

VeganMV™

Purpose & Rationale

The VeganMV is a multivitamin and mineral (MVM) formula which supplies non-animal forms of vitamins and minerals in amounts complementary to nutritional gaps commonly found in typically consumed vegan diets when compared to current recommended dietary allowances (RDAs) or optimal levels of nutrients and other important bio-actives. This formula fills the inadvertent nutritional gaps left from food alone and/or increased by activity, helping the body function at full vitamin a mineral potential as opposed to down-regulating to often unavoidable dietary limitations or choices. The added supply of nutrients without the calories also helps control healthy desired body composition while simultaneously contributing to optimal nutrient levels. This formula is designed to work synergistically with the typical vegan or vegetarian individual's food intake to help the body avoid a potential triage effect (sacrificing long term health for short term survival).* The formula is ideal for the vegan seeking to support healthy longevity by ingesting a superiorly formulated MVM dietary supplement when compared to the typical under-formulated mass-market MVM products. Potential micronutrient shortages in a vegan diet may be of particular concern for athletes and regular exercisers.⁹⁵ Without regular consumption of animal-derived food sources, including fortified sources, vegan micronutrient shortages of concern are generally vitamin D and B12, zinc, calcium, iodine and iron.^{95,96,97,98,99,100,101}

Typical Use

- Vegans and/or vegetarians to support common dietary insufficiencies based on food choices alone
- 1 tablet per day immediately after first main meal

Unique Features

- Contains optimal sources of vitamin B12, iron, vitamin D2 (ergocalciferol), iodine and zinc to meet the needs of vegans and those consuming a plant-based diet.

* Human bodies have been programmed to favor short-term survival including reproduction over long-term health when there are shortages of essential nutrients. In other words when there are less than optimal vitamins or minerals entering our bodies, they will be routed to the areas that are needed to keep us alive such as energy production, blood formation, etc., at the expense of other areas of metabolism whose lack of optimal nutrition has only long-term consequences such as the maladies associated with aging.¹⁰²

- Use of controlled-release delivery systems to ensure daily ideal nutrient levels and prevent tissue over-saturation and losses.
- Synergistic with all dotFIT products when following program supplement recommendations.
- Third-party tested.

Contraindications

dotFIT multivitamin and mineral formulas are contraindicated in pregnancy and lactation. Pregnant women should use a prenatal formula. Lactating women should use the Women's MV formula unless advised otherwise by a physician. This formula is contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content, and for anyone suffering adverse reactions to any of the supplement's ingredients. In all cases, consult with a physician.

SUPPLEMENT FACTS

Serving Size: 1 Tablet
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene)	6000 mcg (10000 IU)	667%
Vitamin C (from Magnesium Ascorbate)	200 mg	222%
Vitamin D-2 (as Ergocalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	82.64 mg (100 IU)	551%
Vitamin K-1 (as Phytonadione)	25 mcg	21%
Vitamin K-2 (as Menaquinone-7)	25 mcg	21%
Vitamin B-1 (as Thiamine Mononitrate)	6 mg	500%
Vitamin B-2 (as Riboflavin)	6 mg	462%
Vitamin B-3 (as Niacinamide)	20 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	6 mg	353%
Folate	333mcg DFE (200 mcg folic acid)	83%
Vitamin B-12 (as Cyanocobalamin)	15 mcg	625%
Biotin	50 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Iron (from Ferrous Fumarate)	15 mg	83%
Iodine (from Potassium Iodide)	50 mcg	33%
Magnesium (from Magnesium Ascorbate)	50 mg	12%
Zinc (from Zinc Picolinate)	15 mg	136%
Selenium (from Sodium Selenite)	50 mcg	91%
Copper (from Copper Bisglycinate Chelate)	1 mg	111%
Chromium (from Chromium Picolinate)	100 mcg	286%