

By David M. Brady, ND, DC, CCN, DACBN, IFMCP, FACN & Caitlin Higgins, MS, CNS, LDN

THIS INFORMATION IS PROVIDED AS A MEDICAL AND SCIENTIFIC EDUCATIONAL RESOURCE FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ("PRACTITIONERS"). THIS INFORMATION IS INTENDED FOR PRACTITIONERS TO USE AS A BASIS FOR DETERMINING WHETHER TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. ALL RECOMMENDATIONS REGARDING PROTOCOLS, DOSING, PRESCRIBING AND/OR USAGE INSTRUCTIONS SHOULD BE TAILORED TO THE INDIVIDUAL NEEDS OF THE PATIENT CONSIDERING THEIR MEDICAL HISTORY AND CONCOMITANT THERAPIES. THIS INFORMATION IS NOT INTENDED FOR USE BY CONSUMERS.

Vitavescence™ is a delicious and exceptional multivitamin/multimineral supplement in powder form. It consists of a comprehensive and well-balanced blend of vitamins, minerals and phytonutrients, providing a strong nutritional foundation to help support optimal health.

Vitavescence™ goes far above and beyond standard formulations, as it contains an impressive array of health-promoting nutrients not typically found in multivitamins, such as alpha lipoic acid, N-acetyl cysteine, and green tea, rosemary and grape seed/skin extracts. Not only are these compounds unique to most multivitamin formulations, but they are also severely lacking in the standard American diet and play important roles in human health. Vitavescence™ also contains chelated minerals – mineral amino acid chelates (minerals bonded to amino acids) for optimal absorption, bioavailability and utilization by the body.

Vitavescence™ powder can be added to water or other beverages and turns into an effervescent, great-tasting nutritious drink. This product has a natural fruit punch flavor and is sweetened with organic stevia leaf extract. It does not contain fructose, sucrose or any artificial sweeteners. With its extensive formula, great flavor, and the convenience of its powder form delivery, it is an ideal multivitamin/multimineral for children, the elderly, and anyone who prefers not to take pills.

Featured Ingredients

Folate – provided as NatureFolate™ blend – 680 mcg DFE of active isomer, naturally-occurring folates with Quatrefolic®, a glucosamine salt 5-MTHF. Natural folate is more easily assimilated by the body than synthetic folic acid, particularly in those with genetic polymorphisms in folate metabolism. Unmetabolized serum folic acid is a common occurrence, owing in part to the fortification of grain products and multivitamins with folic acid, rather than natural folates. Elevated levels of unmetabolized synthetic folic acid have been associated with increased risk of cancer, as well as reduced cognitive function in older adults.^{1,2}

N-Acetyl Cysteine (NAC) is the precursor to glutathione, considered the body's most powerful "master" antioxidant. Glutathione is utilized in nearly all tissues of the body, with the highest concentrations occurring in the liver, eyes, pancreas and kidneys. It is especially critical for phase II hepatic biotransformation and sulfation pathways in the liver, helping improve xenobiotic metabolism. Systematic reviews demonstrate NAC's significant positive effects on enhancing enzymatic antioxidant activity and inhibition of oxidative stress, and mitigating age-related cell death.³⁻⁵

Alpha Lipoic Acid (ALA) is a sulfur-containing compound that exhibits amphipathic antioxidant properties, making it effective in both water and lipid-based environments. This unique property allows it to quench free radicals in hydrophilic and lipophilic environments alike, such as cytosol, plasma membranes, serum, and lipoproteins.⁶⁻⁸ ALA is best known for its antioxidant capacity, but this molecule has also been shown to have potent effects on blood glucose control via improved insulin secretion and sensitivity, along with contributing to metal detoxification.⁹ Lipoic acid also serves as an important cofactor for mitochondrial enzymes involved in ATP generation.⁷ There is a growing body of evidence supporting ALA's role in improving insulin sensitivity and enhancing cellular glucose uptake by affecting insulin receptors and glucose transporters.^{7,8}

Green Tea Extract (*Camellia sinensis*) (standardized to contain 98% polyphenols and 45% EGCg) has powerful antioxidant and chemoprotective properties.⁹ Green tea extracts have demonstrated free radical scavenging ability in a variety of tissue types. Green tea and its constituent compounds have also been shown to inhibit cyclooxygenase (COX-1 and COX-2), enzymes involved in inflammatory regulation, as well as inflammatory gene and protein expression such as IL-1 β , TNF- α , IL-6, MMPs, and NF- κ B.¹⁰ Regarding chemoprotection, the antioxidant and anti-inflammatory properties of green tea may inhibit the development of precancerous lesions and also protect against metabolic abnormalities implicated in carcinogenesis.^{10,11} Consumption of green tea has also been linked to lower fasting blood glucose levels and reduced hemoglobin A1c, and reduced systolic and diastolic blood pressure, suggesting that it may be protective against glucose dysregulation, insulin resistance, and metabolic syndrome.^{9,12}

Highlights:

- Convenient delivery system allowing for easy mixing in water or other beverages
- Reduces pill fatigue - one serving of Vitavescence™ powder is equivalent to 5-6 capsules
- A more absorbable and bioavailable form that allows for easier and more efficient assimilation
- Ideal for all ages, including children and the elderly
- Delicious, natural fruit punch flavor
- Very low glycemic impact with the use of stevia leaf extract

Grape Seed/Skin Extract (*Vitis vinifera*) as BioVin® (standardized to contain 75% polyphenols) offers brain, metabolic and cardiovascular support. Grape polyphenols exert a number of cardioprotective effects.¹³ They have been shown to be anti-atherosclerotic, antiarrhythmic, and help improve endothelial function and contribute to vasorelaxation.¹³ They have also demonstrated the ability to reduce blood pressure and platelet aggregation, inhibit the oxidation of LDL particles, and significantly reduce fasting blood glucose, total cholesterol, LDL-C, triglycerides, and C-reactive protein concentrations, suggesting grape seed extracts (GSE) a potential candidate for obesity and metabolic syndrome prevention.¹⁴⁻¹⁶ GSE may protect against toxin-induced damage to DNA, thus playing a role in chemoprevention. Furthermore, some grape extract fractions have pro-oxidant properties, which may account for the apoptosis-inducing and cytotoxic effects of some of the polyphenols against cancer cells.^{17,18} GSE, in general, were shown to have promise for reducing the progression and pathology of neurodegenerative diseases and brain aging in general.¹⁹⁻²¹ Catechin-rich GSPE intake is associated with decreased amyloid-beta protein concentrations and reduced cognitive decline.²¹

Rosemary Extract (*Rosmarinus officinalis*) (standardized to contain 7% carnosic acid) is a potent, fat-soluble antioxidant. Ninety percent of the antioxidant capacity of rosemary is due to carnosol, one of the plant's polyphenol constituents, but other compounds in the herb, namely, carnosic acid and rosmarinic acid, have also shown antioxidant capacity and potent anti-proliferative properties.^{22,23} The phenolic compounds in *R. officinalis* also possess anti-infectious, anti-inflammatory, analgesic, cytoprotective, central nervous and endocrine system activities.²³ Rosemary may be a helpful adjunct in inflammatory conditions associated with insulin resistance. Studies show that carnosic acid extracted from rosemary led to reduced levels of the inflammatory markers, TNF- α and NF- κ B, and was also shown to help improve blood glucose and triglyceride levels.²³

Supplement Facts

Serving Size 8 grams (approx. two teaspoons)
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	10	Vitamin B-12 (as Methylcobalamin)	250 mcg 4170%	High Gamma Mixed Tocopherols	125 mg *
Total Carbohydrate	2 g 1%*	Biotin (as d-Biotin)	150 mcg 500%	(as d-gamma, d-delta, d-alpha, d-beta)	
Vitamin A	1020 mcg RAE 113%	Pantothenic Acid (as d-Calcium Pantothenate)	50 mg 1000%	Inositol	100 mg *
(from Mixed Carotenoids and Palmitate)		Calcium (as di-Calcium Malate)	150 mg 12%	N-Acetyl Cysteine (NAC)	100 mg *
Vitamin C (as Ascorbic Acid)	500 mg 556%	Iodine (as Potassium Iodide)	50 mcg 33%	Green Tea Extract (<i>Camellia sinensis</i>)(leaf)	100 mg *
Vitamin D (as Cholecalciferol)	10 mcg (400 IU) 50%	Magnesium (as di-Magnesium Malate)	150 mg 36%	[standardized to contain 98% polyphenols and 45% EGCG]	
Vitamin E (as d-alpha tocopherol)	10.2 mg 68%	Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%	Grape Extract (BioVin®)	50 mg *
Vitamin K	210 mcg 175%	Selenium (as Selenomethionine)	100 mcg 182%	(<i>Vitis vinifera</i>) (pulp; skin and seeds)	
(as Vitamin K1 Phytanadione 200 mcg, Vitamin K2 Menaquinone-7 10 mcg)		Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg 111%	[standardized to contain 75% polyphenols]	
Thiamin (Vitamin B-1) (as Thiamin HCl)	10 mg 833%	Manganese	2 mg 87%	Alpha Lipoic Acid	25 mg *
Riboflavin (Vitamin B-2) (as Riboflavin HCl)	10 mg 769%	(as TRAACS® Manganese Bisglycinate Chelate)		Rosemary Extract	20 mg *
Niacin (Vitamin B-3) (as Niacinamide)	10 mg NE 63%	Chromium	100 mcg 286%	(<i>Rosmarinus officinalis</i>)(leaf, stem)	
Vitamin B-6 (as Pyridoxine HCl)	20 mg 1176%	(as TRAACS® Chromium Nicotinate Glycinate Chelate)		[standardized to contain 7% carnosic acid]	
Folate (as NatureFolate™ Blend - organic spinach powder, calcium folinate, Quatrefolic® [6S]-5-methyltetrahydrofolate - glucosamine salt)	680 mcg DFE 170%	Molybdenum	75 mcg 167%	Boron (as Bororganic Glycine)	1 mg *
		(as TRAACS® Molybdenum Glycinate Chelate)			
		Potassium (as Potassium Bicarbonate)	135 mg 3%		

*Daily Value not established.
†Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Malic acid, natural flavor with other natural flavors, inulin, organic steaf leaf extract powder (Stevia rebaudiana), maltodextrin, potassium bicarbonate, sodium bicarbonate, sunflower lecithin.

Recommended Use:

- Mix 8 grams (approx. two teaspoons) in 8 ounces of water per day, or as directed by your health care practitioner
- Note:** Dosing for children under 12 should be under the guidance of a health care practitioner.

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/techsheet-references/vitavescence-references.pdf>

BioVin® is a registered trademark of Cyvex Nutrition.

Quatrefolic® is covered by U.S. Patent No. 7,947,662 and is a registered trademark of Gnosis S.p.A.

TRAACS® is registered trademark of Albion Laboratories, Inc.

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities. Individual monitoring, including liver function tests, may be appropriate.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.