

**Product Guide: Doc's Best Ultra Pure Multi-Vitamin – the next generation**

Serving Size: 6 Capsules  
 Servings per container: 30

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**Nutrition Information: Six capsules provide:**

	Amount per serving	%Daily Value
Vitamin C (Calcium Ascorbate, Ascorbyl Palmitate)	1,000 mg	1666%
Vitamin D3 (Cholecalciferol)	400 IU	100%
Vitamin E (D-Alpha Tocopheryl)	400 IU	1333%
Mixed Tocopherols	200 mg	*
Vitamin K2 - Menatetrenone (MK-4)	100 mcg	125%
Vitamin B-1 (Thiamine HCl)	50 mg	3333%
Vitamin B-2 (Riboflavin, Riboflavin-5' Phosphate)	50 mg	2941%
Vitamin B-3 (Inositol Hexaniacinate)	50 mg	250%
Vitamin B-5 (Calcium Pantothenate)	50 mg	500%
Vitamin B-6 (Pyridoxine HCl, Pyridoxal-5' Phosphate)	50 mg	2500%
Folic Acid	800 mcg	200%
Vitamin B-12 (Methylcobalamin)	200 mcg	3333%
Biotin	800 mcg	266%
Calcium (Microcrystalline Hydroxyapatite)	400 mg	40%
Magnesium (Taurate)	250 mg	62%
Zinc (Menomethionine)	30 mg	200%
Selenium (Yeast-Free L-Selenomethionine)	200 mcg	285%
Copper (Citrate)	2 mg	100%
Manganese (Citrate)	2 mg	100%
Chromium (Chromium Nicotinate)	200 mcg	166%
Molybdenum (Aspartate)	75 mcg	100%
Potassium (Citrate)	99 mg	2%
R-Alpha Lipoic Acid	25 mg	*
Boron (Aspartate)	600 mcg	*
Mixed Carotenoids	10,000 IU	*
Co-Enzyme Q10	100 mg	*
Grape Seed Extract - 95% Proanthocyanidins	100 mg	*
Vanadium (Vanaldyl Sulfate)	20 mcg	*

Other ingredients: gelatin capsule



**Why You Need a Great Multi  
An Optimal Multi Protects You with Vitamins, Minerals, and Antioxidants**  
by Ron Schmid, N.D.

Our healthy forefathers ate foods that provided ten to fifty times the nutrients we consume today—and they were healthy. Don't believe the media/medical line that our forefathers all died young. Our ancestors everywhere enjoyed wonderful strength and health and were free of modern diseases until the introduction of modern foods. Paul Dudley White, President Eisenhower's personal physician in the fifties when the President had two heart attacks, wrote in his book Heart Disease, that when he graduated from Harvard Medical School in 1911, he had never heard of coronary thrombosis—today's common heart attack! That's because four cases of this then rare disease were first reported in The Journal of the American Medical Association in 1912!

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Heart disease, cancer, arthritis, high blood pressure, gastrointestinal disease, diabetes, multiple sclerosis, Alzheimer's disease—these are called "the diseases of civilization" because they didn't occur in hunter-gatherer cultures! And they were rare among our own forefathers a hundred years ago, as long as people ate whole foods—healthy animals, fish, vegetables, fruits, whole grains, and unprocessed dairy products from grass-fed animals. The diets our forefathers thrive on included lots of these foods, foods which were full of nutrients we don't get enough of today—nutrients scientists are discovering to be effective in preventing and treating the diseases of civilization! Our ancestors consumed far more of these critical vitamins, minerals, and accessory nutrients than are supplied in modern diets—and this helped protect them from disease.

Optimal amounts of key nutrients help reverse and prevent chronic diseases, while giving you greater energy and wellness. Vitamin E, for example, is a critical antioxidant that helps protect against heart disease, cancer, and strokes. Vitamin D, in addition to controlling the metabolism of calcium and other minerals, also exerts many anticancer properties, especially against prostate, breast, and colon cancers.

Calcium, magnesium, and trace minerals such as selenium and chromium appear to be in even shorter supply than vitamins in most American diets. Inadequate intakes are invariably related to higher risk for a wide range of problems. Antioxidants such as coenzyme Q10, tocotrienols, grape seed extract, alpha lipoic acid, and green tea extract are now known to help prevent the free radical damage associated with virtually all chronic diseases and the aging process itself.

Doc's Best Ultra-Pure Multi Plus is the finest, most complete, and most versatile you will find. Doc's Ultra-Pure 100% additive-free encapsulation, using only the pure nutrients, makes for smooth, gentle digestion. Beneficial in a wide range of dosages—take just one or two, or optimally up to six capsules per day. This Ultra-Pure Multi Plus is an excellent value.

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