademark of Ingenutra Inc. Protected under US patents 8,119,690 and 8,198,324; Canadian patents 2672513 and 2677670.

Quatrefolic®

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