Alpha Base is a comprehensive, hypo-allergenic, multivitamin and mineral blend. As a complete multivitamin, Alpha Base provides high-quality nutrients to build a healthy micronutrient reserve. USP* B vitamins support energy production and folate (as Quatrefolic™ - 100% 5-MTHF), the biologically active form of folic acid, improves methylation. Albion® TRAACS® chelated mineral complexes enhance bioavailability. Alpha Base includes an optimal 2:1 magnesium to calcium ratio. Key antioxidant vitamin C, natural vitamin E mixed tocopherols and carotenoids protect cells from free radical damage. Alpha Base also contains the synergistic blend of vitamin K2 (as MK-7) and D3 which are critical for supporting bone strength and cardiovascular health.

Overview
It is well-established that good nutrition promotes health, while nutritional deficiencies can lead to many chronic diseases. Yet, many people underestimate the importance of achieving proper levels of micronutrients each day. For the human body to complete vital daily tasks, it must be given a wide and complex variety of key micronutrients. Micronutrients play a role in strengthening immune function and converting food into energy. They detoxify chemicals and medications, and manufacture neurotransmitters, hormones and other key signaling molecules in the body. Micronutrients also maintain tissue repair and cell regeneration. Becoming deficient in any one of these essential vitamins or minerals can create a breakdown metabolic processes that safeguard health.

Comprehensive studies conducted by the United States Department of Agriculture have revealed the average American diet lacks micronutrients. Nutritional deficiencies may be caused by poor nutrient levels in the soil, food transport and storage methods, and food processing techniques. In addition, deficiencies can also be caused by highly processed and refined foods, food additives, medications, alcohol consumption, smoking, heavy metal exposure and high stress levels. Whatever the reason, nutrient deficiencies exist in a substantial portion of the U.S. population and, for select nutrients, more than 80% of Americans consume less than the recommended daily allowance (RDA). Although recommended nutrient intakes (e.g., %DV, DRIs, EARs, RDAs) have been established as minimum guidelines for healthy individuals, these guidelines were not designed to address the micronutrient needs of all individuals, especially those with chronic health concerns. While these guidelines can help prevent a severe nutrient deficiency, standards such as the RDA are not a reflection of optimal daily intake. For these reasons, a daily multivitamin is a prudent choice for most individuals. Alpha Base is a superior multivitamin designed to support the ideal daily intake of vitamins and minerals by providing a high-quality source of nutrients in the most bioavailable form.

Bioavailability
The importance of bioavailability is obvious. If consuming a multivitamin has little effect on improving the body’s nutrient balance, there is no reason to ingest it. Inferior multivitamin supplements often contain synthetic vitamin E in a dl-tocopherol form. Alpha Base contains natural d-alpha tocopherol, as well as mixed tocopherols, to enhance vitamin E availability and its free radical scavenging potential. Another sign of an inferior multivitamin is the use of cheap, poorly-absorbed, rock-salt minerals like calcium carbonate and
magnesium oxide. These mineral forms have slow and limited absorption relying on adequate stomach acid to promote passive diffusion into the body.

What’s more, because they remain in the intestines longer, these forms can cause intestinal distress such as constipation (calcium carbonate) or diarrhea (magnesium oxide).

Alpha Base provides a full spectrum of highly-absorbed, Albion® mineral chelates. Albion® is the world leader in manufacturing highly bioavailable mineral chelates, a specialized form of minerals bound to amino acids. This patented process creates natural mineral compounds which use active absorption mechanisms in the gastrointestinal tract to significantly enhance mineral absorption. Comparison studies show significantly superior absorption of mineral chelates over other forms of minerals.

In a magnesium comparison study reported by Graff et al. at Weber State University, Albion’s® magnesium amino acid chelate had (See Figure 1):  

- 8.8 times greater absorption than magnesium oxide  
- 5.6 times greater absorption than magnesium sulfate  
- 2.3 times greater absorption than magnesium carbonate

In a clinical study comparing calcium absorption in humans, Albion’s® patented calcium chelate delivered the greatest absorption of all calcium sources tested (44% Absorption - See Figure 2).  

**Metabolism & Energy Production**

Converting food into cellular energy is a nutrient-intensive process. Alpha Base provides substantial levels of B vitamins, which are prime coenzymes for the Kreb's cycle, the biochemical pathway responsible for maintaining energy production in the form of ATP (adenosine triphosphate). Alpha Base exclusively uses high-quality, USP® grade B vitamins ideal for those looking to boost their energy levels and support stressful lifestyles. Alpha Base also contains the bioavailable form of folate (Quatrefolic™ - 100% 5-MTHF). 5-MTHF helps promote DNA repair, homocysteine balance, neurotransmitter production, hormone balance and healthy detoxification.

**Broad Spectrum Antioxidant Support**

The body is constantly exposed to free radicals and relies heavily on its antioxidant reserve for protection. Free radicals are generated by metabolic by-products and environmental exposure such as UV rays from the sun, air pollution and radiation. Alpha Base contains a balanced spectrum of antioxidant vitamins such as vitamin C, mixed carotenoids, trace elements and nutrients that up-regulate antioxidant-supporting pathways in the body. They work synergistically to regenerate each other and maintain adequate levels of protective antioxidants throughout the body.

*The USP is a scientific organization that sets standards for the identity, strength, quality and purity of medicines, food ingredients and dietary supplements, manufactured, distributed and consumed worldwide.

**Directions**

4 capsules per day with food or as recommended by your health care professional.

**Does Not Contain**

Gluten, yeast, artificial colors and flavors.

**Cautions**

If you are pregnant or nursing, consult your physician before taking this product.

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*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.*
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References

ID# 151240 240 Capsules