

Ultra High Formula

Ultra High is a unique multi-vitamin, mineral, antioxidant formula that contains the highest quality (pharmaceutical grade) raw materials, in their most bio-available forms, at the clinically recognized values that provides the best opportunity for optimal health. In addition to the essential nutrients supplied in Ultra High we also included specific nutrients such as, pro-biotics, digestive enzymes, all natural Vitamin E with alpha, beta, delta and gamma tocopherols, Dimethylglycine, mixed carotenoids, sea trace minerals and other ingredients not found in other multi-vitamin formulas thus creating a truly advanced formulation. Experience the difference!

At Mountain Peak Nutritionals we understood from day one in 1997 that **Ultra High** multi-vitamin mineral formula would be the foundation and cornerstone for all our other products. We created a multi that is incredibly well tolerated by almost all patients, even those gut sensitive individuals. This is due to the purity of our ingredients and what we did not add; no fillers, flowing agents and other possible allergens that create compliance problems. Patients report a lightness rather than a heavy sensation in their digestive tract when taking **Ultra High**. They also witnessed a noticeable feeling of improved health and vitality usually within the first month of taking Ultra High. Supplements are only as effective as the raw materials used. We strongly urge you to compare Ultra High's ingredients and the true value they offer in purity, price, absorption, and most importantly, results.

VITAMINS

Vitamin A is a fat-soluble vitamin and is contained in two forms. **Mixed carotenoids (15,000 IU)** is derived from a specially grown and harvested algae, which provides purity and increased antioxidant activity then just beta-carotene alone. The body easily converts the carotenes, beta and alpha along with zeaxanthin, beta-cryptoxanthin and lutein to Vitamin A, as needed. This vitamin A precursor supports the body's immune system, is a free radical scavenger and increases visual acuity(1). **Vitamin A Retinyl Palmitate (10,000 IU)** is added to insure that vitamin A is present in a form does not require conversion.

Vitamin D3 (Cholecalciferol) 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 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, delta and gamma isomers were more effective than any single tocopherol in promoting healthy platelet function (4).

Vitamin K is a cofactor for the synthesis of osteocalcium, 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 it's side chain. Clinical studies have shown the supplementation with K2 significantly reduced the incidents of vertebral fractures by 60%, hip fractures by 77% and all vertebral fractures by 81% (5).

B Vitamins are responsible for energy production and stress reduction by creating optimal nervous system function. The various chemical forms used determine the utilization and absorption of these nutrients; once again reminding one of the facts it's all about the quality of the raw materials used. 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), B12 (methylcobalamide) and folic acid.**

Vitamin B1 (thiamin) 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 thiamin in order to function normally(6). **Vitamin B2 (riboflavin 5' Phosphate)** is required for tissue respiration, processes amino acids, activates B6 and folic acid, and converts carbohydrates into ATP. **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. For **Vitamin B6** we used two forms, **Pyridoxine HCl** and **Pyridoxal-5-Phosphate** 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** convert carbohydrates into energy and are key components in the metabolism of fats and proteins. Both forms used in this formula are the most bio-available.

ADDITIONAL NUTRIENTS

Digestive Enzymes are important since many people have compromised digestive tracts; we added protease, amylase, and lipase for better absorption of the nutrients contained in **Ultra High** as well as improving overall digestion.

Probiotic Mix contains thirteen viable forms of microorganisms plus *Lactobacillus acidophilus*, which create a healthier balance of intestinal flora.

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

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MINERALS

All our macrominerals are in the highly bioavailable citrate-malate form.

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 performs a myriad of physiological roles that include cardiac function, neuromuscular contractions and the regulation of the 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 is essential to cardiovascular function by regulating heart rhythm, water balance and normal nerve and muscle activity.

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

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 is a biologically essential trace element. Methionate is one of the premier bio-available 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 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 is a trace mineral that promotes the formation of osteoblasts for stronger bone and teeth integrity.

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

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

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

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

REFERENCES:

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10. J Toxicol 1999; 37:279-92
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Ultra High Formula

Serving size: 6 capsules

Servings per container: 30

Directions: 1 or 2 capsules, daily with food, or as directed by your healthcare professional.

Amount per serving

Vitamin A (as Mixed Carotenoids-Betatane®)	15,000 IU
Vitamin A (Palmitate)	10,000 IU
Vitamin C (as Poly C Ascorbate)	500 mg
Vitamin D3 (as Cholecalciferol)	400 IU
Vitamin E (as mixed tocopherols) d-Alpha, d-Beta, d-Gamma, d-Delta	400 IU
Vitamin K2	100 mcg
Vitamin B1 (as Thiamin HCl)	100 mg
Vitamin B2 (Riboflavin 5' Phosphate)	10 mg
Vitamin B3 (as Niacin as Inositol Hexaniacinate)	100 mg
Vitamin B5 (as Calcium Pantothenate)	100 mg
Vitamin B6 (as Pyridoxyl-5'-Phosphate)	15 mg
Vitamin B6 (as Pyridoxine HCl)	25 mg
Vitamin B12 (as methylcobalamin)	800 mcg
Folic Acid (as Calcium Folate)	800 mcg
Biotin	400 mcg
Calcium (as Citrate-Malate)	300 mg
Magnesium (as Citrate-Malate)	300 mg
Zinc (as methionate)	15 mg
Selenium (as methionate)	200 mcg
Manganese (as citrate)	15 mg
Copper (as krebs)	1 mg
Chromium (as niacinate)	200 mcg
Molybdenum (as krebs)	100 mcg
Plant derived enzymes	
Amylase	120,000 units
Lipase	17,500 units
Protease	11,000 units
DMG (dimethylglycine)	100 mg
Probiotic mix (13 strains, ½ billion organisms per serving)	100 mg
Potassium (as Citrate-Malate)	75 mg
Inositol (from Inositol Hexaniacinate)	54 mg
Choline Bitartrate	50 mg
Sea Trace Minerals (organic)	25 mg
Boron (as Citrate)	3 mg
Silica	2 mg
Vanadium (as Krebs)	100 mcg

Other ingredients: Vegetarian capsules

Contains no: wheat, dairy, corn or preservatives.

No binders, fillers or flowing agents.

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

www.mpn8.com



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