

# ALPHA BASE TABS & CAPS

## PRODUCT INFO SHEET



### Description

Alpha Base is a complete multivitamin and multimineral supplement.

### 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. Supplementation with a high quality daily multivitamin/mineral may provide benefit for those wishing to meet their recommended daily requirements of minerals and vitamins.

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. Supplementation with vitamins such as K, C, E, B<sub>12</sub>, B<sub>6</sub>, and A were found to play beneficial roles in the prevention of poor health.

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.

Taking a daily multivitamin/mineral is important; however, the quality of the ingredients included is critical. Many minerals are poorly absorbed; Alpha Base uses fully reacted minerals utilizing optimal absorption.

### Dosage

**SUGGESTED USE:** Tablets, As a dietary supplement, 3-6 tablets per day or as recommended by your health care professional. Capsules, As a dietary supplement, 4-8 capsules per day with food or as recommended by your health care professional.

### Contraindications

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

### Supplement Facts

	4 capsules contain	% Daily Value	8 capsules contain	% Daily Value
Vitamin A (as Betatene® Natural Mixed Carotenoids, Palmitate)	7,500 IU	150%	15,000 IU	300%
Vitamin C (as Ascorbic Acid USP, Ascorbate)	500 mg	833%	1,000 mg	1,667%
Vitamin D3 (as Cholecalciferol)	500 IU	125%	1,000 IU	250%
Vitamin E (as d-Alpha Tocopherol Succinate)	100 IU	333%	200 IU	667%
Vitamin K (as Phytoladione)	50 mcg	63%	100 mcg	125%
Thiamine (B1 from Thiamine HCl USP)	25 mg	1,667%	50 mg	3,333%
Riboflavin (Vitamin B2 USP)	25 mg	1,471%	50 mg	2,941%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	125%	50 mg	250%
Vitamin B6 (as Pyridoxine HCl USP)	38 mg	1,900%	75 mg	3,750%
Folic Acid	400 mcg	100%	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%	1,000 mcg	16,667%
Biotin	200 mcg	67%	400 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	1,500%	300 mg	3,000%
Calcium (as Di-Calcium Malate)	100 mg	10%	200 mg	20%
Iodine (from Kelp)	113 mcg	75%	225 mcg	150%
Magnesium (as Di-Magnesium Malate, Ascorbate, TRAACS® Magnesium Glycinate Chelate Buffered)	200 mg	50%	400 mg	100%
Zinc (as TRAACS® Zinc Glycinate Chelate)	10 mg	67%	20 mg	133%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%	200 mcg	286%
Copper (as TRAACS® Copper Lysinate Chelate)	1 mg	50%	2 mg	100%
Manganese (as TRAACS® Manganese Glycinate Chelate)	2.5 mg	125%	5 mg	250%
Chromium (as ChromeMate®)	200 mcg	167%	400 mcg	333%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%	50 mcg	67%
Potassium (as Citrate)	50 mg	1%	100 mg	3%
Choline Bitartrate USP	50 mg	*	100 mg	*
Inositol	50 mg	*	100 mg	*
Mixed Tocopherols	50 mg	*	100 mg	*
Lipoic Acid	25 mg	*	50 mg	*
N-Acetyl-L-Cysteine USP	25 mg	*	50 mg	*
Rutin	25 mg	*	50 mg	*
Lutein (from Asteracea Family)	3 mg	*	6 mg	*
Boron (as Proteinate)	1.5 mg	*	3 mg	*
Lycopene	1 mg	*	2 mg	*
Vanadyl Sulfate Hydrate	1 mg	*	2 mg	*

\* % Daily Value not established  
 Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #150090 ~ 90 Tablets  
 ID #150180 ~ 180 Tablets

ID #152010 ~ 10, 8ct blisters  
 ID #152120 ~ 120 Capsules  
 ID #152240 ~ 240 Capsules

*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.*