



By Mauro Di Pasquale, M.D.

MVM is a comprehensive, specially balanced, multiple vitamin and mineral formula, with added ingredients, designed to provide full spectrum nutrition to anyone who diets or exercises.



MVM is the most complete foundational nutritional supplement available for the special needs that the athlete has for body maintenance, recuperation and repair. MVM supplies all the basic nutrients that may be depleted in those who exercise and is formulated to complement all our other products.

Even with the best of diets, it's still possible to have some marginal deficiencies due to depleted soils, the overuse of chemical fertilizers and poor farming, processing, storage and transportation practices. Add that to the fact that most of us don't even eat a well-balanced diet every day, and you can see how important it is for everyone, and especially athletes, to use a high quality multiple vitamin/mineral supplement.

MVM is so complete that you don't have to worry if you miss some of your other performance vitamins once in a while because MVM will take up the slack in the short term.

For example, MVM contains high doses of **Folic acid**, **Vitamin B6**, **Betaine** and **methylcobalamin**, the biologically active form of **B12** (not the cyanocobalamin, the synthetic and not as metabolically active form of B12 that is generally used), increases energy and health.

There are supplements that cost more, including the various pak ones that spread their ingredients over several tablets in a marketing ploy to make them out to be more than what they really are, but there's none on the market that's better than MVM.

This group of ingredients has important effects on macronutrient metabolism, energy systems, and on combating the adverse effects of pollution and mercury toxicity. The health effects of all four of these ingredients have been extensively documented. Several of the medical parameters, such as homocysteine, cholesterol and C-Reactive Protein, markers of heart disease and inflammation in the body, are decreased by their use and by some of the other ingredients in MVM including the extensive number of antioxidants.

Besides hefty doses of the all the necessary usual vitamins and minerals, in the most bioavailable forms, MVM contains a lot more ingredients to round out the formula and give you everything you could possibly need as a foundation for maximizing health, body composition and performance.

MVM contains several groups of ingredients not ordinarily found in multiple vitamin and mineral preparations including:

- Glutamine Peptides
- Glutamic Acid
- Taurine,
- Carnosine
- Lysine

- Silymarin
- Astragalus
- Chizandra
- Ginseng
- Ginkgo Biloba

- Choline
- Phosphatidylcholine
- Rutin
- Hesperidin
- Inositol
- Lecithin

These ingredients add to the utility and effectiveness of MVM, making it the most complete multiple vitamin and mineral formula on the market today, regardless of price.

Supplement Facts: Serving Size: 4 Tablets Servings Per Container: 30					
	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (Retinyl Palmitate)	2,000 IU	40%	Iodine (Potassium Iodide)	70 mcg	47%
Beta-Carotene	10,000 IU	200%	Iron (Ferrous Fumarate)	10 mg	56%
Vitamin B-1 (Thiamine Mononitrate)	50 mg	3,333%	Magnesium (Aspartate/Oxide)	200 mg	50%
Vitamin B-2 (Riboflavin)	50 mg	2,941%	Manganese (Gluconate)	5 mg	250%
Vitamin B-3 (Niacinamide)	100 mg	500%	Molybdenum (Sodium Molybdenate)	10 mcg	15%
Vitamin B-5 (D-calcium Pantothenate)	50 mg	500%	Potassium (Aspartate)	99 mg	2%
Vitamin B-6 (Pyridoxine HCL)	50 mg	200%	Selenium (Selenomethionine & Selenite-50/50)	50mcg	72%
Vitamin B-12 (Methylcobalamin)	500 mcg	8333%	Zinc (Zinc Monomethionine)	15 mg	100%
Folic Acid	800 mcg	250%	Boron (Chelate)	2 mg	*
Vitamin C	500 mg	833%	MVM™ Proprietary Complex 933 mg		
Vitamin D3 (Cholecalciferol)	400 IU	100%	Betaine HCL, Choline Bitartrate, Citrus Bioflavonoids, Glutamic Acid		
Vitamin E (Natural Vitamin E - D-alpha Tocopherol)	400 IU	1,333%	Hesperidin, Inositol, Lecithin, Lutein Extract, Magnesium Octadecanoate		
Biotin	300 mcg	100%	PABA (para-aminobenzoic acid), Phosphatidylcholine, Rutin, Silicon Dioxide,		
Calcium (Calcium Phosphate)	400 mg	40%	Glutamine Peptides, Taurine, Carnosine, Lysine, Silymarin, Astragalus,		
Chromium (AAC - Amino Acid Chelate)	25 mcg	21%	Shizandra Extract, Ginseng Root Extract, Ginkgo Biloba Extract.		
Copper (Copper Gluconate)	500 mcg	25%			
Other Ingredients: Cellulose, Stearic Acid, Hydroxypropylmethyl Cellulose, Croscarmellose Sodium, Polyethylene Glycol.					
*Daily Value not established					