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ONCE A DAY MULTI A-Z Multivitamin

for energy & nutritional support

Nutritional Information

One tablet provides:

		*%NRV			**%NRV
Vitamin A	800 µg	100	Potassium	40 mg	2
Vitamin D	5 µg	100	Chloride	36.3 mg	456
Vitamin E	12 mg	100	Calcium	160 mg	20
Vitamin K	75 µg	100	Phosphorus	128 mg	183
Vitamin C	80 mg	100	Magnesium	93.75 mg	25
Thiamin	1.1 mg	100	Iron	14 mg	100
Riboflavin	1.4 mg	100	Zinc	7.5 mg	75
Niacin	16 mg	100	Copper	0.5 mg	50
Vitamin B6	1.4 mg	100	Manganese	0.5 mg	25
Folic acid	200 µg	100	Selenium	10 µg	182
Vitamin B12	2.5 µg	100	Chromium	25 µg	625
Biotin	50 µg	100	Molybdenum	25 µg	50
Pantothenic acid	6 mg	100	Iodine	75 µg	50

*NRV = Nutrient Reference Values

Take one tablet daily dissolved in a glass of water.



- A broad spectrum of vitamins and minerals for your everyday needs.
- Quick releasing for rapid absorption
- Delicious tasting effervescent tablet

DESCRIPTION

A high potency formula for comprehensive everyday support. Once A Day Multi A-Z Effervescent provides 13 vitamins and 13 minerals and is designed to enhance dietary nutrition intake. It is especially useful to those who are at increased risk of insufficient nutrient intake such as vegetarians or anyone following a calorie restricted diet. Once A Day Multi A-Z Effervescent contains 100% of the NRV for most nutrients.

ENERGY

The Krebs cycle: Once A Day Multi A-Z Effervescent contains a potent level of nutrients such as the B vitamins required directly for the energy production cycle, also called the krebs cycle. Insufficient intake of B vitamins can impair energy production and cause fatigue.

Thyroid: Iodine is another nutrient in Once A Day Multi A-Z Effervescent that supports the production of energy. Iodine is required for the creation of thyroid hormones. T4 requires 4 molecules of iodine, which then travels to the liver where 20% of it is converted into T3. T3 is much more potent than T4 but requires selenium and zinc for conversion. Thyroid hormones ultimately regulate metabolism and are therefore essential for a constant energy supply.

RESTRICTED DIETS

When diets are limited such as in the case of vegetarianism, food intolerances, allergies and calorie restricted diets, taking a multi-nutrient formula can help to cover some dietary losses.

Vegetarians: Vegetarians typically consume a much higher level of phytic acid which is found in beans and grains. Phytic acid has the potential to be anti-nutrient as it easily chelates to essential minerals such as zinc and iron and can transport them out of the body. Phytic acid should not be avoided however as it does have other health benefits. Increased consumption must be supported with a multi-nutrient formula. Vegetarians may also be low in vitamin A. The body is able to convert beta carotene into vitamin A, but only in the presence of adequate zinc.

Allergies and intolerance: The current spike in food allergies and intolerances poses some risk of nutrient deficiencies if not managed properly. When dairy is missing, so is calcium lactate, a highly absorbable form of calcium. This calcium needs to come from other sources, which in the case of milk alternatives are often consumed with phytic acid which decreases absorption rates.

Gluten sensitivity: Gluten avoidance poses another common problem. Primarily people who must avoid gluten often have issues with nutrient absorption, increasing the need for nutrient intake. Secondly, traditional gluten free substitutes often have a lower nutritional value¹, and contain higher levels of sugars² to make them palatable. These sugars compete with vitamin C for absorption and use up valuable stores of magnesium within the body³.

Calorie restricted diets: Calorie restricted diets are often low in a few essential nutrients. Calorie restricted diets usually limit fat due to its high caloric profile. The limitation of dietary fats lead to a restriction in essential fat-soluble nutrients including vitamins A, D and E. The stores of these fat-soluble vitamins may quickly become depleted and need to be replaced.

STRESS AND ANXIETY

Resistance to infection during stress states: Vitamin C is released by the adrenal glands alongside stress hormones, which can cause vitamin C levels to become quickly depleted in chronic stress states which then decreases resistance to infection.

Neurotransmitters: Magnesium is required for the production of gamma-aminobutyric acid (GABA), a neurotransmitter that helps to relieve anxiety and fear⁴. One study found that an increase in magnesium levels in the brain led to decreased fear⁵. Another animal study found that decreased magnesium levels were a direct cause of anxiety⁵. Stress itself increases the need for magnesium⁴, further potentiating the situation. Molybdenum is a trace mineral required for many enzymatic processes within the body, including for the breakdown of amino acids. These amino acids are then used in many other functions of the body such as for the production of neurotransmitters including serotonin which helps us to deal with stress.

IMMUNITY

The immune system requires certain vitamins and minerals to function effectively. Sometimes these nutrients may work indirectly to facilitate immune function.

Vitamin D: Vitamin D is one of the more well-known nutrients for the immune system. Vitamin D aids with the regulation of T helper cells and is involved with self-tolerance. It is found in large quantities in the gut associated lymphoid tissue (GALT). Vitamin D ensures that the immune system is regulated rather than under or over functioning. Vitamin D is often deficient in autoimmune patients⁶.

Vitamin C: Vitamin C is required for the proper function of Natural Killer T and B cells. One study showed that vitamin C was able to increase Natural Killer T and B cell function by 10-fold in patients who had the immune cell suppressed by toxins, completely restoring immune function⁷.

Zinc: Zinc is also a major nutrient required for proper immune function. Diminished stores rapidly decrease antibody responses which result in low resistance to infections⁸.

WHY IS IT IMPORTANT TO TAKE A MULTINUTRIENT SUCH AS ONCE A DAY MULTI A-Z?

Safeguarding nutrition intake: Once A Day Multi A-Z is a great way to safeguard nutrition intake. It is hard to consume all the nutrients required each day. Unfortunately, food quality has significantly decreased over the last century due to intensive farming methods, artificial growing environments and the use of pesticides and herbicides leading to lower nutrient status of food. This combined with the increase in toxic exposure and therefore increased need for nutrients leaves a nutrient deficit.

Modern diets: Another reason for poor nutrient intake is the consumption of processed and refined foods. Refining often takes out nutritional value of foods such as the removal of B vitamins with the refining of flour. Refined foods often cause a spike in blood sugar levels which takes vital nutrient stores such as calcium and magnesium to recreate equilibrium within the body. The consumption and choice of convenience foods has increased over the last 100 years. Convenience foods typically contain a large content of fat, salt and sugar and are generally of lower nutritional value.

Modern lifestyles: Modern, fast paced and hectic lifestyles often lead to poorer nutrition intake as prepared and convenience food intake increases. Increased stress levels deplete the body of B vitamins, vitamin C and magnesium. A higher consumption of sugar and caffeine is likely with fast paced lifestyles as it serves as quick fuel for a period of high energy demand. This causes a blood sugar spike and loss of nutrition in the process.

HEALTH NEEDS



ENERGY

SCIENTIFIC REFERENCES

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