



PRODUCT FACT SHEET

# AVED-EZE MULTI EASY TO DIGEST & IRON-FREE

High-potency, daily multiple vitamin-mineral supplement in a convenient, two-per-day formula that is easy to digest.



## KEY FEATURES

- The inclusion of the bromelain, papain, and lipase acts to aid in multivitamin digestion.
- Rich in vitamins A, C, and E; these are the three important anti-oxidants required for human health and yet are frequently absent in the modern American, fast-food diet. Vitamins C and E have been cited in many studies from lowering the risks from cardiovascular disorders to treating the common cold.
- Selenomethionine – this is the best way to deliver selenium to humans. Selenium is important as the active site metalloid in the key enzyme glutathione peroxidase, which maintains our intracellular redox state in the highly reduced state to combat the damaging effects of the unavoidable, superoxide radical ion (O<sub>2</sub><sup>-</sup>) and many other forms of peroxides and hydrogen peroxide in mammalian cells.
- Zinc — while zinc is not an antioxidant per se, it is required at the active site of about 300 different enzymes, from carbonic anhydrase (transfers CO<sub>2</sub> from plasma to lungs), superoxide dismutase (detoxifies O<sub>2</sub><sup>-</sup>), to many zinc finger proteins, which are the keys controlling RNA transcription from DNA, initiating protein biosynthesis in response to cell signals. Proper zinc intake has also been recently shown as vital for proper immune response to lethal viral challenge.
- Provides liberal amounts of important B vitamins — key factors in nerve, cardiovascular and mental health. These vitamins are important catalysts in many enzymes of the citric acid cycle, protein catabolism, methyl group transfers of fatty acid catabolism, the critical reduction of ribose to deoxyribose and as the functional end of coenzyme A, which is involved in dozens of acetyl (acetic acid) transfer reactions in mammalian metabolism.
- Includes calcium and magnesium - these are well-known, essential macro-minerals. Magnesium supplementation is especially important since many people are deficient in this required mineral.
- Highly absorbable chromium - this metal is required to maintain proper blood levels of insulin and glucose; it works by enhancing the ability of insulin to transport sugars from the bloodstream into respiring cells.
- Highest grade starting materials are used and product is made under strict quality control regulations in our federally registered pharmaceutical manufacturing facility.

## REFERENCES

1. L. Pauling (1970). Vitamin C and the Common Cold, WH Freeman & Co, N.Y., N.Y. 10010
2. G.N. Schrauzer, (2001). "Nutritional Selenium Supplements: Product Types, Quality and Safety", Journal of the American College of Nutrition 20: 1-4.
3. M.K. Baum, G. Shor-Posner and A. Campa (2000). "Zinc status in human immunodeficiency virus infection", Journal of Nutrition 130(5S Suppl): 1421S-1423S.
4. N.L. Saris, et al. (2000). "Magnesium: an update on physiological, clinical and analytical concepts." Clinical Chimica Acta 294: 1-26.

AVED-EZE MULTI

ITEM #: 0503-0060-01

## DESCRIPTION

High-potency, daily multiple vitamin-mineral supplement in a convenient, two-per-day formula that is easy to digest.

## HOW SUPPLIED

60 tablets per bottle.

## DIRECTIONS

Two tablets daily with food.

## CONTAINS NO

egg, fish, gluten, milk, peanuts, shellfish, soy, tree nuts, or wheat. AVED-EZE is vegetarian.

## Supplement Facts

Serving Size 2 Tablets		Servings Per Container 30	
Amount Per Serving		% Daily Value	
Vitamin A (100% as beta-carotene) .....	2,500 IU	50%	
Vitamin C (as calcium ascorbate) .....	120 mg	200%	
Vitamin D3 (as cholecalciferol) .....	800 IU	200%	
Vitamin E (as d-alpha tocopheryl succinate) ...	30 IU	100%	
Thiamin (as thiamin mononitrate) .....	3 mg	200%	
Riboflavin			
(from riboflavin-5'-phosphate sodium).....	3.4 mg	200%	
Niacin (as niacinamide) .....	20 mg	100%	
Vitamin B6 (as pyridoxine HCl) .....	4 mg	200%	
Folic Acid .....	400 mcg	100%	
Vitamin B12 (as cyanocobalamin) .....	30 mcg	500%	
Biotin .....	150 mcg	50%	
Pantothenic Acid (as calcium pantothenate)	10 mg	100%	
Calcium (from calcium citrate, calcium			
ascorbate and calcium pantothenate)	145 mg	15%	
Iodine (from potassium iodide) .....	50 mcg	35%	
Magnesium (from magnesium citrate) ....	50 mg	15%	
Zinc (from L-OptiZinc®).....	15 mg	100%	
Selenium (from selenomethionine) .....	35 mcg	50%	
Copper (from copper gluconate) .....	1 mg	50%	
Manganese (from manganese gluconate) ...	1 mg	50%	
Chromium (from picolinate) .....	60 mcg	50%	
Molybdenum (from sodium molybdate) ...	10 mcg	15%	

**KEEP OUT OF REACH OF CHILDREN.** 503-60J

Amount Per Serving	% Daily Value
Rose Hips .....	25 mg *
Spirulina .....	25 mg *
Choline (from choline bitartrate) .....	25 mg *
Inositol .....	25 mg *
Betaine HCl .....	25 mg *
Papain .....	20 mg *
Bromelain .....	20 mg *
Lipase .....	20 mg *
Lutein (LuteMax®) .....	1 mg *
Lycopene .....	0.5 mg *

\* Daily Value not established.

Other Ingredients: Cellulose (vegetable source), magnesium stearate (vegetable source), dibasic calcium phosphate, silicon dioxide, modified cellulose and glycerin.



# ANABOLIC LABORATORIES

Pharmaceutical Made Nutritional Products Since 1924