



**ABCs OF OPTIMAL
SUPPLEMENTATION
GUIDELINES**

**HOW MANY ABSORPTION HINDERING
FACTORS & UNWANTED INGREDIENTS
ARE HIDING IN YOUR MULTIVITAMIN?**

Does your Vitamin Have...? (Hindering Factors & Undesirable Ingredients)	Check if yes ✓
Is your multivitamin delivered in a pill, capsule or tablet form?	
Do you skip doses because you dislike or have difficulty with pills?	
Is your liquid multivitamin or vitamin beverage in a clear container?	
Does your liquid multivitamin contain any of the numerous micronutrients known to cause micronutrient degradation including B1, B2, B6, B9, B12, or C?	
Does your powdered multivitamin come in a multi-serving container?	
Does your multivitamin contain sugar under any name such as sugar, sucrose, maltodextrin, fructose, corn syrup solids, high fructose corn syrup, cane sugar, tapioca syrup, or corn syrup.... to name only a few?	
Does your multivitamin contain sodium benzoate, BHA or BHT as preservatives?	
Does your multivitamin contain any unwanted, and potentially dangerous artificial colors such as blue 1, blue 2, yellow 5, yellow 6 or red 40?	
Are there binders, fillers or flow agents listed on the ingredients list such as cellulose, magnesium or calcium stearate, disodium hydrogen phosphate, hydrogenated oils, talc, polyethylene glycol, polyvinyl alcohol, soy lecithin, corn starch, sodium starch glycosylate, microcrystalline cellulose, croscopolvidone, croscarmellose sodium, gelatin or gellan gum?	
Are your pills or tablets coated? Do you see ingredients such as shellac, wax, hydroxypropyl—methylcellulose, hypromellose, silica, talc, stearic acid used on your multivitamin supplement facts?	
TOTAL # of unwanted factors for absorption	