

# 2/A Day Multi



Distributed by: Adaptogen Research  
625 Barksdale Road, Suite 113  
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## 2/A Day Multi



### Clinical Applications

- Supports Optimal Health\*
- Supports Healthy Immunity\*

*2/A Day Multi contains optimal amounts of many nutrients not easily obtained in most diets in order to provide a strong foundational multivitamin/ multi-mineral in a convenient two-per-day formula.*

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

### Discussion

**2/A Day Multi** contains optimal amounts of many nutrients not easily obtained in most diets. It uses higher quality ingredients than most multivitamins, including vitamin E as DeltaGold® tocotrienols, a highly bioavailable form of folate, and true amino acid chelate minerals for optimal tolerance and absorption. These exceptional ingredients are combined in an up-to-date, science-based formulation to create a truly superior multi.

It's a blend of highly bioavailable vitamins and minerals that are difficult to obtain from food alone. In addition to foundational vitamins and minerals, 2/A Day Multi provides nutrients not commonly found in commercially available multivitamin/mineral products such as activated forms of B vitamins, easily absorbable folate, vitamins A and C, and a tocopherol-free form of vitamin E isomers, a blend of gamma and delta-tocotrienols, which have unique health and healthy aging benefits.\* It also includes a unique blend of vitamin K provided as two naturally occurring forms—K1 and K2 (as MK-4 and MenaQ7® Full Spectrum as MK-6, MK-7, MK-9), as well as iodine and selenium—two minerals needed for healthy thyroid support, and boron which is required for healthy bones.\*

#### 2/A Day Multi includes:

- **Vitamin E Isomers:** provided as DeltaGold®, an annatto-sourced tocopherol-free blend of gamma- and delta-tocotrienols. Tocotrienols have higher antioxidant activity and unique benefits not observed with tocopherols. Tocotrienols are not easily found in common diets and their assimilation is impaired by concurrent consumption of tocopherols. Thus, tocopherols are not included in 2/A Day; they can easily be obtained through the consumption of nuts, seeds, avocado, various vegetable oils and many animal foods.
- **Vitamin K:** provided as two naturally occurring forms—K1 and K2 (as MK-4 and MenaQ7® Full Spectrum as MK-6, MK7, MK-9). The RDA for vitamin K1 was derived solely based on optimizing blood clotting, but new research shows that higher levels are required to support the roles of vitamins K1 and K2 in bone metabolism, arterial health and more. The precise forms and specific levels of K2 characteristic of a Paleo diet are not known for certain but MK-4 was likely an important component since it is the main form stored in animal foods and in the human body. Consider using Tri-K™ for older men and women, especially postmenopausal women, who may need higher levels of vitamin K. (See the Tri-K™ tech sheet and the vitamin K chapter in the Textbook of Natural Medicine.)<sup>2</sup> Pyridoxal 5'-Phosphate) are also provided for optimized absorption and bioavailability.\* These essential vitamins support energy production (metabolism) and red blood cell formation.\*

**\*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.**



- **Folate:** provided as Quatrefolic®, a glucosamine salt 5-MTHF form of folate shown to dissociate easily before absorption and raise plasma folate levels.<sup>4</sup> This form of 5-MTHF is likely more bioavailable than naturally occurring folates because they are covalently bonded to polyglutamate chains.<sup>4</sup> Folic acid is no longer considered an adequate source of folate for the following reasons: (a) genetic polymorphisms of folate metabolism are common and are responsible for a 35-70% reduced conversion of folic acid to the biological active form, 5-MTHF;<sup>4,5</sup> (b) synthetic folic acid (derived from fortified foods, or supplements) may increase the risk of various cancers, reduce natural killer (NK) cell activity, and may have other detrimental effects;<sup>5,6</sup> (c) human physiology is adapted to natural folates. Folic acid is not a naturally occurring molecule and has a distinct pathway of cell entry and different metabolic transformations compared to natural folates. These differences may be responsible for the detrimental effects associated with folic acid.<sup>5,7</sup>
- **Vitamin B6:** provided in the naturally occurring Phosphorylated form, pyridoxal-5-phosphate.
- **Vitamin B12:** provided in the naturally occurring Methylcobalamin form.
- **Niacin:** included in two forms, as niacin and Niacinamide; both occur naturally in foods.
- **Vitamin C:** provided as ascorbic acid, at higher levels than in most multivitamins because average consumption of vitamin C from food in the US (94 mg) is well below evolutionary intakes (approx. 541 mg), due to diets deficient in fresh fruits and vegetables. It is an antioxidant and essential for optimal immune response, collagen biosynthesis, catecholamine metabolism, and dietary iron absorption.<sup>3</sup> In turn, poor collagen renewal results in impaired integrity of the skin, mucous membranes, blood vessels, and bone.<sup>3</sup> The RDA for vitamin C prevents only the extreme deficiency that results in scurvy; it does not provide for optimal health.<sup>3</sup>
- **Vitamin A:** 77% of the vitamin A in this formula is represented by a natural carotenoid mix from palm oil with the remainder as pre-formed vitamin A, retinyl palmitate for a total of 960 mcg RAE. This is based on the fact that the majority of vitamin A sources in the Paleolithic diet were derived from plant-sourced carotenoids rather than pre-formed vitamin A.<sup>1</sup> Ideally, most vitamin A should be derived from a diet high in vegetables and fruits that provide carotenoids with vitamin A activity.
- **Mineral chelates:** Zinc, manganese, molybdenum, chromium and boron are provided as highly bioavailable chelates. Mineral chelates do not depend on stomach acid for liberation and may be more effective for those with hypochloridia or other conditions that impair mineral absorption. Chelated minerals are designed to bypass obstacles to absorption and assimilation, such as food phytates, oxalates, fiber, ionic minerals or even medications that interfere with mineral absorption. Chelates are better tolerated and absorbed and are less likely to cause loose stools or other gastrointestinal discomfort.<sup>8</sup>

Supplement Facts			
Serving Size 2 capsules Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (from Palmitate and Mixed Carotenoids)	960 mcg RAE 107%	Pantothenic Acid (as d-Calcium Pantothenate)	12 mg 240%
Vitamin C (as Ascorbic Acid)	500 mg 556%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin D (as Cholecalciferol)	25 mcg (1000 IU) 125%	Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%
Vitamin K (as K1 Phytanadione, Vitamin K2 Menaquinone-4 and MenaQ7® Full Spectrum MK-6, MK-7, MK-9)	120 mcg 100%	Selenium (as Selenium Glycinate Complex)	200 mcg 364%
Thiamin (Vitamin B-1)(as Thiamin HCl)	2.3 mg 192%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%
Riboflavin (Vitamin B-2)	2.8 mg 275%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 57%
Niacin (as Niacinamide and Niacin)	50 mg NE 313%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin B-6 (as Pyridoxal-5-Phosphate)	5.2 mg 306%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	15 mg *
Folate (as Quatrefolic® (6S)-5-methyltetrahydrofolate, glucosamine salt 800 mcg)	680 mcg DFE 170%	Boron (as Bororganic Glycine)	2 mg *
Vitamin B-12 (as Methylcobalamin)	500 mcg 20833%		
Biotin (as d-Biotin)	30 mcg 100%		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

**Suggested Use:** Take two capsules per day with meals, or as directed by your health care practitioner.

**Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.



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## References:

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