

TECHNICAL DATA SHEET



ENERGY & VITALITY ULTRA HIGH™

Advanced vitamin, mineral, antioxidant, enzyme, and probiotic formula.

Ultra High is a unique and complete multivitamin, mineral, and antioxidant formula. Using the highest quality ingredients in their most bioavailable forms and at good potency levels, **Ultra High** is designed to provide the greatest opportunity for optimal health. Supplying essential nutrients, **Ultra High** includes natural vitamin E with alpha, beta, delta and gamma tocopherols, dimethylglycine, mixed carotenoids, and sea trace minerals. There is no iron form included. **Ultra High** also contains probiotics and plant/fungal-derived digestive enzymes to improve overall digestion. A truly advanced formulation not found in other multivitamin complexes, **Ultra High** is especially well-tolerated, even for those with sensitive stomachs.

Supplement Facts

Serving size: 6 capsule
Servings per container: 30

Amount per serving		%DV
Vitamin A (as mixed carotenoids) (Betatene®)	15,000 IU	4,500 mcg RAE 500%
Vitamin A (Beta Carotene)	10,000 IU	3,000 mcg RAE 333%
Vitamin C (as Poly C Ascorbate)	500 mg	555%
Vitamin D3 (as Cholecalciferol)	1,000 IU	25 mcg 125%
Vitamin E (as d-Alpha Tocopherol Succinate)	340 IU	227.8 mg 1519%
Vitamin E (as mixed Tocopherols)	60 IU	40.2 mg 268%
Vitamin K2 (as Menaquinone)	100 mcg	83%
Thiamine (as Thiamine HCl)	100 mg	8333%
Riboflavin (as Riboflavin 5' Phosphate)	10 mg	769%
Niacin (as Inositol Hexanicotinate)	100 mg	625%
Vitamin B6 (as 10mg Pyridoxal-5'-Phosphate and 25mg Pyridoxine HCl)	35 mg	2059%
Folic Acid (as Calcium Folate)	1,300 mcg DFE	333%
Vitamin B12 (as Methylcobalamin)	800 mcg	33333%
Biotin	400 mcg	1333%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	2000%
Calcium (as Citrate, Malate)	300 mg	23%
Magnesium (as Citrate, Malate)	300 mg	71%
Zinc (as Methionate)	15 mg	136%
Selenium (as L-Selenomethionine)	200 mcg	364%
Copper (as Krebs)	1 mg	111%
Manganese (as Citrate)	15 mg	652%
Chromium (as Niacinate)	400 mcg	1143%
Molybdenum (as Krebs)	100 mcg	222%
Potassium (as Citrate, Malate)	75 mg	2%
Amylase (plant derived)	120,000 units	*
Lipase (plant derived)	17,500 units	*
Protease (plant derived)	11,000 units	*
DMG (Dimethylglycine)	100 mg	*
Probiotic mix (12 strains**, 1/2 billion organisms per serving)	100 mg	*
Inositol (from Inositol Hexanicotinate)	50 mg	*
Choline Bitartrate	50 mg	*
Sea trace minerals	25 mg	*
Boron (as Citrate)	3 mg	*
Vanadium (as Krebs)	100 mcg	*

* Daily Value not established.

**Bifidobacterium bifidum, infantis, longum; Enterococcus faecium, Lactobacillus acidophilus, bulgaricus, plantarum, rhamnosus, salivarius; Pediococcus acidilactici; Streptococcus thermophilus; DDS-1 Acidophilus

Other ingredients: Vegetarian capsules (hypromellose and purified water), silica

May contain trace amounts of soy

Recommended Use: 1-2 capsules 3 times daily with food, or as directed.

INGREDIENTS:

Vitamin A (mixed carotenoids)

Carotenoids are pigments isolated from the algae, Dunaliella salina, comprising five naturally occurring carotenoids that are found in various fruits, and in yellow to red and dark green, leafy vegetables. It contains a mix of trans fat-soluble vitamins and is contained in two forms. Beta-carotene, the precursor of vitamin A, supports the body's immune system, is a free radical scavenger and supports visual acuity (1). Beta-carotene is converted to retinal, which is essential for vision and is subsequently converted to retinoic acid, which is used for processes involving growth and cell differentiation.

Vitamin D3 (Cholecalciferol)

Vitamin D3 is a fat-soluble vitamin that promotes intestinal calcium and phosphorus absorption while reducing urinary calcium loss. The risk for vitamin D deficiency in elderly adults, over 65, is very high (2).

Vitamin E

Vitamin E is a fat-soluble vitamin. **Ultra High** contains a blend of mixed tocopherols that includes d-Alpha, d-Beta, d-Gamma and d-Delta. These naturally occurring tocopherols are the most biologically active forms and are powerful antioxidants and free radical scavengers (3). Research has revealed that a mixture of alpha, beta, delta and gamma isomers is more effective than any single tocopherol in promoting healthy platelet function (4).

Vitamin K

Vitamin K is a cofactor for the synthesis of osteocalcin, a unique bone protein that participates in the mineralization process. We use vitamin K2 called menaquinone-(n) where the "n" denotes the number of repeating subunits in its side chain. Research studies have shown that supplementation with K2 supports bone health (5).

Replaces all previous versions: 8.12.21

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.

B Vitamins

B Vitamins are responsible for energy production and stress reduction by creating optimal nervous system function. The various chemical forms determine the utilization and absorption of these nutrients. Biologically active forms are ideal since they are more readily available. We use the active forms of B2 (Riboflavin 5' Phosphate), B6 (Pyridoxal 5' Phosphate and Pyridoxine HCl), B12 (Methylcobalamin) and Folic Acid.

Vitamin B1 (thiamine)

Vitamin B1 is required to process carbohydrates, fats and proteins. In addition, it is necessary to complete ATP, the vital fuel our body runs on. Nerve cells also require thiamine in order to function normally (6).

Vitamin B2 (Riboflavin 5' Phosphate)

Vitamin B2 is required for tissue respiration, processing amino acids, converting carbohydrates into ATP, and the activation of B6 and folic acid.

Vitamin B3

Vitamin B3 comes in two forms, niacin and niacinamide. For niacin we used the no-flush Inositol Hexanicotinate form that consists of six molecules of niacin (nicotinic acid) chemically linked to an inositol molecule. This coenzyme assists in the breakdown and utilization of fats, proteins, and carbohydrates. Niacinamide is required for lipid metabolism, tissue respiration, and glycogenolysis.

Vitamin B6

We use two forms of vitamin B6, pyridoxine HCl and pyridoxal- 5-phosphate, which both aid in the formation of several neurotransmitters and is the master vitamin in the processing of amino acids, which are the building blocks of proteins and hormones.

Vitamin B12 and Folic Acid

Vitamin B12 and folic acid convert carbohydrates into energy and are key components in the metabolism of fats and proteins. Both forms used in this formula are the most bioavailable.

Digestive Enzymes

Digestive enzymes are important since many people have compromised digestive tracts that make the absorption of key nutrients more difficult.

Ultra High uses vegetarian plant/fungal enzymes protease, amylase, and lipase to improve overall digestion.

Probiotic Mix

Probiotic mix contains twelve viable forms of microorganisms to support a healthy balance of intestinal flora.

DMG (Dimethylglycine)

DMG enhances oxygen uptake, increases ATP levels and strengthens the immune system by stimulating both the humoral (antibody) response and the cellular mediated response (7).

Calcium

Calcium is essential for nerve transmission, muscle contraction, vascular contraction, vasodilation, glandular secretion, cell membrane and capillary permeability, enzyme reactions, respiration, renal function, and blood coagulation (8). The bones and teeth contain greater than 99% of the calcium in the human body.

Magnesium

Magnesium performs myriad physiological roles that include cardiac function, neuromuscular contractions and the regulation of acid-alkaline balance in the body (9). It is vital for energy production and the metabolism of carbohydrates, amino acids and fats. It also helps utilize calcium, which helps support healthy bones.

Potassium

Potassium is essential to cardiovascular function by regulating heart rhythm, water balance and normal nerve and muscle activity.

Manganese

Manganese activates numerous enzymes that are necessary for the uptake of biotin, vitamin C and thiamine. Manganese benefits skeletal development, connective tissue structure and cellular integrity. It is a necessary cofactor in the detoxification of ammonia to urea.

Copper

Copper is an essential trace mineral. The majority of copper in the body is in the skeleton and muscles; the liver maintains plasma copper concentrations.

Zinc

Zinc is a biologically essential trace element. Methionate is one of the premier bioavailable forms. Zinc promotes a stronger immune system and is fundamental in collagen formation and healthy tissue development (10). It also plays a vital role in fetal and reproductive development and healthy prostate function.

Boron

Boron optimizes the normal utilization of many vitamins and minerals (improves metabolism of calcium, magnesium and phosphorus). Boron aids in the synthesizing of estrogen, vitamin D and other steroidal hormones.

Vanadium

Vanadium is a trace mineral that promotes the formation of osteoblasts for stronger bone and teeth integrity.

Chromium

Chromium is an essential trace mineral that supports lipid and glucose metabolism and enzyme activation. Some athletes might be at risk for low chromium levels since strenuous aerobic exercise seems to increase urinary excretion of chromium (11).

Molybdenum

Molybdenum is an essential trace mineral and a key component of several enzymes involved in detoxification, including sulfite and xanthine oxidation.

Selenium

Selenium is a metallic substance that is available in a variety of chemical compounds. In the highly absorbable selenomethionine form, a natural antioxidant, selenium helps maintain the elasticity of tissue and supports the immune system.

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com

email us: support@mtnpeaknutrition.com



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