



# HMD MULTIS



**HIGH POTENCY, DOCTOR FORMULATED,  
CLINICALLY TESTED!**

**HMD MULTIS** is a doctor-formulated, clinically tested multivitamin and multiminerall formulation designed to provide you with optimum levels of vitamins and minerals in a daily dose, without the need to take large quantities of capsules every day. By taking just three capsules daily you can rest assured that you will be getting the vitamins and minerals your body needs.



It is often difficult to find an 'off the shelf' multivitamin and multiminerall product that can truly help to optimize health. This product contains high potency B-vitamins that support mood and energy production; as well as a cocktail of antioxidants including vitamin C, including phytonutrient antioxidants such as lycopene, lutein, chlorella, spirulina, black radish, pine bark extract, green tea, apple pectin and citrus bioflavonoids.

## WHY SHOULD I TAKE A HIGH POTENCY MULTIPLE VITAMIN AND MINERAL FORMULA?

While a health-promoting diet is an essential component of good health, so too is proper nutritional supplementation. While some experts say that you can theoretically meet all of your nutritional needs through diet alone, the reality is that most people do not.

During recent years the U.S., UK and other countries have sponsored a number of comprehensive studies (HANES I, II, and III, Ten State Nutrition Survey, USDA nationwide food consumption studies, etc.) to determine the nutritional status of the population. These studies have revealed marginal nutrient deficiencies exist in a substantial portion of the U.S. population (approximately 50 percent) and that for some selected nutrients in certain age groups more than 80 percent of the group consumed less than the RDA.

The RDA or Recommended Daily Allowance is the minimum amount of nutrients that a person requires to prevent nutritional deficiency symptoms. Most people living a fast life today, with all the stress that it entails, require far more nutrients than the RDA in order to optimize their health. The levels of nutrients present in HMD MULTIS far exceeds the RDA levels and could be considered the ORDA or Optimum Recommended Daily Allowance.

The studies that have been done have generally concluded that the chances of consuming a diet meeting the recommended dietary allowance (RDA) for all nutrients is extremely unlikely for most people around the world, let alone the ORDA. In other words, while it is theoretically possible that a healthy individual can get all the nutrition they need from foods, the fact is that most people do not even come close to meeting all their nutritional needs through diet alone.

In an effort to increase their intake of essential nutrients, many people look to vitamin and mineral supplements. Current estimates are that between 40 -70% of people now regularly take vitamin or mineral supplements.

It seems that taking vitamin and mineral supplements has become a way of life for most people in the Western world. In the USA, 67% of supplement users took only one supplement, with the majority of them taking a multiple vitamin and mineral product (46 percent). Unfortunately, most people taking a multiple vitamin and mineral formula are still not getting what they really need because they are being misled into thinking that a "one a day" type multiple is meeting all their needs for optimum nutrition.

This is where HMD MULTIS differs, as when taking 3 capsules daily, the levels of nutrients taken far exceeds the RDA levels and approaches the ORDA.



## Are minerals important?

The key functions of vitamins and minerals in the human body revolve around their serving the role as essential components in enzymes and coenzymes. Enzymes are molecules involved in speeding up chemical reactions necessary for human bodily function. Coenzymes are molecules that help the enzymes in their chemical reactions. Enzymes and coenzymes work to either join molecules together or split them apart by making or breaking the chemical bonds that join molecules together. One of the key concepts in nutritional medicine is to supply the necessary support or nutrients to allow the enzymes of a particular tissue to work at its optimum levels.

Most enzymes are composed of a protein along with an essential mineral, and possibly a vitamin. If an enzyme is lacking the essential mineral or vitamin, it cannot function properly. By providing the necessary mineral through diet or a nutritional formula, the enzyme is then able to perform its vital function. For example, zinc is necessary for the enzyme that activates vitamin A in the visual process. Without zinc in the enzyme, the vitamin A cannot be converted to the active form. This deficiency can result in what is known as night-blindness. By supplying the enzyme with zinc, we are allowing the enzyme to perform its vital function.

### What kind of benefits can I expect to gain from taking a high quality multiple vitamin and mineral formula?

In addition to the enormous number of studies showing benefits from the individual nutrients in a high potency multiple, studies have shown that people taking a multiple vitamin and mineral formula may experience higher energy levels, improved brain function, fewer colds or infections, improved ability to deal with stress, greater sense of well-being, and other health benefits.

However, the reality is that many people taking a multiple may feel nothing. But just because they may not feel anything it doesn't mean that the higher nutrient levels they are ingesting are not being used by the body. For example, there is evidence that people taking nutritional supplements may have a lowered risk for heart disease, cancer, cataracts, and other degenerative diseases.



In one of the most recent findings it was found that women taking a multiple vitamin and mineral formula for more than 14 years had a 75% reduced rate of colon cancer. While it is extremely unlikely that these women felt the awesome protection they were being given by their supplement, nonetheless they definitely realized the benefits.

Simply stated, the entire human body functions more optimally when it has a steady supply of high quality nutrition.

**To help balance the effects of free radicals, HMD MULTIS provides you with high-potency amounts of an exclusive antioxidant formula that includes:**

- ✓ **Beta-carotene** – Healthy vision and immune system support.
- ✓ **Vitamin C** – Promotes tissue growth and repair, and healthy gums.
- ✓ **Vitamin D3** – Supports heart, bone, vascular and immune system health.
- ✓ **Vitamin E** – Helps support your muscular system.
- ✓ **Selenium** – Bolsters your healthy immune system.
- ✓ **L-cysteine** – Supports your immune and respiratory systems.
- ✓ **Lutein, Rutin, Pine Bark, Rosehip** – Helps promote your vision and blood vessels.
- ✓ **Lycopene** – Supports your immune system.
- ✓ **And select extracts and powders from over 12 fruits, vegetables and herbs.**

## 20 BENEFITS OF TAKING HMD MULTIS

- ① **Support healthy aging.** As you get older, your body has a harder time absorbing nutrients from food. At the same time, your nutritional needs increase.
- ② **Correct nutritional deficiencies caused by prescription drugs and surgery and nutritionally wasting health conditions such as diabetes.** Along with aging, there are several other factors that can make you more susceptible to nutritional deficiencies, including these common culprits.
- ③ **Improve short-term memory.** According to a meta-analysis of 10 randomized, placebo-controlled trials, taking a daily multivitamin can result in improvements in short-term memory.
- ④ **Boost energy levels.** Several studies have demonstrated that taking a daily multivitamin and mineral supplement is associated with increased energy levels.
- ⑤ **Detoxify your body.** The robust levels of minerals, antioxidants and B-complex vitamins present in a high-quality daily multivitamin help clear toxins from the body, facilitate enzymatic reactions required for detoxification, and keep the liver and other organs in tip-top shape.
- ⑥ **Maintain muscle strength.** Many of the problems with muscle aging are associated with free radical damage, and an antioxidant-rich daily multivitamin can help keep free radicals in check. Vitamin D has also been shown to improve muscle strength in older people.
- ⑦ **Prevent falls.** Numerous studies have found that a daily multivitamin and mineral supplement - particularly one with therapeutic dosages of vitamin D (at least 1,000 IU) and calcium (1,000 mg)—can improve balance and reduce risk of falls.
- ⑧ **Restore sense of smell.** Anosmia, the inability to detect odours, can be caused by a deficiency of zinc. Low levels of vitamins B12 and A along with copper are also associated with changes in sense of smell (and taste).
- ⑨ **Protect against hearing loss.** Several studies have found a correlation between hearing loss and deficiencies in B-complex vitamins. A more recent study also found that people with elevated homocysteine levels had a 64 percent increased risk of hearing loss, and the best way to lower homocysteine levels is with B-complex vitamins.

- 10 **Improve your skin.** Research has shown that beta-carotene and vitamins C and E are important for maintaining healthy, younger-looking skin.
- 11 **Prevent asthma and allergies.** People with asthma and those prone to allergies often have depleted levels of vitamin C, zinc, selenium and magnesium.
- 12 **Prevent diabetes complications.** As I mentioned earlier, diabetes is a nutritionally-wasting condition, putting those who have it at dramatically increased risk of other problems (or complications)—especially ones that affect the eyes, nerves, blood vessels, kidneys and extremities. The best way to prevent these complications is by taking a potent, daily multivitamin and mineral supplement.
- 13 **Boost mood.** Many studies have found that a daily multivitamin has positive effects on mood and emotional well-being.
- 14 **Manage Stress.** Along with boosting mood, research has shown that a daily multivitamin - particularly one containing therapeutic dosages of B-complex vitamins -can help reduce stress and anxiety.
- 15 **Enhance weight loss.** A randomized, double-blind study of obese women found that those taking a daily multivitamin and mineral supplement lost an average of 7.9 pounds, compared to 2 pounds for those taking calcium and half a pound in the placebo group.
- 16 **Improve sexual function.** The organs and glands that are responsive to sexual hormones are particularly vulnerable to free radical damage, so taking an antioxidant-rich daily multivitamin can help ensure peak performance and function.
- 17 **Prevent dry eyes.** Most people know that vitamins, especially antioxidants, are essential for maintaining overall vision. But by the time you reach age 65, a lifetime of free radical damage has taken its toll, and our eyes produce (on average) 40 percent less lubrication. That's why shoring up on these crucial nutrients can help correct or prevent the problem from developing in the first place.
- 18 **Stop telomere erosion.** Chromosomes are tightly coiled, rod-like structures made up of proteins and one double-helix-shaped molecule of DNA encoded with your genome: the blueprints for your growth, development and physiological function. And at the tips of every chromosome are protective "caps" called telomeres, which naturally get shorter as we age. Research has found that taking a daily multivitamin can help slow and even reverse this erosion. We now know from the human genome project and the field of NutriGenomics that multivitamins can actually switch on and off mutant genes or single nucleotide polymorphisms that may predispose us to certain diseases.
- 19 **Reduce cravings for alcohol.** Research suggests that people who have problems with alcohol can often gain better control over their drinking by making sure they have adequate levels of B-complex vitamins, calcium and magnesium.
- 20 **Prevent dental problems.** Vitamin C plays a key role in the prevention of gum disease, as it helps maintain the integrity of the supporting structures of the oral tissues. Other antioxidants, including vitamins A and E as well as selenium, have also been shown to improve the health of the gums. Perhaps even more important is zinc. This mineral stabilizes cellular membranes and inhibits plaque growth. Deficiencies in both zinc and vitamin A are also common in patients with periodontal disease.



# PRODUCT INFORMATION

Our formulation contains (per capsule), so multiply this by 3 for the daily dose:

Vitamin A (Acetate).....	2 mg (650 iu)	Potassium (Chloride).....	23.8 mg
Vitamin B1 (Thiamine HCL).....	16.6 mg	Selenium (Methionine).....	250 mcg
Vitamin B12 (Methylcobalamin).....	33 mcg	Zinc (Citrate).....	9.6 mg
Vitamin B2 (Riboflavin).....	6.5 mg	Spirulina.....	12.5 mg
Vitamin B3 (Nicotinamide).....	12.5 mg	Rutin.....	3.1 mg
Vitamin B3 (Nicotinic Acid).....	12.5 mg	Iodine (Potassium Iodide).....	33 mcg
Vitamin B5 (Calcium Pantothenate).....	57 mg	Apple Pectin.....	6.25 mg
Vitamin B6 ((Pyridoxine HCL).....	9.6 mg	Green Tea (Camellia sinensis).....	3 mg
Vitamin B6 ((Pyridoxal 5' Phosphate).....	3.8 mg	Black Radish (Raphanus sativus nigra).....	8.7 mg
N-Acetyl L-Cysteine.....	1.2 mg	Lutein Extract (10%).....	0.3 mg
Betaine (HCL).....	14.2 mg	Lycopene Extract (5%).....	0.75 mg
Citrus Bioflavonoids.....	12.5 mg	Pine Bark Extract (95% OPC).....	50:1 extract - 100 mcg
Biotin (Vitamin B7).....	39 mcg	Rosehip.....	12.5 mg
Vitamin C (Ascorbic Acid).....	157.5 mg	Chlorella.....	12.5 mg
Calcium (Carbonate).....	52 mg	Chromium (Picolinate).....	200 mcg
Choline (Bitartrate).....	18.7 mg	Manganese (Citrate).....	4.5 mg
Copper (Gluconate).....	1.8 mg	Bromelain (2000 GDU/g).....	6.2 mg
Folacin (Folic Acid).....	100 mcg	Vitamin E (D-Alpha Tocopherol Succinate).....	43 mg
Inositol.....	12.5 mg	(Providing 134 mg of actual Tocopherol)	
D-Aspartic Acid.....	70 mg	Beta-carotene (From Dunaliella Salina Algae).....	5.6 mg
L-Glutamic Acid (HCL).....	2.5 mg	Boron (as Boric Acid).....	1.1 mg
Magnesium (Oxide).....	82.9 mg	Vitamin D3.....	500 mcg (50iu)
Molybdenum (Ammonium Molybdate).....	6.25 mcg	L-Cysteine (HCL).....	22.7 mg
PABA.....	6.2 mg		

**Capsule Shell:** Vegetable Cellulose (118 mg)

Recommended adult dosage: 1 caps x 3 times daily

**WARNING:** This product contains Vitamin A. Do not take if you are pregnant or likely to become pregnant, except on the advice of a doctor or ante-natal clinic.

Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

## HMD MULTIS do not contain

- Gluten
- Wheat
- Lactose
- Added sugar
- Preservatives
- Artificial colours
- Yeast

