TECHNICAL DATA SHEET

MOUNTAIN PEAK NUTRITIONALS®
CONDITION SPECIFIC FORMULAS®

Ultra High™

Ultra High™ is a unique, complete multivitamin, mineral, and antioxidant formula. Using the highest quality (pharmaceutical grade) raw materials in their most bioavailable forms and at clinically recognized values, Ultra High™ is designed to provide the greatest opportunity for optimal health. Supplying essential nutrients, Ultra High™ includes all natural vitamin E with alpha, beta, delta and gamma tocopherols, dimethylglycine, mixed carotenoids, and sea trace minerals. Ultra High™ also contains probiotics and plant-derived digestive enzymes to improve overall digestion, thus creating a truly advanced formulation not found in other multivitamin complexes that is incredibly well tolerated, even for those with sensitive stomachs. Try Ultra High™ for just one month and experience the difference!

Supplement Facts

Serving size: 6 Capsules
Servings per container: 30

Amount per serving		%DV
Vitamin A (as mixed carotenoids)	15,000 IU	300%
Vitamin A (as Poly C Ascorbate)	10,000 IU	200%
Vitamin C (as Poly C Ascorbate)	500 mg	833%
Vitamin D3 (as Cholecalciferol)	1000 IU	250%
Vitamin E (as d-Alpha Tocopherol Succinate)	340 IU	1133%
Vitamin E (as mixed Tocopherols)	60 IU	200%
Vitamin K2 (as Menaquinone)	100 mcg	125%
Thiamine (as thiamine HCl)	100 mg	6667%
Riboflavin (as Riboflavin 5' Phosphate)	10 mg	588%
Niacin (as Inositol Hexaniacinate)	100 mg	500%
Vitamin B6 (as 10mg Pyridoxal-5'-Phosphate and 25mg Pyridoxine HCl)	35 mg	1750%
Folinic Acid (as Calcium Folinate)	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	800 mcg	13333%
Biotin	400 mcg	133%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	1000%
Calcium (as Citrate, Malate and Poly C Ascorbate)	300 mg	30%
Magnesium (as Citrate-Malate)	300 mg	75%
Zinc (as Methionate)	15 mg	100%
Selenium (as Methionate)	200 mcg	286%
Copper (as Krebs)	1 mg	50%
Manganese (as Citrate)	15 mg	750%
Chromium (as Niacinate)	400 mcg	333%
Molybdenum (as Krebs)	100 mcg	133%
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 (13 strains; 1/2 billion organisms per serving)	100 mg	*
Inositol (from Inositol Hexaniacinate)	50 mg	*
Choline Bitartrate	50 mg	*
Sea trace minerals	25 mg	*
Boron (as Citrate)	3 mg	*
Silica	4 mg	*
Vanadium (as Krebs)	100 mcg	*

Percent Daily Values are based on a 2,000 calorie diet. *

Daily Value not established.

Other ingredients: Vegetarian capsules (cellulose and water)
May contain trace amounts of soy

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 increases 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). Clinical trials revealed that a mixture of alpha, beta, delta and gamma isomers were 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. Clinical studies have shown that supplementation with K2 significantly reduced the incidents of vertebral fractures by 60%, hip fractures by 77% and all vertebral fractures by 81% (5).

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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 Folinic 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 Folinic Acid.

Vitamin B3
Vitamin B3 comes in two forms, niacin and niacinamide. For niacin we used the no-flush Inositol Hexaniacinate 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 Folinic Acid
Vitamin B12 and Folinic 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.

ADDITIONAL NUTRIENTS:

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 enzymes protease, amylase, and lipase to improve overall digestion.

Probiotic Mix
Probiotic mix contains thirteen viable forms of microorganisms plus Lactobacillus acidophilus, which create a healthier 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 reduce the risk of osteoporosis.

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.

Sea trace minerals
Sea trace minerals are organically derived and provide many necessary nutrients not available in today's diet.

Patients: Consult with your healthcare professional for the proper dosage and use of this formula.
For more information about this and other Condition Specific Formulas® please visit our website at:

www.mpn8.com

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Beaverton, OR 97005

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