

# ActivCore Nutrients



## Clinical Applications

- Foundation Nutrition for a variety of Protocols
- Basic “Insurance” Formula for Wellness/Disease Prevention
- Antioxidant Protection
- Detoxification Support
- Poor Dietary Nutrient Intake
- Stressful Lifestyle

*ActivCore Nutrients is a high quality, hypoallergenic, balanced, proprietary multivitamin mineral blend in easy-to-swallow vegetable capsules. Activated vitamin co-factors and patented Albion® chelated mineral complexes assure maximum absorption and utilization at the cellular level.*

**ActivCore Nutrients Meets or Exceeds cGMP quality Standards**

## Discussion

Optimal intake of micronutrients is critical to the maintenance of metabolic processes and essential to health. Population studies available to date have indicated U.S. dietary intake of several vitamins and minerals 50-80% below the RDAs. There are numerous reasons to select ActivCore Nutrients as foundation nutrition.

**Balanced Profile** - In ActivCore Nutrients synergism exists between calcium and magnesium; zinc and copper; vitamin C and vitamin E; and among activated folate, vitamin B12 and high potency vitamin B complex; beta carotene, mixed carotenoids and trace elements. Antioxidants work synergistically and an excess or imbalance of one antioxidant can actually have oxidative properties. The antioxidant nutrients regenerate each other and consistent levels should be maintained intracellularly and extracellularly.

**Bioavailability** - The nutrients in ActivCore Nutrients are in bioavailable forms ready to be easily absorbed and utilized. There is a full complement of patented Albion® mineral chelates and complexes. ActivCore Nutrients contains natural vitamin E, (100% more potent than synthetic dl-alpha tocopherol), vitamin B12 in its already methylated form and folic acid partly in its “activated” 5-formyl tetrahydrofolate form. Vitamins B2 and B6 are also “activated.”

**Energy Production** - The B vitamins in ActivCore Nutrients serve as prime coenzymes in glycolysis and oxidative phosphorylation and as cofactors in amino acid and lipid metabolism. The balanced presence of “B”s in this formula is essential to their optimal synergistic functioning.

**Antioxidant Protection** - The broad spectrum of antioxidants present include natural vitamin E, vitamin C, selenium and mixed carotenoids. The balance of these antioxidants provides for effective antioxidant functioning.

**Detoxification Support** - Xenobiotics, including environmental pollutants and medications, must undergo biotransformation into molecules that can be easily excreted from the body. There are significant levels of bioavailable riboflavin, niacin, folic acid and B12 present in the formula for their roles in Phase 1 detoxification of the increasing demand posed by xenobiotics and metabolic by-products. Carotenes, vitamin C, tocopherols, selenium, copper, zinc, and manganese are present to protect tissues from reactive intermediates formed between Phase 1 and Phase 2 detoxification.

RFX  
1716 S. Kelly Ave.  
Edmond, OK 73013  
405.330.3619

**ActivCore Nutrients**



# Supplement Facts

Serving Size: 4 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV*		Amount Per Serving	%DV*
Vitamin A (75% [5,625 IU] as mixed carotenoids 25% [1,875 IU] as cis-retinol palmitate)	7500 IU	150%	Magnesium (as Di-Magnesium Malate)	100 mg	25%
Vitamin C (as potassium ascorbate, zinc ascorbate, calcium ascorbate and sodium ascorbate)	250 mg	417%	Zinc (TRAACS® Zinc Glycinate Chelate)	13 mg	87%
Iron (Ferrochel® Ferrous Bisglycinate Chelate)	5 mg	28%	Selenium (as Selenium Glycinate Complex)	100 mcg	143%
Calcium (DimaCal® Di-Calcium Malate)	100 mg	10%	Copper (TRAACS® Copper Glycinate Chelate)	1 mg	50%
Vitamin D3 (as cholecalciferol)	200 IU	50%	Manganese (TRAACS® Manganese Glycinate Chelate)	500 mcg	25%
Vitamin E (as d-alpha tocopherol succinate)	200 IU	667%	Chromium (TRAACS® Chromium Nicotinate Glycinate Chelate)	500 mcg	417%
Vitamin B1 (as thiamine mononitrate)	20 mg	1333%	Molybdenum (TRAACS® Molybdenum Glycinate Chelate)	50 mcg	67%
Vitamin B2 (as riboflavin 5 phosphate)	20 mg	1176%	Potassium (as Potassium Glycinate Complex, Potassium Ascorbate)	99 mg	3%
Vitamin B3 (as niacinamide and niacin)	63 mg	315%	Inositol	36 mg	**
Vitamin B6 (as pyridoxal 5 phosphate)	20 mg	1000%	Choline (as choline dihydrogen citrate)	36 mg	**
Folate (as folic acid and 5-formyl tetrahydrofolate)	400 mcg	100%	PABA	13 mg	**
Vitamin B12 (as methylcobalamin)	500 mcg	8333%	Vanadium (TRAACS® Vanadium Nicotinate Glycinate Chelate)	750 mcg	**
Biotin	1000 mcg	333%			
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2000%			
Iodine (as potassium iodide)	100 mcg	67%			

**Other Ingredients:** HPMC (capsule), stearic acid, microcrystalline cellulose, magnesium stearate, silicon dioxide.



DimaCal, Ferrochel, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending



## Dosing:

The adult recommended dose is 2 capsules twice a day with water at breakfast and lunch or dinner.

## References:

1. Total Diet Study, US FDA/CFSAN. <http://www.cfsan.fda.gov/~comm/tds-toc.html> {accessed 6.17.06}
2. National Health and Nutrition Examination Survey <http://www.cdc.gov/nchs/nhanes.htm> {accessed 6.17.06}
3. Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. JAMA. 2002 Jun 19;287(23):3127-9. [PMID: 12069676]
4. Earnest C, Cooper KH, Marks A, Mitchell TL. Efficacy of a complex multivitamin supplement. Nutrition. 2002 Sep;18(9):738-42. [PMID: 12297209]
5. Is it a Real Chelate? Albion Research Notes Aug 2000;9(2). [www.albionlabs.com](http://www.albionlabs.com) {accessed 6.19.06}
6. During, A., Harrison, E.H. 2005. An Invitro Model to Study the Intestinal Absorption of Carotenoids. Food Research International. 38:1001-1008. [http://www.ars.usda.gov/research/publications/publications.htm?seq\\_no\\_115=181873](http://www.ars.usda.gov/research/publications/publications.htm?seq_no_115=181873) {accessed 6.19.06}

## Contradictions:

This formula does not meet the nutrient requirements during pregnancy and or lactation. Several of the ingredients, in the amounts present have not been studied as supplementation for pregnant or lactating women. This formula is not intended for infants and children.

**Additional references available upon request.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

