



MULTIFACTORS™ WOMEN'S AND WOMEN'S 50+ VITAMIN & MINERAL FORMULAS

Your body, your multi

YOUR BODY, YOUR MULTI

When it comes to optimal nutrition, there are both similarities and differences between women and men. For many vitamins, the recommended daily allowance (RDA) or recommended daily intake (RDI) is the same for women and men. For some vitamins, minerals and nutrients however, age, body size and metabolic variations result in different RDIs. In the majority of individuals, female or male, a healthy diet does not always provide optimal amounts of the vitamins, minerals and other nutrients needed on a daily basis. Many problems linked to nutritional deficiencies are common to both women and men, including heart disease, obesity, bone and vision loss, and diabetes. Some conditions, such as urinary tract infections, are more common in women, and because women may also respond differently to things like stress and muscle recovery, their nutritional needs are different. Furthermore, these differences increase with age as the ability to absorb certain nutrients declines. Natural Factors MultiFactors Women's and Women's 50+ Vitamin & Mineral Formulas are customized with specific combinations of vitamins, minerals and phytonutrients to meet the unique nutritional needs of women.

BEYOND ONE-A-DAY

Proper diet alone will not provide all the vitamins, minerals and nutrients needed for the body to operate at maximum efficiency. Supplementing with a quality multivitamin and mineral formula is a safe and convenient way to provide daily nutritional "insurance". As with food, individual nutrients should be consumed throughout the day. For certain nutrients, taking too much at once only increases the amount excreted. Both women's formulas contain optimum levels of over 35 vitamins, minerals, enzymes, antioxidants and herbal extracts in just three easy-to-swallow vegetarian capsules per day. They are made from the highest quality ingredients and contain the proper ratios of vitamins, minerals and nutrients to energize, provide relief from stress, protect against organ degeneration, and aid in the prevention of chronic disease. In addition, both formulas contain betaine hydrochloride (HCL) and a digestive enzyme blend to help maximize absorption. Betaine HCL helps compensate for low stomach acid production, something traditionally seen amongst the elderly but becoming increasingly common in younger people.

BUILDING A STRONGER FRAMEWORK

Most women talk to their health care practitioner about osteoporosis just as they reach menopause. Ideally though, it is best to promote healthy bone structure and prevent bone loss long before menopause. Recent clinical trials and epidemiological studies have shown that a wide range of

nutrients are essential to bone health and inadequate intake leads to osteoporosis. These studies show that calcium, magnesium, phosphorus, potassium, manganese, copper, boron, iron, zinc, vitamins D, A, K, and C, and the B vitamins all play a role in preventing osteoporosis (Palacios). Both formulas contain ideal amounts of these nutrients to help fortify bones from youth to old age and reduce the risk of developing osteoporosis.

PROMOTING BREAST HEALTH AND HORMONAL BALANCE

The hormonal problems encountered by women experiencing PMS, peri-menopause or menopause centre around excess estrogen. Estrogen dominance can also make women more susceptible to breast cancer and other hormone-dependent cancers. Both formulas contain indole-3-carbinol, a powerful phytonutrient derived from broccoli and cruciferous vegetables which positively affects estrogen metabolism (Minich, *et al*) and is believed useful for preventing and treating breast and other cancers (Weng, *et al*). Indole-3-carbinol activates detoxification enzymes in the intestinal tract, binds to chemical carcinogens, rendering them inactive, and improves estrogen balance, thus reducing the risk of breast cancer.

PREVENTING URINARY TRACT INFECTIONS

A urinary tract infection (UTI) is a bacterial infection that affects any part of the urinary tract. When bacteria get into the bladder and multiply in the urine, they cause UTIs. Most women who have had a bladder infection know about cranberry. Regular use of cranberry extract has been found to prevent recurrences of UTIs in women between the ages of 25 and 70 (Bailey, *et al*). In order for bacteria to infect, they must first adhere to the lining of the bladder and urethra. Studies have shown that cranberries reduce the ability of *E. coli* (the bacteria that causes bladder infections) to adhere, greatly reducing the likelihood of infection (Sobota). The MultiFactors Women's Formula contains a highly concentrated cranberry extract to help promote healthy urinary tract function.

FIGHTING FATIGUE AND STRESS

Fatigue, low energy, and stress are increasingly common today. In addition to a taxing lifestyle, these symptoms can be caused by a deficiency of vitamins, minerals and other nutrients (Huskisson, *et al*). Women of all ages are particularly susceptible to deficiencies due to their demanding lifestyles, physical activities or inactivity, poor dietary choices, and frequent dieting. The stress-relieving and energizing ingredients in both formulas include the B vitamins, vitamin C, CoQ10, and BerryRich™. BerryRich whole fruit concentrate provides

enhanced antioxidant and immune support which helps maintain healthy energy levels.

Since women under 50 typically have higher energy requirements and experience greater stress than older women, the MultiFactors Women's formula includes extracts of rhodiola and green tea. Rhodiola is an adaptogen which helps the body cope with stress. Studies have shown that rhodiola helps increase the capacity for mental and physical work, and alleviates symptoms associated with depression, mental and physical fatigue, memory loss, cognitive dysfunction, and sexual dysfunction (Brown). Green tea, in addition to supporting heart and immune health, helps increase energy and promote healthy weight loss. One study showed that taking a green tea extract caused an extra 266 calories to be burned each day (Dulloo). The MultiFactors Women's Formula includes iron, as woman of childbearing age need iron, and deficiencies have been linked to chronic fatigue.

PROMOTING HEALTHY AGING

Suboptimal intake of vitamins, minerals and nutrients is common, especially in the elderly, and is a risk factor for developing chronic diseases (Denny). Heart disease, cognitive decline, and advanced macular degeneration (AMD) are three of the most common conditions that affect older people. While both formulas contain all the essential vitamins, minerals and phytonutrients to promote healthy aging, the MultiFactors Women's 50+ Formula contains additional nutrients to address the more complex needs of older women, and to reduce the risk of these debilitating diseases.

In addition to heart-health nutrients such as the B vitamins, vitamins C and K, calcium, magnesium, lutein, CoQ10 and BerryRich, The MultiFactors Women's 50+ Formula contains curcumin and BlueRich™ a super strength blueberry concentrate for healthy homocysteine, cholesterol, and triglyceride levels and to reduce oxidative stress. Curcumin's powerful antioxidant properties reduce oxidative stress and have been shown to discourage platelets from clumping together, which in turn improves circulation and may protect against atherosclerosis (Ramirez-Boscá). The antioxidants in BerryRich and BlueRich help inhibit LDL oxidation, increase blood flow, and

prevent hardening of the arteries. CoQ10 provides cells with the energy they need. Certain cells, like those in the heart, need more energy. The ability to produce CoQ10 declines with age and certain cholesterol-lowering medications further deplete the body of CoQ10. Lutein helps reduce atherosclerotic lesions (small fatty deposits on the inner arterial walls). The MultiFactors Women's 50+ Formula is iron free, as research suggests excess iron may increase a post-menopausal woman's risk of heart disease, and because iron deficiency is uncommon in women who no longer menstruate.

In the elderly, cognitive function is directly related to nutritional status (Tucer, *et al*). Supplementing with vitamin C, the B vitamins, and minerals such as zinc and selenium reduces the risk of cognitive dysfunction. BerryRich and BlueRich provide potent antioxidant protection against free radicals and inflammation – both of which contribute to deficits in cognitive and motor function. The antioxidant compounds in BlueRich are readily absorbed into the bloodstream, then cross into the brain where they influence regions involved in memory and motor function, suggesting a therapeutic role in treating Parkinson's and Alzheimer's (Zafra-Stone, *et al*).

Oxidative stress is a primary factor in the onset of AMD. Supplementing with key nutrients like beta carotene, vitamins B2, C, and E, zinc, copper, manganese, and selenium can go a long way towards reducing oxidative stress, but studies have shown that lutein is the most critical for overall eye health. It strengthens the capillaries that nourish the eyes and protects them from oxidative stress.

DOSAGE

3 capsules daily with food, a few hours before or after taking other medications, or as directed by a health care practitioner.

SAFETY

The MultiFactors Women's and Women's 50+ Formulas provide safe levels of ingredients that are not known to have any adverse effects. However, individuals should consult their health care practitioner for possible cautions or contraindications prior to use. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Both formulas contain no

artificial colours, flavours, sweeteners or preservatives.

Pregnancy and lactation: Not recommended during pregnancy and lactation unless recommended by a health care practitioner.

Children: Not recommended for children unless recommended by a health care practitioner. As the MultiFactors Women's Formula contains enough iron to seriously harm a child, keep out of the reach of children.

Drug interactions: Consult your health care practitioner if you are taking blood thinners, as the phytonutrients in these supplements may increase the effectiveness of these medications.

Contraindications: Consult your health care practitioner if you have a history of non-melanoma skin cancer.

Women of all ages can enjoy lasting health, energy, and vitality with MultiFactors Women's and Women's 50+ Vitamin & Mineral Formulas. These customized formulas contain over 35 essential vitamins, minerals and nutrients that support healthy aging, combat fatigue and stress, and protect against disease.

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