

Optimal Health: A High Potency Vitamin and Mineral Supplement for Men and Women

**Formulated by Dr. Deborah A. Wiancek,
Naturopathic Physician**

Why has Dr. Wiancek decided to formulate her own multiple vitamin?

Because many of my patients are taking 5 or 6 bottles of different vitamins and minerals a day and it is costing them a fortune. So I decided to make it easy and cost effective for people. All they would need is provided in my multiple vitamins at a cost of \$36.00 a month

What does the multiple vitamin include?

It includes the following:

1,000 mg of calcium citrate the most absorbable calcium available to help prevent osteoporosis.

1000 IU of Vitamin D3 to prevent osteoporosis.

400 IU of vitamin E which is a natural blood thinner, protects us from heart disease and all kinds of cancers.

1,000 mg of vitamin C which protects us from getting the common cold because of it's anti-viral effects.

15,000 IU of Vitamin A which protects us from all kinds of cancer and helps keep our skin healthy.

100 mcg Selenium which is also an antioxidant which protects us from all kinds of cancers including prostate cancer.

30 mg of Zinc which also protects us from colds and all kinds of cancers including prostate cancer.

50 mg of all the B vitamins. These are water soluble vitamins which need to be replenished on a daily basis. We need them during times of stress that is why they are called our stress vitamins. Other minerals that are needed to prevent osteoporosis which are included in the multiple vitamin are:

Other minerals included in the multiple include:

Folic acid 800 mcg

Vitamin K 150 mcg

Vitamin B12 100 mcg

Biotin 300 mcg

Pantothenic acid 70 mg

Magnesium citrate 500 mg

Copper 1 mg

Manganese 15 mg

Chromium 100 mcg

Potassium 50 mg

Boron 2 mg

Molybdenum 50 mcg

Vanadium 20 mcg

Choline 70 mg

Inositol 70 mg

Why is there no iron in this multiple vitamin?

Why a little may be good more is definitely not better when it comes to your heart. A study comparing coronary heart disease patients with healthy, age matched controls, found women older than 60 had a

3.5 fold increase in CHD risk for every 50 mg of iron consumed per month over 250 mg.

The lesson here is to take iron supplements only when you need them.

One a day for Women has 27 mg of iron in each tablet. That amounts to an 810 mg of iron load every month, raising a consumer's risk for CHD 40 fold. Several studies have conversely confirmed the cardiovascular benefits of iron depletion

Who should be taking a multiple vitamin?

Individuals who are not eating a balanced diet on a daily basis.

If you are lactose intolerant you may be deficient in calcium and vitamin D.

You're pregnant, of child bearing age or may become pregnant or are breast feeding.

To prevent osteoporosis all women should be taking calcium, vitamin D, magnesium, vitamin C, boron, vitamin K, zinc and copper starting at 20 years of age or younger.

You have elevated homocysteine, a protein that may be related to an increased risk of coronary heart disease. Vitamin B6, vitamin B12 and folic acid has been shown to prevent heart disease and lower homocysteine levels.

You have had an intestinal condition such as inflammatory bowel disease, irritable bowel syndrome or chronic pancreatitis. All these conditions can interfere with nutrient absorption.

through blood donation, reducing the risk of an acute heart attack as much as 88 percent in middle aged male donors.

Also, some researchers suggest the loss of iron rich blood during menstruation is partly responsible for the lower rates of heart disease in younger women. The lesson here is to take iron supplements only when you need them. The only way to tell if you are low in iron is through a blood test.

You're on a weight reduction diet.

You're a cancer patient - you should be taking antioxidants.

You're a strict vegetarian - You are probably lacking in vitamin B12.

To reduce your risk of getting cancer. Harvard's famous evaluation of 90,000 nurses for more than 15 years showed that multiple vitamins appeared to reduce the risk of colon and breast cancers.