

Minimum Recommendations

John W. Jones, MD, MPH

Nutritional Consult, Nutrition Pure and Simple www.jjconsulting.net

This information is intended for the use of health care professionals. Consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Q/Day
Good, broad spectrum, multiple vitamin mineral*	Ultra Vites**	2
A multi with iron if iron is needed	Ultra Preventive plus Iron	4
Essential Fatty Acids (w3 and w6)	Ultra Omega-Linic	2-4

* use a multi without iron unless there is a known need for iron

** use a multi with bio available B Vitamins

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The concept of this protocol applies to all age groups - from the very young to the very old.

I believe that all of the vitamins and minerals that are required for the operation of normal metabolic processes should be present in amounts necessary to cover individual variability. In addition, they should be present in forms readily available to the body - independent of genetic variability or various health and digestive issues. The multi vitamin supplements (Ultra Vites & Ultra Preventive) that I formulated and recommend fulfil this requirement.

The essential fatty acids of the omega 3 (fish oil) and omega 6 series (GLA), as are in Ultra Omega-Linic, require supplementation also. They are essential because the body *cannot manufacture* them and their presence is required in many metabolic pathways. They are deficient in the normal western diet so supplementation is required.

This paper makes no effort to cover nutritional support in disease or other conditions where nutritional needs differ from these basic recommendations. Nutritional support during illness or injury, or any use of megadoses of particular nutrients, should start with these basic recommendations. Be sure to cover all the nutritional basics.

A popular misconception held by both the lay public and the medical profession is that the

American diet supplies sufficient levels of all the nutrients needed by the body. In reality, the western diet is characterized by imbalances and excesses. Telling a patient "all you need to do is eat right" does not take into consideration the American lifestyle, problems associated with our food supply, or human nature.

Two nationwide food consumption studies conducted by the USDA found that approximately 60% of the individuals surveyed were consuming only 70% of the daily minimum requirements of six essential nutrients. Those surveyed were people *who made an effort to eat (and thought they were eating) a balanced diet*. The nutrients are: vitamin B6, folacin, zinc, copper, calcium and magnesium. With these facts in mind, it is not likely that anyone is consuming an optimal supply of nutrients... without supplementation.

Studies have shown that in order to meet the minimum daily requirements, one must consume at least 1100 calories of *nutrient dense food*. This means that a person on a 1000 calory diet could not meet the minimum daily requirements (MDR) without supplementation. When many of the calories are "naked calories" (i.e. white sugar and flour) it is easy to see that even the MDRs are a problem, no matter what the caloric intake.

The Minimum Daily Requirements (MDRs) were designed to prevent deficiency states and diseases. They do not address the issue of individual variability and optimal nutritional needs.

Individual requirements of vitamins and minerals may vary considerably. This is especially true for certain groups such as young children, pregnant and lactating women, joggers, athletes, the elderly and persons with medical illnesses.

Unfortunately, as a result of these different needs, as well as problems such as poverty, ignorance in matters of food selection and preparation, and confusion regarding the nutritive value of processed foods, *total nutritional needs are often unmet*.

WHY ULTRA VITES?

There are many multi-vitamin and mineral products on the market; some of them are of good quality, and (unfortunately) some offer very little benefit.

Why should you use Ultra-Vites?

1. It is formulated to far exceed the minimum daily recommendations in order to achieve the optimal levels needed by that marvelous chemical factory that we call the Human Body.
2. The nutrients are presented in the best form that the body can use.
 - a. We have converted to the active form of the Methyl B Vitamins - folate & B 12
 - b. We have converted to the active form for Riboflavin and Pyridoxine
 - c. All the minerals are chelates
3. It is specially formulated *without* iron to avoid the harmful effects of too much iron.
4. This broad spectrum, multiple vitamin and mineral formula is specially manufactured using micro encapsulation and isolation techniques (so the ingredients don't interact with each other) and enteric coating techniques which protect the nutrients and present them to the body so that absorption and utilization will be optimal.

Visit our website for more information on Ultra Vites

Ultra Preventive is a similar formula which is available *without* or *with Iron*. Another advantage of this multi vitamin formula is that it contains Earthrise Spirulina. Visit our website for more information on Ultra Preventive Plus Iron

IMPORTANT THINGS TO CONSIDER ABOUT SUPPLEMENTATION

Neural Tube Defects:

It is common knowledge that a large number of neural tube defects can be prevented by having a woman who is or might become pregnant take 400 mcg of folic acid (800 mcg l-methylfolate is even better) before conception and during early pregnancy. Recent surveys indicate that only a small minority of nonpregnant women of child-bearing age take folic acid routinely.

Ultra Vites and Ultra Preventive each have 800 mcg Folic Acid,

Folic Acid can mask a B12 Deficiency:

I use 1000 mcg Vitamin B12 in my multis because high levels of folic acid can mask B12 deficiency. A good multi vitamin mineral combination contains *at least* 400 IU of Folic acid and 1000 mcg B12.

Fetal Malformations:

Multiple fetal malformations have been associated with Vitamin A intake in excess of 5000 IU. The multis I have designed contain only 4500 IU Vitamin A, an advantage for women who are or might become pregnant.

Too much Iron can be a problem:

Current data suggest that iron supplementation should be limited to persons with iron deficiency anemia, some women, some children, blood donors and others who are at high risk for anemia.

Vitamin D Deficiency is an epidemic:

I consider at least 1000 IU Vitamin D to be the absolute amount necessary per day. This is because some people use sun screen to excess, and/or lack any exposure to direct sunlight. In addition, older skin is not very efficient at converting sunlight to Vitamin D. There is total lack of production of vitamin D in the skin in the winter in northern latitudes. This deficiency contributes to such problems as chronic pain, high Blood Pressure, Cancer and many other chronic diseases. In addition, there is an increased incidence of upper respiratory viral infections, including influenza, that may be averted.

These statements have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or mitigate any disease.

Magnesium Deficiency is epidemic:
Magnesium is another mineral that was frequently found to be below the RDAs in the USDA studies. It is an important component of many enzyme systems and bone health. Many practitioners feel that lack of magnesium is as important a consideration in osteoporosis as is calcium. Magnesium is characteristically low in persons who are under stress.

Essential Fatty Acids (or why Ultra Omega-Linic is important)

Essential Fatty Acid Terms:

EFA - Essential Fatty Acids

ALA - Alpha Linoleic Acid

AA - Arachidonic Acid

(LC) PUFA - Long Chain , Polyunsaturated Fatty Acids

GLA - Gamma Linolenic Acid

EPA - Eicosapentaenoic Acid

DHA - Docosahexaenoic Acid

SDA - Stearidonic Acid

The nutritional supplementation of EFAs is a part of supplementation that is often overlooked. EFA deficiency is associated with many degenerative, inflammatory and neuropsychiatric disease states. Oily fish, is considered the best source of omega 3 EFAs. Unfortunately oily fish are not a part of our usual *daily eating patterns*.

GLA, an omega 6 EFA, is the essential precursor of anti inflammatory prostaglandins, is also not common in our diets. What is common is the very high level of highly inflammatory Arachidonic Acid which suppresses the natural formation of GLA. Both of these are Omega 6 fatty acids.

EFAs are important during pregnancy and lactation for normal brain and retina development of the baby. It is also important in the prevention of post partum depression.

While we are on the subject, the fish oils used in Ultra Omega Linic (we use Wild Alaskan Salmon and a concentrated fish oil blend) are assayed for

contaminants and radiation, so we are very comfortable recommending them to pregnant women.

Flax Seed oil is not a good source of EPA or DHA because less than 2 % of ALA is converted to these important prostaglandin precursors.

Summary

In conclusion, we have wandered very far from our hunter-gatherer-farmer ancestors' eating habits, which has caused deficiency states from our skewed diets. We rely on fast food places, food processing and harmful cooking preferences which change the nutritive value of the foods we eat.



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