

ALPHA BASE CAPSULES WITHOUT IRON



RECOMMENDED USE

- Supports good health
- Helps in energy metabolism and in tissue formation
- Source of antioxidants that help to protect cells against the oxidative damage caused by free radicals

ESSENTIAL VITAMINS

Alpha Base is a comprehensive, hypo-allergenic, multivitamin and mineral blend. As a complete multivitamin, Alpha Base provides high-quality nutrients to support good health. USP* B vitamins help in energy metabolism and folate (as Quatrefolic™ - 100% 5-MTHF), the biologically active form of folic acid, helps to maintain the body's ability to metabolize nutrients. Albion® TRAACS® chelated mineral complexes enhance bioavailability. Alpha Base includes an optimal 2:1 magnesium to calcium ratio. Key antioxidant vitamin C, natural vitamin E, mixed tocopherols and selenium protect cells from free radical damage. Alpha Base also contains a blend of vitamin K2 (as MK-7) and D3 which help in the maintenance of bones.

Overview

It is well-established that good nutrition promotes health, while nutritional deficiencies can lead to many health challenges. Yet, many people underestimate the importance of achieving proper levels of micronutrients each day. For the human body to complete vital daily tasks, it must be given a wide and complex variety of key micronutrients. Micronutrients play a role in strengthening (vitamin C, vitamin D, vitamin B12, zinc), and converting food into energy (vitamin B12, riboflavin, niacin, niacinamide, vitamin B6, pantothenic acid, zinc, and magnesium). Micronutrients also help in tissue formation (riboflavin, niacin, niacinamide, vitamin B6, pantothenic acid, zinc) and cell division (calcium and vitamin D3) and specialisation (calcium). Becoming deficient in any one of these essential vitamins or minerals can create a breakdown metabolic processes that support good health.

Alpha Base is a superior multivitamin designed to support the ideal daily intake of vitamins and minerals by providing a high-quality source of nutrients in the most bioavailable form.

Bioavailability

The importance of bioavailability is obvious. If consuming a multivitamin has little effect on improving the body's nutrient balance, there is no reason to ingest it. Inferior multivitamin supplements often contain synthetic vitamin E in a dl-tocopherol form. Alpha Base contains natural d-alpha tocopherol, as well as mixed tocopherols, to enhance vitamin E availability and its free radical scavenging potential.³ Another sign of an inferior multivitamin is the use of cheap, poorly absorbed, rock-salt minerals like calcium carbonate and magnesium oxide. These mineral forms have slow and limited absorption relying on adequate stomach acid to promote passive diffusion into the body.

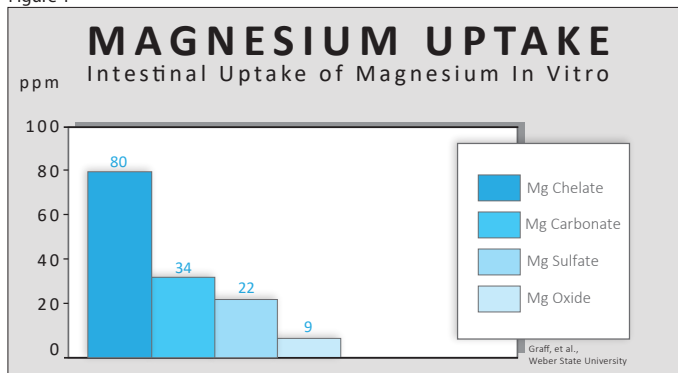
What's more, because they remain in the intestines longer, these forms can cause intestinal distress such as constipation (calcium carbonate) or diarrhea (magnesium oxide).

Alpha Base provides a full spectrum of highly absorbed, Albion® mineral chelates. Albion® is the world leader in manufacturing highly bioavailable mineral chelates, a specialized form of minerals bound to amino acids. This patented process creates natural mineral compounds which use active absorption mechanisms in the gastrointestinal tract to significantly enhance mineral absorption. Comparison studies show significantly superior absorption of mineral chelates over other forms of minerals.

In a magnesium comparison study reported by Graff et al. at Weber State University, Albion's® magnesium amino acid chelate had (See Figure 1):³

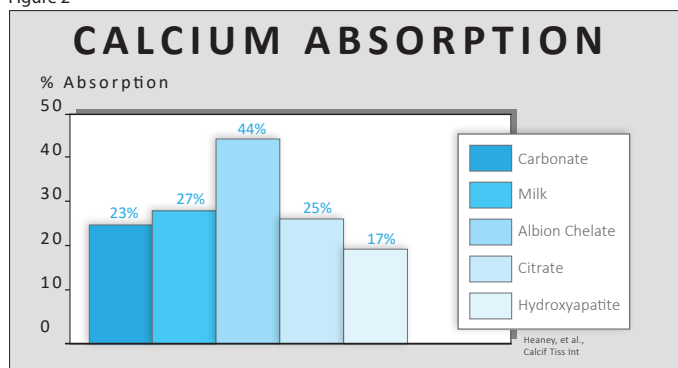
- 8.8 times greater absorption than magnesium oxide
- 5.6 times greater absorption than magnesium sulfate
- 2.3 times greater absorption than magnesium carbonate

Figure 1



In a clinical study comparing calcium absorption in humans, Albion's® patented calcium chelate delivered the greatest absorption of all calcium sources tested (44% Absorption - See Figure 2).⁴

Figure 2



In addition, mineral chelates are gentle, gut-friendly minerals that do not cause the constipation that often accompanies calcium carbonate and other mineral forms. Albion's® mineral chelates have extensive clinical research proving their superior bioavailability, biologic activity, stability and tolerance.

Metabolism & Energy Production

Converting food into cellular energy is a nutrient-intensive process. Alpha Base provides substantial levels of B vitamins, which are prime coenzymes for the Krebs cycle, the biochemical pathway responsible for maintaining energy metabolism in the form of ATP (adenosine triphosphate). Alpha Base exclusively uses high-quality, USP-grade B vitamins ideal for those looking to maintain healthy energy levels.

Broad Spectrum Antioxidant Support

The body is constantly exposed to free radicals and relies heavily on its antioxidant reserve for protection. Free radicals are generated by metabolic by-products and environmental exposure such as UV rays from the sun, air pollution and radiation. Alpha Base contains a balanced spectrum of antioxidant vitamins such as vitamin C and E, trace elements and nutrients that up-regulate antioxidant-supporting pathways in the body to help to protect cells against damage caused by free radicals.

*The USP is a scientific organization that sets standards for the identity, strength, quality and purity of medicines, food ingredients and dietary supplements, manufactured, distributed and consumed worldwide.

Recommended Dose

Adults: Take 2 Alpha Base without Iron capsules 2 times per day with food, or as recommended by your healthcare practitioner. Take a few hours before or after taking other medications or natural health products. Ensure to drink enough fluid before, during, and after exercise.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Risk Information

Consult a health care practitioner prior to use if you are taking antiplatelet medication, blood thinners, protease inhibitors or if you are taking medications which inhibit peristaltic movement, and/or if you have an iron deficiency, if you have been diagnosed with estrogen-dependent cancer, seizure disorder, kidney stones or kidney disease, diabetes, gall bladder diseases, gallstones, liver disease/disorder and/or intestinal/liver obstruction or if you have stomach ulcers or excess stomach acid and/or if you have symptoms such as abdominal pain, nausea, vomiting or fever and/or if you have a history of non-melanoma skin cancer. Consult a health care practitioner if symptoms persist or worsen or if laxative effect does not occur within seven days. Consult a health care practitioner immediately if you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product. Stop use if you develop symptoms of liver trouble such as yellowing of the skin/eyes, stomach pain, dark urine, sweating, nausea, unusual tiredness, loss of appetite and/or if you experience sweating, paleness, chills, headache, dizziness and/or confusion. Ensure to drink enough fluid before, during, and after exercise. Do not use if you are pregnant or breastfeeding, have a bile duct obstruction, are taking antibiotics or nitroglycerin, are allergic to plants of the Asteraceae/Compositae/Daisy family, have diabetes mellitus in which blood sugar is difficult to regulate, and/or if you have difficulty swallowing. Do not use if you are experiencing a sudden change in bowel habits that has persisted for more than 2 weeks, undiagnosed rectal bleeding, or failure to defecate following the use of another laxative product. Do not use this if you have heart disease, high or low blood pressure, kidney or liver disorder, diabetes or edema or are taking products containing diuretics. Hypersensitivity, such as allergy, may occur, in which case, discontinue use. May cause digestive problems such as temporary gas, bloating or diarrhoea. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported.

To be sure this product is right for you, always read and follow the label.

Medicinal Ingredients (per capsule)

Vitamin A (Vitamin A palmitate).....	187.5 mcg RAE (625 IU)
Beta-carotene (<i>Blakeslea trispora</i> , Whole)	750 mcg (1250 IU)
Vitamin C (Calcium ascorbate USP, Ascorbic acid USP)	125 mg
Vitamin D3 (Cholecalciferol)	6.25 mcg
Vitamin E (d-alpha-tocopheryl succinate USP)	16.75 mg AT
Vitamin K1	12.5 mcg
Thiamine (Thiamine hydrochloride USP)	6.25 mg
Riboflavin USP.....	6.25 mg
Niacin USP	3.125 mg
Niacinamide USP	3.125 mg
Vitamin B6 (Pyridoxine hydrochloride USP)	9.25 mg
Folate (Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	100 mcg
Vitamin B12 (Methylcobalamin)	125 mcg
Biotin	50 mcg
Pantothenic acid (Calcium-d-pantothenate USP).....	37.5 mg
Choline (Choline bitartrate)	4.75 mg
Calcium (DimaCal™ Dicalcium malate, calcium ascorbate USP, calcium d-pantothenate USP).....	25 mg
Iodine (<i>Ascophyllum nodosum</i> , <i>Thallus</i> , <i>Laminaria digitata</i> , Whole)	28 mcg
Magnesium (TRAACS™ Magnesium lysinate glycinate [Magnesium bisglycinate, Magnesium lysyl glycinate, Dimagnesium malate])	50 mg
Zinc (TRAACS™ Zinc bisglycinate).....	3 mg
Selenium (Selenium glycinate)	25 mcg
Copper (TRAACS™ Copper bisglycinate)	0.25 mg
Manganese (TRAACS™ Manganese bisglycinate)	0.5 mg
Chromium (Chromium (III) nicotinate).....	60 mcg
Molybdenum (TRAACS™ Molybdenum bisglycinate).....	6.25 mcg
Inositol NF	12.5 mg
Rutin (<i>Styphnolobium japonicum</i> , Flower).....	6.25 mg
Boron (Boric acid)	375 mcg
Glycine.....	1.428 mg
Vanadium (Vanadyl sulfate)	45.5 mcg
Vitamin K2 (Menaquinone-7) (MenaQ7®PRO).....	3.125 mcg

Non-Medicinal Ingredients:

Hypromellose, Stearic acid, Magnesium stearate,
Potassium citrate.

References

1. Block G, et al. Vitamin supplement use by demographic characteristics. *Am J Epidemiol* 1988;127:297-309.
2. National Research Council, *Diet and Health: Implications for Reducing Chronic Disease Risk* (Washington, DC: National Academy Press, 1989).
3. Devaraj S, Leonard S, Traber MG, et al. Gamma-tocopherol supplementation alone or in combination with alpha-tocopherol alters biomarkers of oxidative stress and inflammation in subjects with metabolic syndrome. *Free Radica Biol Med* 2008;44:1203-1208.
4. Graff et al. Magnesium: wide spread benefits. *Albion Research Notes* 1992; 1(2):1.
5. Calcium: Heaney RP, Recker RR, Weaver CM. Absorbability of calcium sources: the limited role of solubility. *Calcif Tissue Int* 1990 May;46(5):300-4.

ID# 152120CAN 120 Capsules

LT-PDN-051CAN-A