

Supreme Wellness

**Multivitamin**



**5 in 1 Multivitamin, mineral, amino acid, and**

**antioxidant support for maintenance of good health in adults and children above six years of age.**

# CONSIDERATIONS FOR SUPPLEMENTS

**ACTIVE VS INACTIVE**

Most B vitamins found in supplements are supplied in their inactive form, requiring methylation by the liver to convert them into their active form which can be used by the body. This requires an enzyme called methylenetetrahydrofolate reductase (MTHFR). A large percentage of the population is affected by a mutation in the MTHFR gene which instructs the body to produce this enzyme. As much as 50% of the population may be affected. MTHFR mutations affect the bodies ability to metabolise unmethylated forms of B vitamins namely folate and B12. Supreme Wellness multivitamin contains the active forms of both folate and vitamin B12 which are immediately bioavailable.

**DYNAMIC INTERPLAY**

Antioxidants engulf free radicals causing a change in molecular structure. This causes the antioxidant itself to become a free radical, although relatively weak and not likely to cause additional harm. Within the body there exists a dynamic interplay between five key antioxidants, often referred to as the network antioxidants. These are vitamin C, vitamin E, Co Q10, lipoic acid and glutathione. These network antioxidants work together to boost and strengthen the entire system, and when used together they enhance the activity of each other and help maintain antioxidant balance. Supreme Wellness Multivitamin contains four of the five key network antioxidants.

**GENETIC VARIATIONS AND NUTRITIONAL REGIMENS**

Many genetic polymorphisms confer both advantage and risk, depending on the health outcome of interest. Understanding the physiologic and biochemical consequences of specific gene variants, required cofactor support and the mechanisms that confer disease protection or risk enables the rational design of dietary and nutritional approaches that can provide maximum patient benefit.

Genetic variation has an important influence on human nutritional requirements, and the introduction of genomics has both highlighted the complexity of the interaction between genes and diet and offered opportunities to provide optimal nutrition for individuals to ultimately reduce the risk of chronic diseases and increase health and well-being into old age.

**SUPREME WELLNESS MULTIVITAMIN SUPPORTS GENE VARIATIONS IN:**

|  |  |  |
| --- | --- | --- |
| BCMO1 | BHMT | BHMT |
| CAT | **CBS** | **COMT** |
| DBP | **eNOS** | **GPX** |
| GSTM1 | **GSTP1** | **GSTP1** |
| HMOX1 | **MAT1A** | **MnSOD** |
| MTHFR | **MTR** | **MTR** |
| MTRR | **NQO1** | **OGG1** |
| PEMT | **PON1** | **SHMT** |
| VDR |  |  |

# SUPREME WELLNESS MULTIVITAMIN

The body cannot produce most vitamins, minerals and trace elements and is dependent on a regular supply in the diet. An optimum daily diet is often not always possible, and an adequate supply of these vital substances is important for well-being and good health.

|  |  |
| --- | --- |
| **DELIVERED IN A SINGLE SUPREME WELLNESS MULTIVITAMIN TABLET** | |
|  | |
| **Amino Acids** | |
| Glycine | 75 mg |
| L-Arginine | 187.5 mg |
| L-Glutamine | 150 mg |
| L-Lysine | 50 mg |
| L-Ornithine | 45 mg |
|  | |
| **Antioxidants** | |
| Alpha Lipoic Acid | 5 mg |
| Grape Seed Extract | 1.9 mg |
| Selenium | 15 μg |
| Ubiquinone (CoQ10) | 12.5 mg |
| Vitamin A Palmitate | 150 μg |
| Vitamin C | 75 mg |
| Vitamin E | 3.35 mg |
| Zinc | 5.6 mg |
|  | |
| **Vitamin B Complex** | |
| Vitamin B1 | 747 μg |
| Vitamin B2 | 1.25 mg |
| Vitamin B3 | 6 mg |
| Vitamin B5 | 6 mg |
| Vitamin B6 | 6 mg |
| Methylcobalamin (Vit B12) | 75 μg |
| Quatrefolic® Methyltetrahydrofolate | 75 μg |
|  | |
| **Other vitamins, minerals and nutrients** | |
| Biotin | 20 μg |
| Calcium | 100 mg |
| Choline | 4.2 mg |
| Chromium | 35 μg |
| Copper | 500 μg |
| Magnesium | 60 mg |
| Manganese | 1 mg |
| Molybdenum | 30 μg |
| Potassium Iodide | 12.24 μg |
| Vitamin D3 | 1.88 μg |

# INCREASED NEED FOR MULTIVITAMIN SUPPORT

* Alcohol
* Chronic medication users
* Coffee and stimulants
* Compromised digestive ability
* Depression
* Diabetes
* Elderly
* Excessive exercise
* Female infertility
* Gastrointestinal problems
* Genetic Variations
* Impaired methylation
* Junk food addicts
* Lactating
* Male infertility
* Mood disorders
* Obesity
* Oral contraceptive use
* Poor diet
* Pregnant
* Smoking
* Stress
* Vegans
* Vegetarians

# WHY SUPPLEMENT?

Todays fast-paced digital world leaves most of us burning the candle at both ends, reaching for meals on the go, choosing fast and convenient or skipping them entirely. Fast food such as this is often lower in vitamins, minerals, and essential fibre because of the processing, preparation, and reduced soil quality during manufacture. Junk food is also higher in calories, sugar, fat, artificial sweeteners, preservatives, sodium any many other chemicals detrimental to human health and well-being.

Supreme Wellness Multivitamin is a 5-in-1 combination supplement that contains:

* amino acids
* antioxidants
* B-complex vitamins
* other vitamins
* minerals

This affects our bodies ability to maintain optimal nutrient levels and remain toxin free.

Optimal nutrient levels are essential to:

1. Promote growth and development
2. Maintain general health
3. Support essential bodily processes
4. Protect against illness and chronic disease
5. Support genetic variants
6. Help metabolise fats, carbohydrates, and proteins

If diet and lifestyle is not optimal, consider adding a multivitamin and mineral supplement to your daily regimen.

# WHY CHOOSE SUPREME WELLNESS MULTIVITAMIN

Supreme Wellness Multivitamin is a 5-in-1 combination supplement that contains: amino acids, antioxidants, B-complex vitamins, other vitamins and minerals providing added nutritional support to help promote, well-being, vitality and healthy ageing.

**Supreme Wellness (PTY) Ltd**

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