

# I N N A T E

RESPONSE FORMULAS®

*V i s m e d i c a t r i x n a t u r a e*

## BioMax Food Multi III

100% Whole Food Targeted Response Dietary Supplement

### Formula Rationale

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# Formula Rationale of BioMax Food Multi III

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It is our mission to craft efficacious formulations to help harness the innate healing response that is within every patient. In the time-honored traditions of *vis medicatrix naturae* (the healing power of nature), we select only the most nourishing whole foods and botanicals.

## Purpose

BioMax® Food Multi III was designed to be a comprehensive foundational multi-vitamin and mineral formula for both men and women of all ages. Taken daily, BioMax® will help to nourish the body and promote long-term health. BioMax® was crafted without the inclusion of tonic or medicinal botanicals in order to complement various nutritional and/or herbal programs an individual may be following. This formula is suitable for vegetarians and gluten-free diets.

For every foundational multi-vitamin and mineral formula, it is our primary goal that each will provide:

1. A complete range of essential and trace whole food vitamins and minerals required for fundamental functions of the body.
2. All of the micronutrients and vital food constituents, including bio-active peptides, enzymes, lipids and synergistic compounds that are inherently present in whole foods. These constituents have irreplaceable roles as co-factors in key metabolic bodily functions, and as bio-carriers that govern nutrient delivery to the cells.
3. 100% whole food vitamins and minerals from TrueActive™ food concentrates.

## Indication:

A foundational whole food multi-vitamin and mineral formula for men and women of all ages.

Taken daily, BioMax® Food Multi III will help to nourish the body, maintain good health and promote long-term wellness.

## Suggested Use:

Three tablets daily, or as directed. BioMax® Food Multi III can be safely taken on an empty stomach.

Store with lid tightly sealed in cool to moderate temperatures to prevent oxidation.

## Contraindications:

None known. This multi-vitamin and mineral formula contains vitamins K, E and A, as well as iodine. Review all other medications or nutritional supplements being taken for potential nutrient interactions.

## Comments:

BioMax® Food Multi III is suitable for vegetarians and is free of gluten, dairy, corn, GMO's, preservatives and/or colorants.

## Complementary Formulas

All Innate Response Formulas®, including Vitamin C-250, Balanced Minerals, Folic Acid, and B6, Flora 20-14, Daily Omega™, and Plant Enzymes.

## SUPPLEMENT FACTS

Serving Size 3 Tablets

Servings per Container 30 or 60

Calories 12

Total Fat	87 mg
Total Carbohydrate	731 mg
Dietary Fiber	121 mg
Sugars	0 mg
Protein	2013 mg

### SOURCE; FOODSTATE® AMOUNT

Vitamin A	( <i>Daucus sativus</i> *; 7 mg)	1667 IU
Vitamin C	( <i>Citrus sinensis</i> *; 700 mg)	167 mg
Vitamin D3	( <i>S. cerevisiae</i> *; 3 mg)	133 IU
Vitamin E	( <i>Oryza sativa</i> *; 210 mg)	50 IU
Vitamin K1	( <i>Spinacia oleracea</i> *; 5 mg)	47 mcg
Thiamine (B-1)	( <i>S. cerevisiae</i> *; 25 mg)	6 mg
Riboflavin (B-2)	( <i>S. cerevisiae</i> *; 53 mg)	5 mg
Niacinamide	( <i>S. cerevisiae</i> *; 126 mg)	30 mg
Vitamin B-6	( <i>S. cerevisiae</i> *; 32 mg)	6 mg
Folate	( <i>Brassica oleracea</i> *; 14 mg)	133 mcg
Vitamin B-12	( <i>S. cerevisiae</i> *; 2 mg)	10 mcg
Biotin	( <i>Oryza sativa</i> *; 21 mg)	100 mcg
Pantothenate	( <i>S. cerevisiae</i> *; 50 mg)	12 mg
Calcium	( <i>S. cerevisiae</i> *; 1667 mg)	83 mg
Iron	( <i>S. cerevisiae</i> *; 120 mg)	6 mg
Iodine	( <i>S. cerevisiae</i> *; 5 mg)	75 mcg
Magnesium	( <i>S. cerevisiae</i> *; 667 mg)	33 mg
Zinc	( <i>S. cerevisiae</i> *; 100 mg)	5 mg
Selenium	( <i>S. cerevisiae</i> *; 33 mg)	33 mcg
Copper	( <i>S. cerevisiae</i> *; 20 mg)	200 mcg
Manganese	( <i>S. cerevisiae</i> *; 20 mg)	1 mg
GTF** Chromium	( <i>S. cerevisiae</i> *; 17 mg)	33 mcg
Molybdenum	( <i>S. cerevisiae</i> *; 17 mg)	33 mcg

### ADDITIONAL FOODSTATE® NUTRIENTS

Beta Carotene	1667 IU
Choline	17 mg
Inositol	8 mg
PABA	8 mg
Potassium	3 mg
Vanadium	17 mcg

### ADDITIONAL FOODS & EXTRACTS

<i>Hydrilla verticillata</i> 50:1	250 mg
Alfalfa Leaf	167 mg
Kelp	13 mg
Dulse	12 mg
Lecithin	5 mg

### PLANT ENZYMES

Amylase, Protease, Bromelain, Papain	17 mg
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### PHENOLICS

Phenolic Concentrate ( <i>Citrus sinensis</i> )	110 mg
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### NATURALLY OCCURRING FOOD CONSTITUENTS

Bioactive Peptides, Enzymes, Chlorophyll, SOD, Glutathione, Beta Glucans, Lipoic Acid, Essential Trace Minerals, GABA, Glutamic Acid, Polysaccharides, CoQ10 and other Compounds.

### OTHER INGREDIENTS

Silica, Vegetable Lubricant, Food Glaze.

\* FoodState® 100% Food Concentrates.

\*\* Glucose Tolerance Factor.

## Whole Food Vitamins and Minerals

BioMax® FoodMulti III was crafted exclusively with TrueActive™ whole food concentrates from BioSan Laboratories. For more than thirty years, BioSan has been the foremost formulator and manufacturer of premium whole food nutritional supplements. BioSan has an unprecedented ability to produce nourishing whole Food concentrates that have been quantitatively verified to deliver optimal nutrient levels and other TrueActive™ markers of live foods. Years of research, innovation and expertise in whole food nutrition have enabled us to develop the latest technological methods in growing and harvesting fruits, vegetables and probiotic yeast to yield our TrueActive™ whole food concentrates. BioSan's strict protocols for selecting and handling food are integral to our skill in crafting nourishing whole food supplements without disrupting the food's innate cellular matrix and life force.

Each TrueActive™ whole food concentrate supplies nutrients within a preserved food matrix. Each TrueActive™ whole food concentrate supplies naturally occurring food constituents, including - but not limited to - bioactive peptides, enzymes, chlorophyll, antioxidant compounds, polysaccharides and beta-glucans. Ongoing research continues to validate the important role these constituents have in promoting nutrient utilization, retention and function, as well as in promoting

optimal health and long-term wellness.

True Active™ whole food concentrates are proprietarily grown and harvested at peak of ripeness to deliver optimal concentrations of the following nutrients:

<b>Primary Nutrient(s) Supplied</b>	<b>TrueActive™ Whole Food Concentrate</b>
Vitamin A and beta carotene	<i>Daucus sativus</i> , carrot extract
Vitamin C, bioflavonoid	<i>Citrus spp.</i> , citrus extract, several species
Folate	<i>Medicago sativa</i> , alfalfa extract
Vitamin E, biotin, choline & inositol	<i>Glycine max</i> , soy extract
B1, B2, B6, B12, all minerals	<i>S. cerevisiae</i> , yeast

### **Rationale for Supportive Whole Food Concentrates and Extracts**

In addition to the TrueActive™ whole food concentrates, which are the primary source of essential nutrients, several other food concentrates and extracts were included to further enrich the BioMax® Food Multi III formulation. *Hydrilla verticillata*, alfalfa, kelp and dulse are the supportive food inclusions, each selected for their traditional use as a nutritive tonic and for their low probability of causing an allergic response. *Hydrilla verticillata* is a rooted aquatic plant nourished by mineral-rich subterranean soil and is an excellent plant source of B12, calcium and trace minerals. Alfalfa has a high nutritional profile, inherently rich in protein, calcium, iron, trace minerals and vitamins A, C, D, E, B1, B6, B12 and K. Dulse and kelp are plant sources of iodine and other trace minerals often lacking in diet.

### **Rationale for Plant Enzymes**

The following plant-sourced digestive enzymes - amylase, protease, bromelain and papain - were included in BioMax® Food Multi III to further facilitate efficient utilization of the foods and nutrients delivered in the formula. The inclusion of plant enzymes is also helpful for individuals with impaired digestive function and/or health. This formula can be taken on an empty stomach or with food.

### **Vitamin Rational and Physiological Roles**

#### **Vitamin A and Beta Carotene**

Both forms of Vitamin A (pre-formed palmitate and beta-carotene) are included in the BioMax® formula. Because many individuals, especially those with diabetes or liver dysfunction for example, do not efficiently convert beta-carotene to vitamin A, we include both forms for optimal bioactivity. 1667 IU of vitamin A is supplied by 21 mg of *Daucus Sativus* TrueActive™ concentrate to deliver 5000 IU of vitamin A, in addition to 5000 IU of beta-carotene. The 1667 IU of pre-formed vitamin A included in the formula is considered to be a safe and non-toxic potency. The beta-carotene supplied in the formula is in a whole food form and does not exhibit the same side effects as do synthetic forms of this nutrient.

#### **B Vitamin Complex**

A complete and balanced range of all the essential B vitamins is supplied by the TrueActive™ food concentrates of *S. cerevisiae* and *Medicago sativa*. For women planning pregnancy within the next year, additional supplementation of folic acid is suggested. The B vitamins are essential to support metabolic functions related to energy production, as well as the proper functioning of the nervous, muscular and digestive systems.

## **Vitamin C**

A daily serving provides 300 mg of vitamin C. This is a dosage well within the suggested range for optimal absorption and utilization in the body. Vitamin C is an essential antioxidant nutrient that is required for several key metabolic functions in the body, including tissue growth and repair, adrenal function and in promoting gum health. Vitamin C also helps to increase the absorption of iron and works with vitamin E and beta-carotene in free-radical scavenging.

## **Citrus Bioflavonoids**

Citrus bioflavonoids are included for their antioxidant and anti-inflammatory action in the body, and to enhance vitamin C activity. Bioflavonoids are also important for strengthening capillaries and veins, as well as to help modify the body's reaction to allergens, viruses and carcinogens.

## **Vitamin D3**

50 IU of vitamin D3 is supplied by 3mg of TrueActive™ concentrate of *S. cerevisiae*. Adequate daily intake of vitamin D is essential to the proper regulation of calcium absorption and for supporting bone health. Supplementation of vitamin D is particularly important for individuals who reside in the Northern Hemisphere and/or those who have limited daily exposure to sunlight.

## **Vitamin E**

An essential antioxidant for optimal cellular health. A daily serving provides 50 IU of whole food vitamin E, supplied by 210 mg of *Glycine max*.

## **Vitamin K**

Included in the formula due to its importance in the manufacture of clotting factors of blood and in the maintenance of the skeletal system. 47 mcg is supplied from 5 mg *Medicago sativa*.

## **Mineral Rationale and Physiological Roles**

The organic structure of essential and trace minerals in a whole food form is inherently larger than synthetically derived mineral salts and chelates. As such, the amount of each mineral that can be included in a comprehensive multi-vitamin and mineral is limited. It is important to note, however, that the rate of absorption and utilization of whole food minerals is significantly greater than synthetic or pure counterparts. For those wanting to supplement with higher potencies of minerals, including calcium and magnesium, the following Innate Response Formulas® are recommended as supportive adjunct formulas: Calcium, Magnesium and Potassium, Daily Bone Care™, Balanced Minerals, Calcium or Magnesium.

## **Minerals of Interest**

**GTF Chromium:** Glucose tolerance factor chromium is a very bioavailable and bio-active form of this essential mineral. It is an important nutrient, required for the regulation and metabolism of blood sugar. GTF chromium is supplied by 17 mg of TrueActive™ *S. cerevisiae* extract.

## **Iron**

The 6 mg of whole food iron form supplied by TrueActive™ *S. cerevisiae* extract is a potency considered safe and non-toxic. Whole food iron does not exhibit the same side effects (such as constipation), as synthetic or pure forms of this mineral.

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