

# BioActive Multiplex



Multiple Vitamins/Mineral Complex with Active B-Vitamins for Optimal Methylation

VA-044/VA-104

## Key Features:

**BioActive Multiplex** is a comprehensive multi-vitamin/mineral formula with 14 essential vitamins, 11 minerals, plus additional 13 phytonutrients, antioxidants, and lipotropic agents.

- Contains all **B-vitamins in Active Forms** to ensure optimal methylation
- Contains EGCG, 100% free form lutein, OPCs, rosemary, NAC, quercetin, hesperidin, **R-alpha-lipoic acid (active form)** and CoQ10 to strengthen cells' structural integrity and protect them against free radicals.
- **Minimized non-medicinal ingredients** - only requires 2 capsules to reach recommended daily dosage.

## Indications:

- For people suffering from high stress and fatigue, or recovering from illness or injury.
- For people with special diets or diets without much variation.

## Description:

**BioActive Multiplex** contains a combination of vitamins and minerals for the maintenance of the body and health, plus additional ingredients such as flavonoids and antioxidants, and herbal remedies to relieve stress and increase vitality.

**Vitamin A** helps to maintain eyesight, skin, membrane, and immune function, and helps in the development and maintenance of bones and teeth. Vitamin A also promotes healthy surface linings of the eyes and the respiratory, urinary, and intestinal tracts to protect against bacteria and viruses.

**Vitamin B1** (thiamine) and niacinamide help with normal growth of the body and aid in metabolism of carbohydrates, fats and proteins.

**Vitamin B2** (riboflavin), **vitamin B6** (pyridoxine) and pantothenic acid help in tissue formation, as well as nutrient metabolism.

**Biotin** helps the body to metabolize carbohydrates, fats and proteins.

Folate, together with vitamin B12, helps to produce red blood cells and prevent megaloblastic anemia, as well as lower body's homocysteine levels.

**Vitamin C** is a factor in normal development of bones, cartilage, teeth and gums.

**Vitamin D** helps in the absorption and use of calcium and phosphorus, which can protect against osteoporosis and promote the normal development and carbohydrates, fats and proteins. maintenance of bones and teeth. Recent studies have shown that vitamin D intake is crucial for cancer prevention <sup>1</sup> and cardiovascular health <sup>2</sup>, as well as other age-associated diseases.

## Quantity: 120 Vegetarian Capsules

### Ingredients (per 2 capsules):

Vitamin A (450 mcg RAE) (from vitamin A palmitate).....	3000 IU
Mixed Carotenoids (from <i>Elaeis guineensis</i> ) (fruit).....	600 mcg
Vitamin B1 (from thiamine HCl).....	20 mg
Vitamin B2 (riboflavin-5-phosphate (sodium salt)).....	20 mg
Vitamin B3 (niacinamide).....	10 mg
Vitamin B5 (from calcium-d-pantothenate).....	30 mg
Vitamin B6 (pyridoxal-5-phosphate (calcium salt)).....	20 mg
Vitamin B12 (methylcobalamin).....	1000 mcg
Biotin.....	60 mcg
5-Methyltetrahydrofolate (5-MTHF).....	200 mcg
Vitamin C (ascorbic acid).....	80 mg
Vitamin D3 (5 mcg) (cholecalciferol).....	400 IU
Mixed tocopherols (from <i>Elaeis guineensis</i> ) (fruit).....	20 mg
Vitamin K2 (menaquinone-7).....	50 mcg
Calcium (from Ca AAC* (glycine) and Ca citrate).....	66 mg
Chromium (from chromium nicotinate glycinate).....	60 mcg
Copper+ (from copper bisglycinate).....	1 mg
Iron+ (from ferrous bisglycinate) (Ferrochel®).....	4 mg
Magnesium (from magnesium bisglycinate).....	40 mg
Manganese (from manganese bisglycinate).....	4 mg
Molybdenum (from molybdenum bisglycinate).....	40 mcg
Potassium (from potassium AAC* (glycine)).....	10 mg
Selenium (from selenium glycinate).....	50 mcg
Zinc (from zinc bisglycinate).....	10 mg
R-Alpha-Lipoic Acid.....	10 mg
Choline (from choline bitartrate).....	10 mg
Citrus Bioflavonoids (from <i>Citrus sinensis</i> ).....	10 mg
Coenzyme Q10 (ubiquinone) (Kaneka Q10®).....	10 mg
OPC* (from grapeseed <i>Vitis vinifera</i> ).....	19 mg
Green Tea Extract ( <i>Camellia sinensis</i> ) (50% EGCG*) (leaf).....	60 mg
Inositol.....	10 mg
Iodine (from <i>Laminaria digitata</i> ).....	150 mcg
Lutein (FloraGLO®) (isolated from <i>Tagetes erecta</i> ) (free form)....	416 mcg
N-Acetyl-Cysteine.....	20 mg
Quercetin (isolate) (from <i>Sophora japonica</i> ) (flower).....	10 mg
Para-Aminobenzoic Acid (PABA).....	10 mg
Rosemary Extract ( <i>Rosmarinus officinalis</i> ) (6:1) (leaf).....	10 mg

\*AAC: amino acid chelate (from vegetable source)

\*EGCG: Epigallocatechin 3-gallate

\*OPC: Oligomeric Proanthocyanidins

+ Not included in the Fe & Cu free formulation

**Non-medicinal Ingredients:** Silicon dioxide, L-leucine, pullulan/ hypromellose (capsule)

**Suggested Use:** Adults - Take 2 capsules daily with meals, or as directed by a health care practitioner.

## Vitamin E (mixed tocopherols)

is one of the most important antioxidants due to its fat-soluble characteristics that make it an excellent lipid peroxidation inhibitor. Vitamin E has also been shown to play a role in immune function, DNA repair, and other metabolic processes.

Naturally derived **vitamin K2**, as menaquinone-7 (Mk-7), is the most bioavailable and bioactive form of K2, and proven to have the longest serum half-life. Vitamin K2 aids in the formation of osteocalcin



and calcium-binding matrix-Gla-protein, which is important in calcium transportation and utilization to prevent bone loss and increase bone density.

**Calcium, magnesium and potassium** help in the maintenance of bones and teeth. Additionally, they and other minerals buffer the pH balance of the body's fluids, preventing bone resorption and ultimately, osteoporosis. Magnesium also helps to maintain proper muscle function and potassium, among other things, is important in the transmission nerve impulses, the contraction of cardiac, skeletal and smooth muscles, the production of energy, the synthesis of nucleic acids, the maintenance of intracellular tonicity and the maintenance of normal blood pressure.

**Zinc** is known to aid in metabolism, connective tissue formation, and maintenance of healthy skin, as well as healthy immune function.

**Manganese** plays an important role in proper body function by acting as a cofactor in several metabolic and enzymatic properties.

**Molybdenum** is required for the activity of enzymes that are involved in catabolism, including catabolism of purines and sulfur amino acids.

**Chromium** provides support for healthy glucose and fat metabolism.

**Copper** and iron help to form red blood cells and prevent anemia.

**Selenium** is a factor in the maintenance of healthy body cells and tissues. It also acts as an antioxidant for the maintenance of good health.

**N-acetyl cysteine**, an inner cell antioxidant, combines with selenium and zinc to replenish glutathione levels in the liver, which acts as a critical detoxifier. NAC is also well-known for its mucolytic activity and can beneficially influence inflammatory indices in chronic obstructive pulmonary disease.<sup>3</sup>

**Green tea extract**, a source of the powerful cancer fighting EGCG, also has potent antioxidant effect and has a stimulating effect on thermogenesis.

**Alpha-lipoic acid (ALA)** is an antioxidant largely present in the peripheral nerves. Several studies have established the neuroregenerative and neuroprotective effects of ALA.

**Rosemary** is a natural antioxidant and works synergistically with other ingredients to quench free radicals that aggravate inflammation sites.

**Coenzyme Q10** promotes energy restoration and synergizes with vitamins to neutralize the body's free radicals.

**For Education Purpose Only:** The entire contents are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this presentation. All statements in this article have not been evaluated by the Food and Drug Administration and are not intended to be used to diagnose, treat, or prevent any diseases.

**Lutein and zeaxanthin** are the major antioxidants found in the macula of the human retina and can increase macular pigment optical density to protect against age-related macular degeneration and age-related cataract formation.<sup>4</sup>

**Para-amino benzoic acid (PABA)** has important roles in a number of biologic and enzymatic processes such as protein synthesis.<sup>5</sup>

**Iodine** helps in the function of the thyroid gland.

**Inositol** is a component of cell membrane phospholipids and **choline** is a precursor of acetylcholine, an important neurotransmitter. Both can help improve the symptoms of bipolar disorder.<sup>6,7</sup>

Citrus bioflavonoids and quercetin are potent antioxidants that can help to ease atherosclerosis and hypercholesterolemia.<sup>8</sup>

## Reference:

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## Caution:

Consult a health care practitioner prior to use if you have impaired liver function, have a liver disorder or develop symptoms of liver trouble; if you are pregnant or breastfeeding; if you have diabetes; if you are taking blood pressure medication; if you are taking sulfonamides; if you are taking blood thinners; if you have an iron deficiency; if you have kidney stones. Hypersensitivity (eg. allergy) has been known to occur; in which case, discontinue use. Do not use this product if you are taking antibiotics; if you are taking nitroglycerin.