

## **Simplexa Daily 3 Multi**

**Basics:** When choosing a multivitamin, it is important not to forget the fundamentals. Humans will always need sufficient amounts of a large number of vitamins and minerals to support the countless biological functions that go on in cells. Many vitamins act as cofactors, while others participate directly in cellular reactions. Likewise, the body needs certain trace minerals to carry out important functions such as DNA synthesis and replication, enzymatic reactions, and a whole host of other processes. Daily 3 Multi not only contains 26 vitamins and minerals required by the body, it has been specially formulated to contain the highest quality, most bioavailable, and purest forms of these substances available.

**Extended formulation:** While the standard multivitamin formulation is essential for keeping the body working the way it should, most of us would rather thrive than simply stay alive. Daily 3 Multi contains a core group of nutrients essential to proper nutrition as well as an extended list of other ingredients to help enhance health benefits.

**BioPQQ® (Pyrroloquinoline quinone)**  
One way to think about aging is the body's reaction to a constant onslaught of oxidative insults. Substances within our cells must deal with the consequences of countless chemical reactions. Over time, these reactions take a toll on cells. Scientists can see the damage most profoundly in mitochondria, the energy producing structures within cells. Researchers have shown that Pyrroloquinoline quinone can reduce the signs of aging on the cellular level, namely inflammation and mitochondrial damage. Moreover, BioPQQ® actually helps stimulate the creation of new mitochondria, essentially reversing the effects of age on cells.

**Luteolin**  
Luteolin also helps protect mitochondria from damage and the effects of aging. Not only is this supplement a powerful antioxidant, it possesses anticancer properties and may improve cognitive performance. While most scientific interest in luteolin has been in its ability to fight cancer and reduce the damage that occurs in Alzheimer's disease, new research suggests that the molecule

may be able to help healthy individuals fight the aging process.

**Quatrefolic®**  
Quatrefolic® is a very special form of folic acid that goes well beyond folic acid's role as a vitamin. Quatrefolic® has extremely high bioavailability, which means it is absorbed by the body and enters cells much more readily than typical folic acid. Quatrefolic® works synergistically with vitamin B12 to lower homocysteine levels, which helps protect the body against atherosclerosis and cardiovascular disease.

**Taurine**  
Coronary heart disease, cardiovascular disease and stroke are top killers of Americans. It starts with atherosclerosis, a complex process of oxidative and inflammatory damage to the blood vessels. Taurine supplementation reduces oxidative stress and decreases the risk of free radical damage to the blood vessels. Taurine has also been shown to normalize cholesterol levels in people who are overweight and obese.

**N-acetyl-cysteine**  
N-acetyl-cysteine (NAC) can be thought of as the waste management supplement. Almost everything that we consume, inhale, or absorb must be metabolized before it can be excreted from the body as waste. Most times these waste substances need to be attached to another molecule to make sure that they are released in the urine and feces. N-acetyl-cysteine is an immediate precursor of glutathione, the molecule that is most often attached to other molecules that the body is trying to eliminate. The body does not absorb glutathione very well, but it does absorb NAC. Thus, supplementation with N-acetyl-cysteine is essentially providing the body with additional "garbage trucks" or ways to eliminate toxins and unneeded chemicals from the body. While the body naturally produces NAC and glutathione, it does not produce nearly enough to eliminate all of substances we face in our daily lives.

**Lutein and zeaxanthin**  
Lutein and zeaxanthin are both critical for the proper function of the eye and are essential for vision. The retina, as part of the central nervous system, is subject to oxidative damage and damage that can arise from ultraviolet light. The

retina is also particularly sensitive to elevated levels of blood sugar that commonly occur in people with diabetes. Lutein and zeaxanthin help protect the eyes from these types of damage. In fact, recent studies have shown that lutein and zeaxanthin can significantly decrease the risk of cataracts in the nucleus (center) of the eye's lens.

#### *Antioxidant supplements*

Since oxidative reactions are at the heart of so many diseases and accumulate as the body ages, Daily 3 Multi contains a wide variety of natural antioxidant and anti-inflammatory nutrients to help the body counteract this daily barrage. These include special formulations of vitamin E, resveratrol, lycopene, quercetin, rutin, and extracts from grapeseed, fruits and berries, green tea and other sources.

#### *"Cancer protectors"*

Daily 3 Multi contains hesperidin, quercetin, resveratrol, Bioperine®, and apigenin, several ingredients that help protect against certain cancers.