Vitamins & Antioxidant Formulas

Vitamin D
nourish with whole food vitamin D

Vitamin D3 by Innate provides this critical component of optimal health. True Active™ FoodState® vitamin D3 is an effective, bioavailable whole food form of vitamin D, complete with the amino acids and sterols which act to catalyze mineral utilization.* Vitamin D3 plays a vital role in bone health and immune health, calcium utilization, cardiovascular and lung health. With vitamin D deficiencies at an all-time high, supplementation of this nutrient is of paramount importance. This comprehensive formulation also includes an organic whole foods blend, an immune blend and plant-sourced enzymes. Vitamin D3 by Innate is an extraordinary 100% whole food solution to support overall wellbeing.*

Available in Three Formulas

Kid’s Vitamin D Mini Tabs 400 IU
provides 400 IU of this critical component of optimal health, in easy to swallow tablets

Vitamin D-3 1,000 IU
provides 1,000 IU of this critical component of optimal health

Vitamin D-3 2,000 IU
provides 2,000 IU of this critical component of optimal health

Antioxidants
promotes cellular health with protective whole foods & botanicals*

B Complex
full spectrum of essential B vitamins

Complete 8® Vitamin E 400 IU
provides all isomers of vitamin E

E & Selenium
synergistic whole food formulation

Folates, B6 & B12
with nourishing beet root

Quercetin
support healthy allergic response*

Vitamin C:250
nutritionally superior whole food vitamin C

Vitamin C:400
whole food vitamin c and additional synergistic foods

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Wild Blueberry
rich in protective antioxidant compounds

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These statements has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
As of today over 8,000 phytonutrients have been discovered and cataloged. That number is considered to be only a fraction of the potential total. Estimates vary, but it is widely believed there are over 100,000 phytonutrients and the average food probably contains 5,000 or more.

When looking at long-term studies on supplements, virtually every study shows a positive effect with whole food and optimal health. The contrary is true in long-term studies done on pharmacetically pure vitamins and the difference is quite dramatic.

Consider this. The average multivitamin contains only 45 nutrients. New compounds are being discovered every year. In fact, just a few months ago, the National Cancer Institute recently reported the discovery of an additional class of vitamin E tocopherols. These additional compounds of vitamin E are said to “complete” the activity of vitamin E. The discovery of new compounds leads to additional healing solutions at the practitioners disposal, but can be disappointing when one realizes the lacking compounds in the vitamin E supplements used to treat patients over the years.

Back in the early 1980s vitamin E was launched as one of the most critical supplements for nutritional support of the cardiovascular system. Several years later that discovery was disputed; taking D-alpha tocopherol was only one of the tocopherols and the other E supplements used to treat patients over the years.

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The National Cancer Institute discovered is not “pharmacologically pure” supplements. These compounds are only found in food. This example clearly exemplifies the challenges with the application of linear scientific discoveries for nutrition. At Innate we take many scientific studies into account when we formulate our product, but we never forget the foundation of nutrition – food. Whole foods contain nutrients that have been scientifically validated, but also many of the older as yet undiscovered phytonutrients and compounds that are so important for optimal health.

Lower Potency - More Effective

A pertinent question we often get is about the application of lower potency whole food supplements versus higher potency isolates. Potency can be looked at in a number of ways. For example, pharmacetically pure vitamin C delivers almost 500 mg of vitamin C for every 500 mg dose. For our whole food vitamin C, it takes almost 2,000 mg to deliver 500 mg of vitamin C — an amount that simply would not fit into one pill. With the lower potency whole food it is important to remember a couple of things. Milligram is a measurement of weight not effectiveness. Many studies have proved no milligram dose of an isolated vitamin can match the effectiveness of whole food. Secondly, instead of measuring the one constituent such as the amount of vitamin C, measure the total weight of the nutrient being delivered (remember that it only takes 500 mg of ascorbic acid to deliver 500 mg of vitamin C). It takes 2,000 mg of orange extract to deliver 500 mg of vitamin C. The other 1,500 mg from the oranges provides phenolic compounds, enzymes and many other phytonutrients; these other constituents have incredible value. As published in the American Journal of Clinical Nutrition, researchers from Cornell University discovered that less than 7% of the total antioxidant activity of apples comes from ascorbic acid. Most of the antioxidant activity of fruits and vegetables come from phenolic and flavonoids in the apples.

It is the cumulative and synergistic effect of phytochemicals that create the antioxidant balance required to quench reactive oxygen species such as free radicals. The researchers go as far as to say that isolated vitamins do not have the same health benefits as whole foods because taken alone the individual antioxidants studied in clinical trials do not appear to have consistent effects. The isolated pure vitamin either loses its bioactivity or may not behave the same way as the compound in whole foods.

Vitamin C

Vitamin C is the number one selling vitamin in the industry today. In a study done at Cornell University and published in the Journal of Nature, it was found that 5.7 mg of vitamin C — from whole foods — is equal to 1,500 mg from isolated ascorbic acid. This is a tremendous difference to say the least. The reason for the difference is not solely the form of vitamin C. When you isolate vitamin C from any food, the chemical structure is almost identical. The difference is vitamin C in whole food is attached to a multitude of phytochemistry, specifically phenolic compounds. These phenolic compounds make up over 90% of the antioxidant activity of vitamin C rich foods. It is known when isolated vitamin C forms, such as ascorbic acid, quench reactive oxygen species it oxidize into dehydroascorbic acid as it donates an electron and quenches the free radical. The same reaction happens when whole food vitamin C quenches a free radical. The difference?

It has been proposed that the phenolic compounds are able to regenerate the oxidized ascorbic acid back to its active antioxidant state. This regeneration of the vitamin C molecule provides a form of vitamin C that can be utilized over and over again. This is why whole food forms of vitamin C can be more effective than isolated forms such as ascorbic acid.

The University of Milan also published a very compelling study in the Journal of Nature echoing the same results. This study had three separate groups of vitamin C supplementation. The first group was administered 150 mg of vitamin C from oranges. The second group was given 150 mg of vitamin C from ascorbic acid. The final group was given a sugar pill as a control group. Blood plasma samples were taken. Both samples showed elevated levels of vitamin C. These blood plasma samples were then exposed to hydrogen peroxide, a known inducer of RNA and DNA damage (free radical). The group that was administered the vitamin C from oranges showed protective effectiveness; the vitamin C from oranges was inhibiting the free radical damage. The group that was given the ascorbic acid had no protective effects. This study clearly demonstrates that even though vitamin C in ascorbic acid can be absorbed into the blood stream it doesn’t mean that it is effective in protecting cells from RNA and DNA damage.

Many studies have echoed the effectiveness of vitamin C from whole food. Innate provides vitamin C products that are guaranteed 100% whole food. Our vitamin C formulas provide not only the vitamin C, but also the extremely critical phenolic, flavonoid and other cofactors as well.