

# ALPHA BASE FOUNDATION PRODUCT INFO SHEET



## Description

## Ingredients

Numerous studies have reported that both vitamins and minerals play an essential role in supporting optimal health. Both vitamins and minerals play many crucial roles in the body too numerous to list, most recognizably supporting bone health, immune health, and cardiovascular health, to name just an important few. Not everyone is able to take these vitamins and minerals in through their daily diets or are uncertain about the vitamin and mineral content of foods they are eating. Along with vitamins and minerals, omega-3 fatty acids are also important for numerous roles through out the body, including providing support for cognitive and cardiovascular health.

A study published in *JAMA* (Journal of the American Medical Association) found that some groups of people are at a higher risk for vitamin deficiencies and inadequate vitamin status, these deficiencies and sub-optimal levels may lead to poor health.

Typical American diets have omega-6 to omega-3 ratios as high as 20:1. Data suggests that lowering this ratio to 3:1 to 6:1 may have great potential benefits. Omega-3 fatty acids derived from fish oil (EPA and DHA) have numerous studies backing its use in cardiovascular health, mood disorders, inflammatory conditions, and maternal and infant care.

Carotenoids, such as lycopene, lutein, and zeaxanthin also play an important role in supporting eye health. These carotenoids are found in high concentrations in the eyes, and have proven their efficacy in numerous trials. Supplementation with carotenoids is important and are generally not found in many daily multivitamin/mineral supplements.

## Dosage

**SUGGESTED USE:** As a dietary supplement, 2 packets per day taking one clear/clear packet in the AM and one clear/silver packet in the PM or as recommended by your health care professional.

## Contraindications

*May cause nausea when taken on an empty stomach. Patients on Warfarin/Coumadin should prescribng Physician before taking Vitamin K. If you are pregnant or nursing, consult your health care professional before taking this product.*

## Supplement Facts

Serving Size: 2 Packets  
Servings Per Container: 30

2 packets contain	Amount Per Serving	% Daily Value
Vitamin A (as Betatene ® Natural Mixed Carotenoids, Palmitate)	15,000 IU	300%
Vitamin C (as Ascorbic Acid USP)	1,000 mg	1667%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopherol)	400 IU	1333%
Vitamin K (as Phytonadione)	100 mcg	125%
Thiamine (B1 from Thiamine HCL USP)	50 mg	3333%
Riboflavin (Vitamin B2 USP)	50 mg	2941%
Niacin (as Niacin USP, Niacinamide USP)	50 mg	250%
Vitamin B6 (as Pyridoxine HCL USP)	75 mg	3750%
Folic Acid	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	950 mcg	15833%
Biotin	400 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate USP)	400 mg	4000%
Calcium (as Malate)	350 mg	35%
Iodine (from Kelp)	225 mcg	150%
Magnesium (as Buffered Amino Acid Chelate, Malate)	350 mg	88%
Zinc (as Chelazome ® Amino Acid Chelate)	20 mg	133%
Selenium (as Amino Acid Complex)	200 mcg	286%
Copper (as Lysinate)	2 mg	100%
Manganese (as Chelazome ® Amino Acid Chelate)	5 mg	250%
Chromium (as ChromeMate ®)	400 mcg	333%
Molybdenum (as Amino Acid Chelate)	50 mcg	67%
Potassium (as Citrate USP)	100 mg	3%
EPA	840 mg	*
DHA	600 mg	*
Total non alpha tocopherol forms	200 mg	*
gamma tocopherols	146 mg	*
delta tocopherols	33 mg	*
Lipoic Acid	100 mg	*
N-Acetyl-L-Cysteine USP	100 mg	*
Choline Bitartrate USP	50 mg	*
Inositol	50 mg	*
Rutin	50 mg	*
Lutein (Asteracea Family)	6 mg	*
Boron (as Proteinate)	3 mg	*
Lycopene	2 mg	*
Vanadyl Sulfate	2 mg	*

\* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules, Magnesium Stearate, Microcrystalline Cellulose, Hydroxypropyl Cellulose, Sodium Croscarmellose, Stearic Acid, PEG, Silicon Dioxide, Sodium Copper Chlorophyllin, Purified Marine Triglyceride Concentrate, Vitamin E Mixed Tocopherols, Gelatin, Glycerin, and Purified Water.

ID #450060 ~ 60 Packets

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.*