

## Gentle Care Formula

### Features:

- The **safest** multivitamin and mineral supplement ever made
- 100% vegan formula
- *Premium* quality ingredients
- Chelated minerals for *maximum absorption*
- **Void** of potentially harmful and toxic ingredients ⚠️
- Consistently updated formula reflects most current research
- Manufactured by a GMP certified and FDA regulated facility
- Added benefit of *phytochemical and carotenoid concentrates* from green food extracts



### Benefits:

- Great for all ages
- Safe for nursing and pregnant women\*
- Gentle on the digestive tract
- Non-stimulating
- Compliments a healthy diet

⚠️ Avoid taking supplements containing these ingredients: vitamin A, high dose (200+ IUs) isolated Vitamin E, folic acid, beta carotene, copper and iron

### Dr. Fuhrman's Gentle Care Formula:

Since most people's diets are not ideal and individual absorption and utilization vary from person to person, all people should take a high quality multivitamin and mineral supplement to assure the most favorable intake of essential micronutrients, such as vitamin D, B<sub>12</sub>, zinc, and iodine, to name a few. Of course, Dr. Fuhrman is a firm proponent of getting most of our nutrients from a high nutrient diet-style. However, although people who eat a high nutrient diet get most of their nutrients from the foods they eat, it is not uncommon to see many of these people low in certain nutrients. Taking a multivitamin and mineral ensures a complete intake of all beneficial nutrients. Dr. Fuhrman formulated his *Gentle Care Formula* because he could not find one that met all of his requirements.

\*Pregnant woman are often advised to take an iron supplement in addition to *Dr. Fuhrman's Gentle Care Formula*. Please see our vitamin advisor at [www.drfuhrman.com](http://www.drfuhrman.com).

## Gentle Care Formula

Science moves much faster than most companies can keep pace with, but Dr. Fuhrman strives to keep his products as current as possible. This completely vegan formulation represents years of careful research, optimizing the proper balance of nutrient levels and avoiding potentially toxic ingredients, such as vitamin A, isolated beta carotene, copper and iron. This balanced antioxidant supplement offers phytochemical (anthocyanins) and mixed carotenoid concentrates from green food extracts.

Most recently, Dr. Fuhrman modified his multivitamin and mineral formula to increase the level of B<sub>12</sub> and reduce the amount of B<sub>6</sub>, because many people on a healthy, plant-based lifestyle are deficient in B<sub>12</sub> and recent studies revealed that higher levels of B<sub>6</sub> have been linked to increased risks of heart attack, stroke and cancer, particularly when combined with folic acid.<sup>1</sup> Another critical feature of this multivitamin is that it does not contain folic acid. Recent studies have documented that receiving folate from vegetables is not the same as folic acid in a multivitamin. In fact, there is evidence to suggest that it may promote cancer in individuals who have cellular abnormalities or a pre-stage of cancer.<sup>2</sup>

Most, if not all, other multivitamins contain vitamin A; our *Gentle Care Formula* does not. The medical literature has shown that isolated vitamin A induces calcium loss in the urine, thereby increasing a person's risk of osteoporosis. In addition, too much vitamin A is known to be toxic to the liver and is known to cause birth defects. Ingesting vitamin A or beta-carotene in pill form may interfere with the absorption of other crucially important carotenoids, such as lutein and lycopene, thus potentially increasing cancer risk. In fact a recent multi-study analysis documented just that—people taking extra vitamin A had a 16 percent increased risk of death and those taking beta carotene had a 7 percent increase in mortality.<sup>3</sup>

Dr. Fuhrman takes care realizing that the right multi is an important part of one's disease protective lifestyle.

Copper also has been removed from Dr. Fuhrman's *Gentle Care Formula*. Recent studies have shown that excess copper could be associated with reduced immune function and lower antioxidant status.<sup>4</sup> Recently published research also indicates that high copper intake and diets high in saturated and trans fats could lead to an accelerated rate of mental decline in older adults.<sup>5</sup>

Iron is an *oxidant* and can contribute to infection and even increase heart attack risk. It should only be taken as a supplement when a deficiency or enhanced need exists.

Dr. Fuhrman advises people against salt intake. Salt is the major source of iodine in people's diets, so his *Gentle Care Formula* has enough iodine to ensure adequate intake.

Dr. Fuhrman's *Gentle Care Formula* is designed to be gentle on the digestive tract, non-stimulating and formulated to be added to a relatively healthy diet. For these reasons it is excellent for those with increased sensitivity. It is not designed to take the place of healthful eating.

<sup>1</sup> Bonaa KH. September 3–7, 2005. NORVIT: Randomized trial of homocysteine-lowering with B-vitamins for secondary prevention of cardiovascular disease after acute myocardial infarction. Program and Abstracts from the European Society of Cardiology Congress 2005. Stockholm, Sweden.

<sup>2</sup> Xu X, Gammon MD, Wetmur JG, et al. A functional 19-base pair deletion polymorphism of dihydrofolate reductase (DHFR) and risk of breast cancer in multivitamin users. *Am J Clin Nutr* 2007;85(4):1098-102. Ulrich C. Folate and cancer prevention: a closer look at a complex picture. *Am J Clin Nutr* 2007;86(2):271-273.

<sup>3</sup> Bjelakovic G, Nikolava D, Gluud LL, et al. Antioxidant supplements for prevention of mortality in healthy participants and patient with various diseases. *Cochrane Database Syst Rev* 2008;16(2):CD00776.

<sup>4</sup> Turnlund, J. et al. 2004. Long-term high copper intake: effects on indexes of copper status, antioxidant status, and immune function in young men. *The American Journal of Clinical Nutrition*. 79: 1037–1044

<sup>5</sup> Morris, M.C. et al. 2006. Dietary Copper and High Saturated and trans Fat Intakes Associated with Cognitive Decline. *Archives of Neurology*. 63: 1085–1088.

Supplement Facts		
Serving Size: 2 Capsules		Servings Per Container: 90
	Amount Per Serving	%DV
Vitamin C (as calcium ascorbate and from acerola fruit extract)	100mg	167%
Vitamin D (as ergocalciferol)	1000IU	250%
Vitamin K2 (as natural menaquinone-7 (MK-7))	30mcg	38%
Thiamin B1 (as thiamin HCl USP)	2mg	133%
Riboflavin B2 (as riboflavin USP)	2mg	118%
Niacin B3 (as niacinamide USP)	10mg	50%
Vitamin B6 (as pyridoxine HCl USP and pyridoxal 5-phosphate)	1mg	50%
Vitamin B12 (as methylcobalamin)	30mcg	500%
Biotin (as biotin USP)	200mcg	67%
Pantothenic acid (as D-calcium pantothenate USP)	5mg	50%
Calcium (as calcium citrate and calcium ascorbate)	100mg	10%
Iodine (from kelp)	150mcg	100%
Magnesium (as magnesium aspartate and magnesium amino acid chelate)	100mg	25%
Zinc (as zinc amino acid chelate and zinc picolinate)	15mg	100%
Manganese (as manganese amino acid chelate)	2mg	100%
Chromium (as chromium amino acid chelate)	60mcg	50%
Molybdenum (as molybdenum amino acid chelate)	37.5mcg	50%
Vanadium (as vanadium amino acid chelate)	10mcg	*
Polygonum cuspidatum root extract (providing 25 mg resveratrol)	50mg	*
Whole Food Fruit, Veggie & Greens Blend: Broccoli sprout extract, spirulina algae, acai fruit extract (Euterpe oleracea), lycium (goji) berry extract, citrus bioflavonoid complex (mixed citrus fruits), green cabbage floret concentrate, kale, watercress, Bilberry fruit extract (25% anthocyanosides), barley grass, wheat grass, grape powder & seed extract, wild blueberry extract, cranberry, raspberry powder and seed extract, prune, strawberry, tart cherry, and wild bilberry fruit extract	250mg	*
<b>*Daily Value (DV) not established</b> Gluten free. May contain corn or corn derivatives.		