

# Vitox®

## Nutrition for Normal Health and Well-Being\*

**PROVIDES VITAMINS, MINERALS, AND ANTIOXIDANTS\***



### Positioning Statement

Vitox® provides a well-balanced blend of essential vitamins and minerals to fight the effects of aging and promote overall health and well-being.\*

### Concept

Large nutrition surveys consistently show that inadequate intakes of essential vitamins and minerals are common in the U.S. and other industrialized countries. The Continuing Survey of Food Intakes by Individuals (CSFII), conducted in 1994 to 96 by the US Department of Agriculture (USDA), showed that most people do not meet the Recommended Dietary Allowances (RDAs) for many of the essential vitamins and minerals.

Vitox® is a well-balanced multivitamin/mineral antioxidant dietary supplement providing beta-carotene, vitamins C and E, B-complex vitamins, and chelated minerals. It is an excellent product for anyone who wishes to supplement the diet with a balanced multi-nutrient supplement providing all essential vitamins and minerals. Vitox® contains antioxidant nutrients designed to neutralize free radicals. Vitox® also includes selenium and many other important vitamins and minerals to support normal health and well-being.\*

### Primary Benefits

- Well-balanced antioxidant formula with vitamins A, C, and E, beta-carotene, L-glutathione, and grape seed\*
- Bone formula rich in calcium, magnesium, chromium, and selenium\*
- B-vitamin formula supports normal energy metabolism\*
- Trace mineral formula includes zinc, iron, copper, manganese, chromium, and selenium
- Supplies bioavailable, chelated minerals, and trace minerals for easier absorption\*
- Multivitamin/mineral formula addresses common nutrient deficiencies\*

### What Makes This Product Unique?

- Well-balanced
- Historical favorite for many distributors

### Who Should Use This Product?

Adults 18 to 40 years of age who want a well-balanced multivitamin/mineral supplement should take Vitox®.

### Did You Know?

- All of the antioxidants in the body work together in what is referred to as the 'antioxidant network' to fight free radical damage and protect our delicate tissues and cells
- Almost 80% of females do not get the recommended daily amount of calcium
- The DNA in each cell of your body receives 70,000 free radical hits per day
- There are 10<sup>16</sup> free radicals in just one cigarette

### Frequently Asked Questions

#### *Why is it important to take a multivitamin while trying to lose weight?*

Nutrition experts recognize that it's often difficult to create and choose weight-loss diets that include the required nutrients at recommended intake levels. The use of a vitamin and mineral fortified supplement is part of a healthy plan for anybody trying to lose weight. Fortunately, Vitox® provides a high quality vitamin and mineral supplement to help address the additional oxidative stress and nutritional needs associated with losing weight. Vitox® is an excellent companion for any weight management program.

#### *Who should take Vitox®?*

Anyone who wishes to supplement their diet with a balanced multi-nutrient supplement that provides all essential vitamins and minerals. Vitox® should not be taken with any other member of the LifePak® family since it provides many of the same basic nutrients as LifePak® or Life Essentials®.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## What is the difference between LifePak® and Vitox®?

Like LifePak®, Vitox® is a multi-nutrient supplement providing all essential vitamins and minerals. However, Vitox® does not provide the wide spectrum of phytonutrients present in LifePak®, LifePak Prime®, or LifePak Women®.

## Why is there so much vitamin A in Vitox®?

Vitox® provides a safe, low level of vitamin A. There is a total of 20,000 IU of vitamin A in Vitox®, of which 63% is beta-carotene. If someone is taking four capsules of Vitox® daily, they are getting 12,600 IU of beta carotene and 7400 IU of vitamin A, so there is no issue of getting even close to the LOAEL for vitamin A. Research shows no evidence that the conversion of beta-carotene to vitamin A contributes to vitamin A toxicity, even when beta-carotene is ingested in large amounts.

## Key Scientific Studies

1. Fairfield KM, Fletcher RH. Vitamins for chronic disease prevention in adults: scientific review. J Am Med Assoc, 2002 Jun 19; 287(23):3116–3126.
2. Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. J Am Med Assoc, 2002 Jun 19; 287(23):3127–9.
3. McKay DL, et al. The effects of a multivitamin/mineral supplement on micronutrient status, antioxidant capacity, and cytokine production in healthy older adults consuming a fortified diet. J Am Coll Nutr, 2000 Oct; 19(5):613.

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## Supplement Facts

Serving Size One Capsule

Amount Per Serving		%Daily Value*
Vitamin A (as Vitamin A Palmitate, 63% as Beta Carotene, Spirulina pacifica)	10000 IU	200%
Vitamin C (as Calcium Ascorbate Complex)	250 mg	417%
Vitamin D (as Cholecalciferol)	200 IU	50%
Vitamin E (as d-Alpha Tocopheryl Succinate, Beta Gamma, Delta Tocopherols)	150 IU	500%
Vitamin K (as Phylloquinone)	35 mcg	44%
Thiamin (as Thiamine Mononitrate)	1.5 mg	100%
Riboflavin (as Riboflavin, Riboflavin-5-Phosphate)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride)	2 mg	100%
Folate (as Folic Acid)	200 mcg	50%
Vitamin B <sub>12</sub> (as Cyanocobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (as D-Calcium Pantothenate)	25 mg	250%
Calcium (as Calcium Carbonate, Calcium Citrate, Calcium Chelate)	250 mg	25%
Iron (as Iron Chelate)	3 mg	17%
Magnesium (as Magnesium Oxide, Magnesium Citrate, Magnesium Chelate)	100 mg	25%
Zinc (as Zinc Chelate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	50 mcg	71%
Copper (Copper Chelate)	1 mg	50%
Manganese (Manganese Chelate)	2.5 mg	125%
Chromium (Chromium Chelate)	50 mcg	42%
Boron	0.5 mg	*
Reduced Glutathione	0.5 mg	*
Leucoanthocyanin (Grape Seed Extract)	0.5 mg	*

\*Daily Value not established.

**Other Ingredients:** Gelatin, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

## Directions for Use

Take two (2) capsules twice daily with eight (8) ounces of liquid during your morning and evening meals. Store in a cool, dry place.

## Warnings

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

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