

Dr. Fuhrman®

PRODUCT FACTS

GENTLE CARE

Gentle Care Formula contains whole food extracts of greens and berries provide an extra boost of phytochemicals in their natural, whole food state for optimal nutrient absorption and antioxidant benefit.

GENTLE CARE FORMULA

Multivitamin and mineral supplement

Dr. Fuhrman's multivitamins set the gold standard for quality and safety, and are manufactured by a GMP*-certified and FDA-regulated facility. Dr. Fuhrman selects only the highest-quality ingredients, formulated for rapid disintegration and easy digestion. Gentle Care Formula is uniquely designed to contain adequate amounts of essential nutrients that may be lacking even in a healthy diet, and to exclude those ingredients that have the potential to cause harm. Dr. Fuhrman is adamant about stopping the use of dangerous supplements. For example, several long-term scientific studies have demonstrated increased risks of cancer or premature death from the use of supplemental folic acid and Vitamin A. Gentle Care Formula excludes potentially harmful ingredients, such as vitamin A, beta-carotene, vitamin E, folic acid, and copper.^{1-3**}

Certain whole-food derived nutrients are known to be more bioavailable than their synthetic counterparts and these forms are preferentially included in Gentle Care Formula. Amino-acid chelated minerals, a highly absorbable form of minerals, are also included. Gentle Care Formula includes 1000 IU of vegan vitamin D3. Whole-food extracts of greens and berries provide an extra boost of phytochemicals in their natural, wholefood state for optimal nutrient absorption and antioxidant benefit.** Finally, for those who prefer not to swallow pills, the vegan capsules can be opened and the contents added to food or drink.



Older adults and those who follow a vegan or near-vegan diet require supplemental vitamin B12.⁴ Dr. Fuhrman's multivitamin and mineral supplements supply more than the RDI for B12, to correct for inefficient absorption. We can only absorb a very small amount each time we ingest a B12-containing food or supplement. Gentle Care Formula contains 100 mcg B12 in to help ensure adequate vitamin B12 levels.**

WHAT MAKES IT UNIQUE?

Dr. Fuhrman's Gentle Care Formula multivitamin and mineral supplement is appropriate for those with digestive sensitivities. It contains a smaller dose of calcium (100 mg) compared to Women's Daily +D3, and can be used by either men or women. Gentle Care Formula includes a small amount of taurine, an amino acid that may support athletic performance in physically active people, especially those who follow a plant-based diet.**

GENTLE CARE FORMULA

Product Features

- 100% vegan
- 120 vegan capsules (60-day supply)
- Free of potentially harmful ingredients**
- Taurine may improve athletic performance in those who are physically active**
- Formulated from the most current scientific research available
- Contains 1000 IU of vegan vitamin D3
- Whole-food derived nutrients
- Whole food extracts including kale, acai, watercress, and goji berry, have been added to supply additional phytochemicals and maximize the antioxidant benefit of the supplement
- Gentle on the digestive system
- Manufactured by a GMP certified and FDA-regulated facility
- Non-GMO
- No gluten-containing ingredients
- Packaged in post-consumer resin (PCR)



Gentle Care Formula includes whole-food derived nutrients: in addition to vitamin K2 derived from flower extracts, vitamin C from acerola fruit; iodine from kelp; calcium from seaweed; and resveratrol from *Polygonum cuspidatum* root extract.

CONSISTENTLY UPDATED FORMULA REFLECTS MOST CURRENT RESEARCH

Science moves much faster than most companies can keep pace with, but Dr. Fuhrman strives to keep his products as current as possible. Dr. Fuhrman continually improves the quality of Gentle Care Formula, adjusting its contents to stay current with new scientific research.

FREE OF POTENTIALLY HARMFUL INGREDIENTS

Certain nutrients, in isolated supplement form, are potentially harmful—these include vitamin A, beta-carotene, vitamin E, folic acid, and copper.^{1-3**} Despite these dangers, almost all multivitamins on the market still include these ingredients. Gentle Care Formula does not.

1000 IU VEGAN VITAMIN D3

Vitamin D has recently emerged as a crucial nutrient for many facets of health, and one of which most people don't get enough.⁴ For many people, 2000 IU vitamin D is an appropriate daily dose, but some may require more or less to achieve 25(OH)D levels in the optimal range of 30-45 ng/ml. Dr. Fuhrman has incorporated less vitamin D3 in the Gentle Care Formula supplement compared to his Men's and Women's Daily Formulas to provide an option for those who require less than 2000

IU/day; specifically those whose 25(OH)D levels exceed the 30-45 ng/ml range on a dose of 2000 IU/day.**

VITAMIN K2

Vitamin K2, which is an important nutrient for bone health, is produced by microorganisms and is low in plant foods. K2 drives chemical reactions that control bone formation, and getting sufficient K2 may help to maintain bone density — an important concern for women. Observational studies also suggest that getting adequate K2 may have cardiovascular benefits.⁵ Dr. Fuhrman's Gentle Care Formula includes Vitamin K2 to assure adequacy of this crucial nutrient. Also, the vitamin K2 is derived from flower extracts, a more bioavailable form than synthetic vitamin K1.**

WHOLE-FOOD DERIVED NUTRIENTS AND WHOLE-FOOD EXTRACTS

Gentle Care Formula includes whole-food derived nutrients: in addition to vitamin K2 derived from flower extracts, vitamin C from acerola fruit; iodine from kelp and calcium from seaweed. Additionally, 17 different whole-food extracts, including kale, acai, watercress, and goji berry, have been added to supply additional phytochemicals and maximize the antioxidant benefit of the supplement.**

“DR. FUHRMAN CONTINUALLY IMPROVES THE QUALITY OF GENTLE CARE FORMULA, ADJUSTING ITS CONTENTS TO STAY CURRENT WITH NEW SCIENTIFIC RESEARCH.”

1. Bjelakovic G, Nikolova D, Gluud LL, et al. **Antioxidant supplements for prevention of mortality in healthy participants and patients with various diseases.** *Cochrane Database Syst Rev* 2012, 3:CD007176.
2. Baggott JE, Oster RA, Tamura T. **Meta-analysis of cancer risk in folic acid supplementation trials.** *Cancer Epidemiol* 2011.
3. Brewer GJ. **Risks of copper and iron toxicity during aging in humans.** *Chem Res Toxicol* 2010, 23:319-326.
4. **Office of Dietary Supplements, National Institutes of Health.** Dietary Supplement Fact Sheet: Vitamin B12 [http://ods.od.nih.gov/factsheets/VitaminB12/]
5. Wacker M, Holick MF. **Vitamin D - effects on skeletal and extraskelatal health and the need for supplementation.** *Nutrients* 2013, 5:111-148.
6. Beulens JW, Booth SL, van den Heuvel EG, et al. **The role of menaquinones (vitamin K(2)) in human health.** *Br J Nutr* 2013, 110:1357-1368.

GENTLE CARE FORMULA
Supplement Facts

Supplement Facts		
Serving Size: 2 Capsules		
Servings Per Container: 60		
	Amount Per Serving	%Daily Value
Vitamin C (as calcium ascorbate and from acerola fruit extract)	100 mg	111%
Vitamin D (as (D3) vegan cholecalciferol (Vitashine®))	25 mcg (1000IU)	125%
Thiamin (as thiamin HCl)	0.75 mg	63%
Riboflavin (as riboflavin)	0.425 mg	33%
Vitamin B12 (as methylcobalamin)	75 mcg	3,125%
Biotin	15 mcg	50%
Pantothenic acid (as D-calcium pantothenate)	5 mg	100%
Calcium (from mineralized seaweed (Lithothamnium sp.) (whole plant) (Aquaminn™ TG) and calcium ascorbate)	100 mg	8%
Iodine (from kelp)	150 mcg	100%
Magnesium (as magnesium aspartate, magnesium amino acid chelate)	100 mg	24%
Zinc (as zinc bisglycinate chelate and zinc picolinate)	7.5 mg	68%
Chromium (as chromium amino acid chelate)	17.5 mcg	50%
Sunflower lecithin (soy-free) (providing 30 mg phosphatidylcholine)	150 mg	-
Taurine	50 mg	-
Vitamin K2 (as natural menaquinone-7 (K2Vital®))	30 mcg	-
Vanadium (as vanadium amino acid chelate)	10 mcg	-
Fruit, Veggie and Greens Blend:	130 mg	-
<small>Broccoli sprout extract, acai fruit extract (Euterpe oleracea), lycium (goji) berry extract, citrus bioflavonoid complex (mixed citrus fruits), green cabbage floret concentrate, kale leaf, watercress (aerial parts), alfalfa grass, bilberry fruit extract (25% proanthocyanidins), prune concentrate, grape seed & skin extract, wild blueberry extract, cranberry juice concentrate, raspberry extract, strawberry concentrate, tart cherry concentrate and wild bilberry fruit extract.</small>		

*Daily value not established.

Other Ingredients: Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, and silica. Non-GMO

Suggested Use: Take two capsules daily (best taken with food). Capsules can be opened and contents mixed with food or drink.

****These supplements have not been evaluated by the Food and Drug Administration.**

Products listed are not intended to diagnose, treat, cure or prevent disease.

For more detailed information about this supplement, visit <http://www.drfuhrman.com/shop/222/multivitamins>