

## Over50MV™

### Purpose & Rationale

The Over50MV is a multivitamin and mineral formula designed specifically for the general population 50 years and older seeking to support longevity by ingesting a superiorly formulated (Practitioner Product) multivitamin and mineral (MVM) dietary supplement when compared to the typical under-formulated mass-market MVM products. It is used to fill the inadvertent nutritional gaps left from food alone. This allows the body to function at its full vitamin and mineral potential as opposed to down-regulating to often unavoidable dietary limitations and changes, which occur naturally during the aging process. This formula includes levels of vitamin B6, vitamin D and calcium that satisfy the higher daily DRIs for adults 50 years and older. As aging continues, including the inevitable decline in digestive abilities, other nutrient needs may also increase. This formula considers the requirements<sup>77,78,79</sup> of older individuals by providing nutrients related to age-related obstacles in order to support healthy aging<sup>80,81,82,83,84,85</sup>

### Typical Use

- For the general population over 50 years of age
- Individuals using ActiveMV formula would switch to the Over50MV formula at age 65
- 1 tablet per day before or after main meal with a beverage

### Unique Features

- Contains optimal doses of folate, B6 and B12<sup>86,87,88,89</sup> along with proper amounts of health and bone-building nutrients such as vitamin D<sup>90,91</sup> and both essential forms of vitamin K.<sup>92,93</sup>
- Contains vitamin B12 is in two forms: methylcobalamin and cyanocobalamin.
- Magnesium in this formula complements the typical American diet to help achieve desired magnesium levels and, when needed, work synergistically with dotFIT SuperCalcium, which also contains magnesium, thus keeping total intake in the safe optimal nutrient range. The magnesium in this formula is in the citrate form

for greater bioavailability when compared to other forms.<sup>94</sup>

- Synergistic with all dotFIT products when following program supplement recommendations.
- Use of controlled-release delivery systems to ensure daily ideal nutrient levels and prevent tissue over-saturation and losses.

### Contraindications

dotFIT multivitamin and mineral formulas are contraindicated in pregnancy and lactation. Pregnant women should use a prenatal formula. This formula is contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content, and for anyone suffering adverse reactions to any of the supplement's ingredients. The vitamin E and K content in two tablets per day may be contraindicated for those individuals taking blood-thinning medication. In all cases, consult with a physician.

### Supplement Facts

Serving Size: 1 Tablet		Servings Per Container: 60
	Amount Per Serving	% Daily Value*
Vitamin A (as Beta Carotene)	10,000 IU	200%
Vitamin C (as Calcium Ascorbate)	400 mg	667%
Vitamin D (as Cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl Succinate)	50 IU	167%
Vitamin K (K1 as Phytonadione and K2 as Menaquinone)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Vitamin B3 (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hcl)	10 mg	500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin and Methylcobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Vitamin B5 (as d-calcium pantothenate)	10 mg	100%
Iodine (From Kelp)	75 mcg	50%
Magnesium (as Magnesium Citrate)	100 mg	25%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as Selenomethionine)	70 mcg	100%
Copper (as Copper Gluconate)	1 mg	50%
Chromium (as Chromium Picolinate)	100 mcg	83%

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

**Other Ingredients:** Microcrystalline Cellulose, Di Calcium Phosphate, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Magnesium Stearate, Pharmaceutical Glaze