

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 is uniquely designed to contain adequate amounts of essential nutrients that may be lacking even in a healthy diet, and to exclude ingredients that have the potential to cause harm.

Eating more health-promoting plant-derived food and less animal-derived food (especially processed and red meat) is linked to longevity.¹⁻³ However, reducing animal foods also reduces our exposure to some beneficial nutrients, including zinc, vitamin B12, and iodine. Smart supplementation can fill these gaps and help us achieve nutrient sufficiency without needing to add animal products.

Dr. Fuhrman is adamant about stopping the use of dangerous supplements. Despite the dangers, almost all multivitamins on the market still include potentially harmful ingredients. Women's Daily +D3 does not. For example, there is evidence that too much synthetic folic acid, which is more bioavailable than natural folate, has cancer-promoting effects.⁴⁻⁷ High doses of supplemental beta-carotene, vitamin A, and vitamin E have been linked to an increased risk of death in several studies.^{8,9} There is also evidence that supplemental vitamin A contributes to osteoporotic fractures.¹⁰ Importantly, folate, vitamin



E, and beta-carotene (a precursor to vitamin A) are all easy to obtain from vegetables, fruits, nuts, and seeds. Anyone following a healthful diet does not need to supplement with these nutrients. I also recommend avoiding copper and selenium as supplements, and only taking iron if necessary (such as when pregnant).

ORGANIC FRUIT AND VEGETABLE BLEND

A blend of whole foods, such as greens and berries, provide an extra boost of phytochemicals in their natural, whole food state. Dr. Fuhrman's new whole food blend now includes only organic vegetables and fruits, including broccoli sprouts, goji berry extract, kale, carrot, beet, blueberry and raspberry.

WHAT MAKES GENTLE CARE UNIQUE?

Dr. Fuhrman's Gentle Care Formula multivitamin and mineral supplement is appropriate for those with digestive

GENTLE CARE FORMULA

Product Features

- 100% vegan
- Free of potentially harmful ingredients**
- Taurine may support athletic performance in those who are physically active**
- Formulated from the most current scientific research available
- Contains 25 mcg (1000 IU) of vegan vitamin D3
- Organic whole food extracts including broccoli, kale, blueberry, and tomato.
- Gentle on the digestive system
- Manufactured by a GMP certified and FDA-regulated facility
- Non-GMO
- Does not contain gluten, dairy, or soy



Gentle Care Formula includes vitamin C from acerola fruit, iodine from kelp, and calcium from seaweed.

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. The calcium and some magnesium is supplied in the form of whole powdered seaweed, harvested off the West coast of Ireland and Northwest coast of Iceland. 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.**

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, adjusting the ingredients and doses to stay current with new scientific research.

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

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4. Smith AD, Kim YI, Refsum H. Is folic acid good for everyone? *Am J Clin Nutr* 2008, 87:517-533.
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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.¹¹ For many people, 50 mcg (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.

GENTLE CARE FORMULA

Supplement Facts

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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 (Vitasine®))	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) (Aquamint™ TC) 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	-
Vanadium (as vanadium amino acid chelate)	10 mcg	-
Organic Fruit, Veggie and Greens Blend:	130 mg	-

Organic broccoli sprout, organic acai fruit extract (Euterpe oleracea), organic lycium (goji) berry extract, organic cranberry, organic apple, organic kale, organic broccoli, organic spinach, organic carrot, organic parsley, organic beet, organic green cabbage, organic blueberry, organic raspberry, organic strawberry, organic tomato

*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>