

Total Multi™



fitness • nutrition • healing

Clinical Applications

- Foundation Nutrition for a Variety of Protocols
- Basic “Insurance” Formula for Wellness/ Disease Prevention
- Antioxidant Protection
- Detoxification Support
- Poor Dietary Nutrient Intake
- Stressful Lifestyle



The Albion® Medallion design is a registered trademark of Albion Laboratories, Inc®. Chelates and malates covered by US Patents 5,614,533, 6,706,904 and Patents Pending

Total Multi™ is a high quality, hypoallergenic, balanced, proprietary multivitamin mineral blend in easy-to-swallow vegetable capsules. Activated vitamin co-factors and patented Albion® chelated mineral complexes assure maximum absorption and utilization at the cellular level.

All Total Fitness® Formulas Meet or Exceed cGMP quality Standards

Discussion

Optimal intake of micronutrients is critical to the maintenance of metabolic processes and essential to health. Population studies available to date have indicated U.S. dietary intake of several vitamins and minerals 50-80% below the RDAs. There are numerous reasons to select Total Multi™ as foundation nutrition.

Balanced Profile - In Total Multi™ synergism exists between calcium and magnesium; zinc and copper; vitamin C and vitamin E; and among activated folate, vitamin B12 and high potency vitamin B complex; beta carotene, mixed carotenoids and trace elements. Antioxidants work synergistically and an excess or imbalance of one antioxidant can actually have oxidative properties. The antioxidant nutrients regenerate each other and consistent levels should be maintained intracellularly and extracellularly.

Bioavailability - The nutrients in Total Multi™ are in bioavailable forms ready to be easily absorbed and utilized. There is a full complement of patented Albion® mineral chelates and complexes. Total Multi™ contains natural vitamin E, (100% more potent than synthetic dl-alpha tocopherol), vitamin B12 in its already methylated form and folic acid partly in its “activated” 5-formyl tetrahydrofolate form. Vitamins B2 and B6 are also “activated.”

Energy Production - The B vitamins in Total Multi™ serve as prime coenzymes in glycolysis and oxidative phosphorylation and as cofactors in amino acid and lipid metabolism. The balanced presence of “B”s in this formula is essential to their optimal synergistic functioning.

Antioxidant Protection - The broad spectrum of antioxidants present include natural vitamin E, vitamin C, selenium and mixed carotenoids. The balance of these antioxidants provides for effective antioxidant functioning.

Detoxification Support - Xenobiotics, including environmental pollutants and medications, must undergo biotransformation into molecules that can be easily excreted from the body. There are significant levels of bioavailable riboflavin, niacin, folic acid and B12 present in the formula for their roles in Phase 1 detoxification of the increasing demand posed by xenobiotics and metabolic by-products. Carotenes, vitamin C, tocopherols, selenium, copper, zinc, and manganese are present to protect tissues from reactive intermediates formed between Phase 1 and Phase 2 detoxification.



Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount	%Daily Value		Amount	%Daily Value
Vitamin A (as mixed carotenoids and cis-retinol palmitate)	7,500 IU	150%	Magnesium (as dimagnesium malate)	100 mg	25%
Vitamin C (as potassium ascorbate, zinc ascorbate, calcium ascorbate and sodium ascorbate)	250 mg	417%	Zinc (as zinc bis-glycinate)	13 mg	87%
Calcium (as dicalcium malate)	100 mg	10%	Selenium (as selenium glycinate)	100 mcg	143%
Vitamin D3 (as cholecalciferol)	200 IU	50%	Copper (as copper bis-lysinate chelate)	1 mg	50%
Vitamin E (as d-alpha tocopherol succinate)	200 IU	667%	Manganese (as manganese bis-glycinate)	500 mcg	25%
Vitamin B1 (as thiamine mononitrate)	20 mg	1,333%	Chromium (as chromium nicotinate glycinate)	500 mcg	417%
Vitamin B2 (as riboflavin 5 phosphate)	20 mg	1,176%	Molybdenum (as molybdenum glycinate)	50 mcg	67%
Vitamin B3 (as niacinamide and niacin)	63 mg	315%	Potassium (as potassium glycinate and potassium ascorbate)	99 mg	3%
Vitamin B6 (as pyridoxal 5 phosphate)	20 mg	1,000%	Inositol	36 mg	**
Folate (as folic acid and 5-formyl tetrahydrofolate)	400 mcg	100%	Choline (as choline dihydrogen citrate)	36 mg	**
Vitamin B12 (as methylcobalamin)	500 mcg	8,333%	PABA	13 mg	**
Biotin	1,000 mcg	333%	Vanadium (as vanadium niacinatate glycinate)	750 mcg	**
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2,000%	Iron (as iron bis-glycinate chelate)	5 mg	28%
Iodine (as potassium iodide)	100 mcg	67%			

Other Ingredients: Cellulose, Magnesium Stearate.



Albion and the Albion Minerals logo are registered trademarks of Albion Laboratories, Inc. U.S. Patent Nos. 4,599,152; 4,830,716 and patents pending.

Dosing:

The adult recommended dose is 2 capsules twice a day with water at breakfast and lunch or dinner.

References

1. Total Diet Study, US FDA/CFSAN. <http://www.cfsan.fda.gov/~comm/tds-toc.html> {accessed 6.17.06}
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3. Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. JAMA. 2002 Jun 19;287(23):3127-9. [PMID: 12069676]
4. Earnest C, Cooper KH, Marks A, Mitchell TL. Efficacy of a complex multivitamin supplement. Nutrition. 2002 Sep;18(9):738-42. [PMID: 12297209]
5. Is it a Real Chelate? Albion Research Notes Aug 2000;9(2). www.albionlabs.com {accessed 6.19.06}
6. During, A., Harrison, E.H. 2005. An Invitro Model to Study the Intestinal Absorption of Carotenoids. Food Research International. 38:1001-1008. http://www.ars.usda.gov/research/publications/publications.htm?seq_no_115=181873 {accessed 6.19.06}

Contraindications

This formula does not meet the nutrient requirements during pregnancy and or lactation. Several of the ingredients, in the amounts present have not been studied as supplementation for pregnant or lactating women. This formula is not intended for infants and children.

*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.

