

# Gynovite® Plus

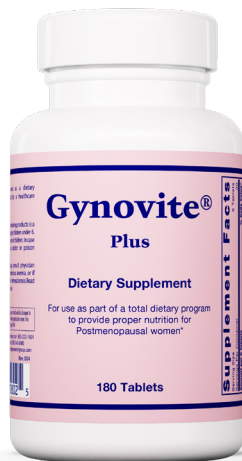
## Multi-Vitamin, Multi-Mineral Supplement

**Gynovite® Plus** is a multivitamin and multimineral supplement for use as part of a total dietary program to provide proper nutrition for postmenopausal women.\* Extra magnesium may be needed if dietary intake of magnesium is low or if you have low levels of magnesium in your blood. **Gynovite® Plus** provides a full array of essential vitamins and minerals, emphasizing magnesium which is essential for health.\*

Clinical data suggests that long-term use of Gynovite® Plus supports bone health in postmenopausal women.\* In postmenopausal women on hormone replacement therapy (HRT), after taking Gynovite® Plus for six to 12 months, an increase in bone mineral density (BMD) of 11% was seen, compared to an increase of only 0.7% in those only taking HRT and following general dietary guidelines.\* In women continuing to take the supplement at two years, further increases in BMD were seen.\* Prior to taking the supplement, 15 of 19 women had a BMD below the spine fracture threshold, and after one year, only seven were below the threshold.\*

### Key Features

- A complete multi-vitamin, multi-mineral supplement formulated for the changing needs of the postmenopausal woman\*
- Dietary modifications, exercise, and nutritional supplementation may help postmenopausal women\*
- Enhanced with flavonoids, digestive enzymes, and betaine HCl to support optimal health and nutrient absorption\*
- Original Dr. Abraham formulation



#00802

180 Tablets



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Several nutrients are important for good health and strong bones, thus, a total dietary program consisting of changes in lifestyle, dietary habits, exercise, and complete nutritional supplementation is recommended to stay healthy in the menopausal years.\* Medical supervision during the use of Gynovite® Plus is highly recommended in order that you may be screened for other medical problems, and to achieve the full benefits of the whole nutritional program. Bone density measurement may be recommended by your physician prior to starting this program and yearly thereafter. Hormone replacement therapy may be indicated in some women.

Tobacco, alcohol, and coffee all predispose to bone loss by various mechanisms. Therefore, they should be curtailed or avoided all together. Nicotine in tobacco stimulates the adrenal glands to release increased amounts of salt and water-retaining hormones, causing breast sensitivity and water retention. Alcohol causes loss of magnesium and other nutrients which are important for good health and strong bones. Coffee may cause breast cysts and sensitivity; it also may worsen some of the mood changes such as nervousness, tension, and irritability.

Aluminum should be avoided as it interferes with the absorption of minerals that are essential for healthy bones and may negatively impact brain health as well.\*

Several prescription drugs and thyroid hormone in excess can contribute to loss of minerals from bone. Check with your doctor regarding these drugs and for regular thyroid hormone screening.

## Supplement Facts

Serving Size		6 Tablets
Servings Per Container		30
Amount per 6 Tablets		% Daily Value*
Vitamin A (as 5000 IU of Retinyl Palmitate)	1500 mcgRAE	167%
Vitamin C (as Ascorbic Acid)	180 mg	200%
Vitamin D3 (as 400 IU of Cholecalciferol)	10 mcg	50%
Vitamin E (as 400 IU of d-Alpha Tocopherol Succinate)	268 mg	1787%
Thiamin (as Thiamine Mononitrate)	10 mg	833%
Riboflavin	10 mg	769%
Niacin (as Niacinamide)	20 mgNE	125%
Vitamin B6 (as Pyridoxine HCl)	20 mg	1176%
Folate (as 400 mcg of Folic Acid)	400 mcgDFE	100%
Vitamin B12 (as Hydroxocobalamin)	125 mcg	5208%
Biotin	125 mcg	417%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Citrate)	450 mg	34%
Iron (as Amino Acid Chelate)	18 mg	100%
Iodine (as Hydrolyzed Protein Complex)	150 mcg	100%
Magnesium (as Magnesium Oxide)	600 mg	143%
Zinc (as Amino Acid Chelate)	15 mg	136%
Selenium (as Hydrolyzed Protein Complex)	200 mcg	364%
Copper (as Amino Acid Chelate)	2 mg	222%
Manganese (as Amino Acid Chelate)	10 mg	435%
Chromium (as Hydrolyzed Protein Complex)	200 mcg	571%
p-Aminobenzoic Acid (PABA)	25 mg	†
Betaine HCl	100 mg	†
Pancreatin 4X	93 mg	†
Inositol	50 mg	†
Hesperidin	35 mg	†
Rutin	25 mg	†
Boron (as hydrolyzed protein complex)	3 mg	†

\* Percent daily values are based on a 2000 calorie diet † Daily Value not established

Other ingredients: Micosolle® Blend (potassium hydroxide, silicon dioxide, magnesium sulfate heptahydrate, polysorbate 80, citric acid), cellulose, croscarmellose sodium, silica, stearic acid, pharmaceutical glaze, titanium dioxide, magnesium stearate, natural flavor and natural berry as natural source of color

**Suggested Use:** Six tablets daily with meals as a dietary supplement, or as directed by a healthcare practitioner. If taking any prescription drugs, consult your doctor before use.

**Warning:** Accidental over dose of iron-containing products is a leading causes of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

#### References:

Abraham GE. J Nut Med. 2:165-178, 1991.

Abraham GE, Grewal H. J Reprod Med. 1990 May;35(5):503-7. PMID: 2352244.

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