



Ultra Vites

Formulated by John Jones, MD, MPH

A superior Multi Vitamin Formula - *made even more effective with Active Methyl B Vitamins!*

It is common knowledge that we all need nutritional supplementation; but do you know why that is? Studies have shown that in order to meet the minimum daily requirements, one must consume at least 1100 calories of nutrient dense foods. None of these calories can come from “naked calories” such as sugar. This means that a person on a 1000 calorie diet cannot meet the minimum daily requirements, much less the optimal levels, without supplementation. **Ultra Vites**, formulated to provide daily supplementation for adults of all ages, is great: It exceeds the RDIs.

In addition, Iron deficiency has long been a marker for the nutritional status of a population. Much attention has been given to iron replacement. However, too little attention has been given to iron excess and the damage it can cause. Current data suggest that iron supplementation should be limited to patients with iron deficiency anemia, a few women, some children, and blood donors at high risk for anemia.

Important Reasons to use 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.

So, 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.
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.

Important Formula Notes:

- Vitamin A at this level is safe for women who are or might become pregnant.
- 1000 IU Vitamin D is necessary because our lifestyle makes it likely you will be deficient.
- 1000 mcg Vitamin B12 is used because the 800 mcg of folic acid can mask B12 deficiency.
- 2.5 mg of Lycopene, which is the substance from which all natural carotenoids are derived
- 5 mg of Boron is included because of its function in the prevention of osteoporosis

Important changes in 2017

- ✓ We have converted to the Active Methyl B Vitamins (folate & B12)
 - Did you know?** Many people have a genetic impairment - an inability to convert folic acid into its active form. L-Methylfolate solves this problem. This form has been shown to enhance antidepressant response. One study indicates that L-Methylfolate is a candidate to treat bipolar episodes.
- ✓ Methylcobalamin, the active form of B12, has been studied for its potential analgesic effect - but it also has been studied and shown to be effective for diabetic neuropathy, low back pain and neuralgia. In another study it was paired with folic acid to successfully reduce homocystein levels.
 - Did you know?** It has been postulated that the failure of B vitamin therapy for various metabolic deficiencies was likely due to the fact that a B12 deficiency existed.
- ✓ 5-Phosphate Riboflavin (B2) and 5-Phosphate Pyridoxine (B6)
 - Did you know?** Riboflavin must be converted to its active form - riboflavin 5'-phosphate in order for it to be used by the body in its key role - *the conversion of the other B vitamins*. Since this

conversion happens in the upper GI tract, if you have a compromised digestive system or are taking certain medications, you may not have adequate stores of this critical nutrient.

- ✓ The bio-active form of Pyridoxal 5'phosphate is involved in a high percentage of **all** enzymatic processes in your body.
- ✓ A high level of Biotin
Did you know? [The Linus Pauling Institute](#) has a great discussion about the importance of Biotin? Because it plays such an important role in cognitive function, and because it plays a very important role in carbohydrate metabolism, Biotin supplementation, along with all the rest of the B vitamins, may enhance the brain function of those most at risk: the very young and the very old. Side effects? YES! Biotin benefits your hair, skin and nails.
- ✓ **Did you know?** Supplementation with any single B Vitamin is more effective when ALL the B Vitamins (and ALL the other co-factors) are present! This is the likely reason for failure of response from a single B Vitamin
- ✓ Copper and Zinc are now in a more balanced ratio - 1:10
- ✓ Trace mineral complex
Did you know: Trace minerals need to be supplied on a daily basis. Many of your body's biological processes rely on trace minerals which function as co-factors or tools which help your body function properly. Ultra Vites now contains a natural trace mineral complex from sea water which supplies a full spectrum of trace and ultra trace minerals in ionic form.
- ✓ This new formula has NO magnesium stearate
- ✓ We use Vegetarian capsules (by popular request)

John W Jones, MD, MPH
Nutritional Consultant for Nutrition Pure and Simple
www.jjconsulting.net

How **Ultra Vites** Is Supplied:
VMUV bottles of 120 capsules

Related Products: Bitamins, Ultra-Preventive, Ultra-Preventive Plus Iron

What is in Ultra Vites?

Supplement Facts: Serving Size: 2 Capsule, Servings per Container: 60

Each 2 capsules contain:

Potassium (citrate)	20 mg	Pantothenic Acid (d-cal pantothenate)	75 mg
Vitamin A (acetate)	4500 IU	Iodine (Potassium Iodide)	225 mcg
Vitamin C (ascorbic acid)	100 mg	Magnesium (rice chelate)	150 mg
Calcium (rice chelate)	50 mg	Zinc (rice chelate)	10 mg
Vitamin D ³ (cholecalciferol)	1000 IU	Copper (rice chelate)	1 mg
Vitamin E (d-alpha tocoph ace)	40 IU	Manganese (rice chelate)	2 mg
Thiamine (B1)	25 mg	Chromium (rice chelate)	50 mcg
Riboflavin (B2 as R-5-P)	25 mg	Selenium (l-seleno methionine)	50 mcg
Niacin (B3 niacinamide)	40 mg	Molybdenum (rice chelate)	20 mcg
Vitamin B6 (as P-5-P)	25 mg	Boron (rice chelate)	5 mg
Folate (l-Methylfolate)	800 mcg	Citrus Bioflavonoid Complex	50 mg
Vitamin B12 (Methylcobalamin)	1000 mcg	Lycopene	2.5 mg
Biotin	500 mcg		

Other ingredients: Trace Mineral Complex (from sea water, L-leucine, cellulose (capsule)).

Suggested Use: Take 2 capsules daily with breakfast or lunch or as directed by a health professional.

The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.



Phone: 888.953.5553
www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*