

# SuperNutes



## CLINICAL APPLICATIONS

- *Comprehensive Multivitamin and Mineral Support*
- *Includes Bioavailable Albion® Chelated Minerals for Optimal Absorption*
- *Provides an Optimal Nutrient Profile Needed for a Growing Child*
- *Great Tasting Children's Chewable Multivitamin*

## ESSENTIAL VITAMINS

SuperNutes is a chewable children's multivitamin and mineral supplement that provides essential vitamins and minerals needed to support a growing child's development. As a complete multivitamin, SuperNutes provides high-quality nutrients that support a healthy micronutrient reserve. SuperNutes includes Albion® chelated minerals for optimal absorption, natural vitamin E and USP\* B vitamins. The great-tasting, natural lemon flavor makes achieving compliance easy.

### Overview

A wide variety of vital micronutrients are needed for a growing child's body. Micronutrients play a role in strengthening immune function, converting food into energy, detoxifying chemicals, manufacturing neurotransmitters and other key signaling molecules in the body, and maintaining tissue repair and cell regeneration. A deficiency in any one of these essential vitamins or minerals can create a breakdown of metabolic processes that help safeguard a child's health. In the average American child's diet, nutritional deficiencies may be caused by a number of factors including poor food choices, transport and storage methods, and nutrient-depleting food processing techniques. Deficiencies may also result from highly processed and refined foods, food additives and even picky eating. In fact, nutrient deficiencies exist in a substantial portion of the United States population and for select nutrients more than 80% of Americans consume less than the recommended daily allowance (RDA).<sup>1,2</sup> For these reasons, SuperNutes, a highly bioavailable, daily multivitamin designed specifically for children, helps ensure growing children are able to meet their daily nutritional needs.

### Bioavailability†

SuperNutes provides a full spectrum of highly-absorbed nutrients. Natural d-alpha tocopherol, as well as mixed tocopherols, enhance vitamin E availability and ensure maximized free radical scavenging potential.<sup>3</sup> Many other multivitamins often use cheap, poorly absorbed, rock-salt minerals like calcium carbonate and magnesium oxide, which have limited absorption and require adequate stomach acid to promote passive diffusion into the body. Albion®, the world leader in manufacturing highly bioavailable mineral chelates, provides a specialized form of minerals bound to amino acids. The patented process creates natural mineral compounds, which use active absorption mechanisms in the gastrointestinal tract to greatly enhance mineral absorption. In addition, these mineral chelates are gentle, gut-friendly minerals that do not cause the constipation that often accompanies calcium carbonate and other mineral forms. Albion® mineral chelates also have extensive clinical research proving their superior bioavailability, biologic activity, stability, and improved tolerance.

Comparison studies have shown Albion® minerals to have significantly superior absorption of mineral chelates to other forms of minerals. According to Graff et al. at Weber State University, Albion® magnesium amino acid chelate had 8.8 times greater absorption than magnesium oxide, 5.6 times greater absorption than magnesium sulfate and 2.3 times greater absorption than magnesium carbonate.<sup>4</sup> In addition, a clinical study comparing calcium absorption in humans found the Albion® patented calcium chelate delivered the greatest absorption of all calcium sources tested.<sup>5</sup>

† 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.

## Metabolism and Energy Production†

Children use a lot of energy and the conversion of food into cellular energy is a nutrient intensive process. SuperNutes provides optimal levels of B vitamins, which serve as prime coenzymes for the Krebs' cycle, the biochemical pathway responsible for maintaining energy production in the form of cellular energy called adenosine triphosphate (ATP). SuperNutes exclusively uses high quality, USP\* grade B vitamins where available, to support healthy energy levels in busy kids.

## Broad-Spectrum Antioxidant Support†

Both adults and children undergo inevitable exposure to free radicals generated by metabolic by-products and environmental exposure such as UV rays from the sun, air pollution, and radiation. SuperNutes contains a balanced spectrum of antioxidant vitamins to help neutralize free radical activity. This includes vitamin C, vitamin E, mixed carotenoids, trace elements, vitamin D, selenium and zinc. The antioxidant blend in SuperNutes also works synergistically to help regenerate antioxidant vitamins in the body, help support a healthy immune system and promote a normal inflammatory response.

\*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

Chew 4 tablets per day immediately before meals 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.

## Supplement Facts <sup>V12</sup>

Serving Size 4 Chewable Tablets  
Servings Per Container 30

4 chewable tablets contain	Amount Per Serving	% Daily Value for Adults and Children 4 or more years of age	% Daily Value for Children 1 through 3 Years of Age
Calories	25		
Total Carbohydrate	5 g	2%*	3%**
Vitamin A (from 4,000 IU as Natural Beta-Carotene)	1,200 mcg	133%	400%
Vitamin C (as Ascorbic Acid USP, Sodium Ascorbate USP)	350 mg	389%	2,333%
Vitamin D (D3 as Cholecalciferol)	10 mcg (400 IU)	50%	67%
Vitamin E (from 50 IU as d-Alpha Tocopherol Succinate USP)	33.5 mg	223%	558%
Vitamin K (as Phytoladione)	10 mcg	8%	33%
Thiamin (Vitamin B1) (from Thiamin Mononitrate)	10 mg	833%	2,000%
Riboflavin (Vitamin B2)	10 mg	769%	2,000%
Niacin (as Niacinamide)	10 mg	63%	167%
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	588%	2,000%
Folate (from 400 mcg Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%	453%
Vitamin B12 (as Methylcobalamin)	25 mcg	1,042%	2,778%
Biotin	30 mcg	100%	375%
Pantothenic Acid (as d-Calcium Pantothenate USP)	10 mg	200%	500%
Calcium (as DimaCal® Dicalcium Malate, TRAACS® Calcium Bisglycinate Chelate)	50 mg	4%	7%
Iron (as Ferrous Gluconate USP)	1.25 mg	7%	18%
Iodine (from Potassium Iodide)	75 mcg	50%	83%
Magnesium (as DiMagnesium Malate, TRAACS® Magnesium Bisglycinate Chelate)	50 mg	12%	63%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	2.5 mg	23%	83%
Selenium (as Selenium Glycinate Complex)	10 mcg	18%	50%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	0.1 mg	4%	8%
Chromium (as O-polynicotinate)†	25 mcg	71%	227%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	1 mcg	2%	6%
Sodium	35 mg	1%	2%
Potassium (as Potassium Glycinate Complex)	25 mg	<1%	<1%
Inositol NF	5 mg	***	***
para-Aminobenzoic Acid (PABA)	5 mg	***	***
Vanadyl Sulfate Hydrate	100 mcg	***	***
Boron (as Bororganic™ Glycine)	25 mcg	***	***

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Percent Daily Values are based on a 1,000 calorie diet.  
\*\*\* Daily Value not established

## ID# 100120 120 Chewable Tablets

## References

- Block G, et al. Vitamin supplement use by demographic characteristics. *Am J Epidemiol* 1988;127:297-309.
- National Research Council, Diet and Health: Implications for Reducing Chronic Disease Risk (Washington, DC:National Academy Press, 1989).
- Devaraj S, Leonard S, Traber MG, et al. Gammatocopherol supplementation alone or in combination with alpha-tocopherol alters biomarkers of oxidative stress and inflammation in subjects with metabolic syndrome. *Free Radica Biol Med* 2008;44:1203-1208.
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- Calcium: Heaney RP, Recker RR, Weaver CM. Absorbability of calcium sources: the limited role of solubility. *Calcif Tissue Int* 1990 May;46(5):300-4.

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