

THE **ABCs** OF OPTIMAL SUPPLEMENTATION GUIDELINES:

ABSORPTION:

- ✓ Multivitamins delivered in liquid form have the best rate of absorption with the fewest binders and fillers.
- ✓ Multivitamins delivered in liquid form are more convenient for the portion of the population that has difficulty swallowing, has undergone bariatric surgery, or suffers from specific health conditions.
- ✓ Everyday Micronutrient Depletors (EMDs) such as added sugar or HFCS (high fructose corn syrup), as well as artificial colors and flavors, should be avoided when seeking a multivitamin.
- ✓ When you take a single-serving, powdered multivitamin delivered in a liquid form, you get a highly absorbable multivitamin with limited exposure to destructive elements.

BENEFICIAL QUANTITIES:

- ✓ Optimal Daily Doses (ODD) can best be achieved through a combination of a micronutrient-*rich* diet and a daily multivitamin supplying beneficial quantities (approximately 100 percent of RDI [reference daily intake] for all essential micronutrients).
- ✓ Increasing intakes above the current RDI for some micronutrients, like vitamin D, may be beneficial.
- ✓ Multivitamin supplements should be taken multiple times throughout the day, due to water solubility and the body's limited absorption capacity.

MICRONUTRIENT **C**OMPETITION & **S**YNERGY:

- ✓ Look for multivitamins/supplements that remove micronutrient competition. The only way to ensure complete elimination of competitions is to separate micronutrients into multiple formulas to be taken at different times of the day.
- ✓ Products labeled with Anti-Competition™ Technology (ACT) have been formulated to eliminate competition. Taking a supplement that utilizes this technology is much easier than separating out your own micronutrients throughout the day.
- ✓ Using the micronutrients' natural synergistic relationships can greatly increase the absorption and utilization of many essential micronutrients.
- ✓ Taking a nutritional supplement or multivitamin that is formulated to utilize these natural synergistic relationships can result in greater micronutrient benefits.



It is best to follow the ABCs of Optimal Supplementation Guidelines and pick a single-serving, powdered multivitamin delivered in liquid form that provides beneficial quantities of essential micronutrients and is formulated to include both Anti-Competition™ Technology and synergy.

Find out more at: www.nutreince.com