

# Formula Rationale of Men's Multi™

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When crafting Innate Response Formulas™, our mission is to harness the innate healing response within every patient, as according to the time-honored traditions of "*vis medicatrix naturae*"- the healing power of nature. We use only the finest nutrient-rich whole foods and botanicals that are aligned with these principals.

It is a primary goal that each foundational whole food formula created for Innate Response™ will provide:

1. A complete range of essential and trace whole food vitamins and minerals required for fundamental functions of the body.
2. All of the macronutrients and vital food constituents, including bio-active peptides, enzymes, lipids and synergistic compounds, that are inherently present in whole foods. These constituents have irreplaceable roles as co-factors in key metabolic bodily functions, and as bio-carriers that govern nutrient delivery to the cells.
3. 100% whole food vitamins and minerals from FoodState® food concentrates.

## **Purpose:**

Men's Multi™ was crafted from a synergistic blend of a broad range of nutrient-dense whole food concentrates and select tonic whole herbs to create a complete foundational formula for men. The formula is intended promote a man's overall health and vigor.

Men's Multi™ is formulated with tonic whole herbs revered for their ability to promote healthy sexual function and support healthy function of all body systems. As men age, the prostate naturally enlarges. As the prostate enlarges, prostate hypertrophy may induce the following symptoms: increased urinary frequency or urgency, bladder obstruction, nocturia, dribbling, feeling of incomplete voiding or reduced force of urinary stream. If an enlarged prostate is in fact the culprit, there are a variety of nutrients, medicinal foods and botanicals that specifically help to slow down this natural process, and promote the function of the male urinary and prostate health systems. Zinc from FoodState®, pumpkin seeds, nettles, ginseng, and sarsaparilla are a few inclusions revered for their ability to promote prostate health.

**Indications:** A comprehensive foundational food multi crafted for men 16 to 40 years of age. May be used in conjunction with any other Innate Response Formula™. Men's Multi™ is also available without the inclusion of FoodState® iron.

**Suggested Use:** Three tablets daily, or as directed. For additional mineral support, recommend Calcium, Magnesium and Potassium™ formula, or if reside in upper east and west coast where sun exposure is limited, recommend Bone Response™ by Innate Response Formulas™.

**Contraindications:** Not recommended to be taken in conjunction with MOA inhibitors, cardiac glycosides, hypotension agents, corticoids and/or diuretics to manage high blood pressure.

## Whole Food Vitamins and Minerals

Men's Multi™ was crafted exclusively with a variety of FoodState® whole food concentrates to deliver a spectrum of vitamins, minerals and trace nutrients existing within an interconnected matrix of food constituents, and not in an isolated or fractionated state. The constituents, naturally occurring within each food concentrate, include - but are not limited to- bioactive peptides, enzymes, chlorophyll, antioxidant compounds, polysaccharides and beta-glucans. Emerging research continues to validate the important role these constituents have in promoting nutrient utilization, retention and function, as well as in promoting optimal health and longevity.

### SUPPLEMENT FACTS

Serving Size	3 Tablets
Servings per Container	10 or 30
Calories	12
Total Fat	109 mg
Total Carbohydrate	855 mg
Dietary Fiber	108 mg
Sugars	0 mg
Protein	1808 mg

### SOURCE; FOODSTATE® AMOUNT

Vitamin A	( <i>Daucus sativus</i> *; 21 mg)	5000 IU
Vitamin C	( <i>Citrus spp.</i> **; 630 mg)	150 mg
Vitamin D3	( <i>S. cerevisiae</i> *; 4 mg)	200 IU
Vitamin E	( <i>Glycine max</i> *; 420 mg)	100 IU
Vitamin K1	( <i>Medicago sativa</i> *; 5 mg)	50 mcg
Thiamine (B-1)	( <i>S. cerevisiae</i> *; 46 mg)	11 mg
Riboflavin (B-2)	( <i>S. cerevisiae</i> *; 95 mg)	9 mg
Niacinamide	( <i>S. cerevisiae</i> *; 105 mg)	25 mg
Vitamin B-6	( <i>S. cerevisiae</i> *; 58 mg)	11 mg
Folate	( <i>Medicago sativa</i> *; 42 mg)	400 mcg
Vitamin B-12	( <i>S. cerevisiae</i> *; 4 mg)	20 mcg
Biotin	( <i>Glycine max</i> *; 63 mg)	300 mcg
Pantothenate	( <i>S. cerevisiae</i> *; 97 mg)	23 mg
Calcium	( <i>S. cerevisiae</i> *; 300 mg)	15 mg
Iron	( <i>S. cerevisiae</i> *; 180 mg)	9 mg
Phosphorous	( <i>S. cerevisiae</i> *; 60 mg)	3 mg
Iodine	( <i>S. cerevisiae</i> *; 7 mg)	100 mcg
Magnesium	( <i>S. cerevisiae</i> *; 300 mg)	15 mg
Zinc	( <i>S. cerevisiae</i> *; 300 mg)	15 mg
Selenium	( <i>S. cerevisiae</i> *; 50 mg)	50 mcg
Copper	( <i>S. cerevisiae</i> *; 10 mg)	100 mcg
Manganese	( <i>S. cerevisiae</i> *; 40 mg)	2 mg
GTF** Chromium	( <i>S. cerevisiae</i> *; 25 mg)	50 mcg
Molybdenum	( <i>S. cerevisiae</i> *; 5 mg)	10 mcg

### ADDITIONAL FOODSTATE® NUTRIENTS

Beta Carotene	5000 IU
Citrus Bioflavonoids	63 mg
Choline	30 mg
Inositol	20 mg
Potassium	20 mg
PABA	5 mg
Boron	1 mg
Vanadium	10 mg

### ADDITIONAL FOODS & EXTRACTS

<i>Hydrilla verticillata</i> 50:1	250 mg
Alfalfa Leaf	200 mg

### BOTANICAL EXTRACTS

Pumpkin Seed 4:1	25 mg
Eleuthero Root 5:1	25 mg
Fo-Ti Root 5:1	20 mg
Gotu Kola Leaf 5:1	15 mg
Ginger Root 5:1	10 mg
Ginkgo Leaf 8:1	10 mg
Hawthorn Berry 4:1	10 mg
Licorice Root 4:1	10 mg
Nettle Leaf 4:1	10 mg
Panax Ginseng 4:1	10 mg
Sarsaparilla Root 4:1	10 mg
Dandelion Leaf 4:1	5 mg
Dandelion Root 4:1	5 mg

### NATURALLY OCCURRING FOOD CONSTITUENTS

Bioactive Peptides, Enzymes, Chlorophyll, SOD, Glutathione, Beta Glucans, Lipoic Acid, Essential Trace Minerals, GABA, Glutamic Acid, Polysaccharides, CoQ10 and other Compounds.

### OTHER INGREDIENTS

Silica, Vegetable Stearic Acid, Pharmaceutical Glaze.

\* FoodState® 100% Food Concentrates.

\*\* Glucose Tolerance Factor.

†† Several Species.

The following FoodState® food concentrates were proprietarily grown and harvested at peak of ripeness to deliver optimal concentrations of the following vitamins and minerals:

### Food Concentrate

*Daucus sativus*, carrot extract  
*Citrus spp.*, citrus extract, several species  
*Medicago sativa*, alfalfa extract  
*Glycine Max*, soy extract  
*S. cerevisiae*, yeast

### Primary Nutrient Delivered

Vitamin A and beta carotene  
Vitamin C, bioflavonoids  
Folate, Vitamin K  
Vitamin E, biotin, choline & inositol  
B1, B2, B6, B12, all minerals

Note, the total weight of each food concentrate listed in the supplement facts above is the amount of food delivered within each serving size, in order to deliver a specific amount of each vitamin or mineral respectively.

Men's Multi™ is free of: gluten, dairy, corn, synthetic nutrients, GMO's, preservatives and/or colorants. Since no preservatives are used, store tightly sealed in cool to moderate temperatures to prevent oxidation.

### **Rationale for Supportive Green Foods**

Men's Multi™ was further enriched with the inclusion of *Hydrilla verticillata* and alfalfa, two vibrant green foods known for their superior nutrient content. *Hydrilla* was chosen because it is a rooted aquatic plant nourished by mineral-rich subterranean soil, unlike other aquatic plants which float near the water surface. Floating water plants have higher rates of contamination, as they are exposed to a variety of deleterious water pollutants also found near the water surface. *Hydrilla* is an excellent vegetarian source of B12, calcium and trace minerals, as well as energizing and detoxifying compounds.

The inclusion of alfalfa leaf was selected for the Men's Multi™ for its traditional use as an overall body tonic high in nutritive value. Alfalfa is inherently rich in protein, calcium, iron, trace minerals and vitamins A, C, D, E, B1, B6, B12 and K, nutrients vital to men's well-being.

### **Rationale for Tonic Whole Herbs**

Herbs, invaluable for their rich mineral and phytonutrient content and ability to gently strengthen a man's sexual and genital-urinary function, were selected for Men's Multi™. Herbs, similar to whole foods, have the innate ability to “stitch together” the diverse fabrics of our physiology into a more unified whole. The tonic herbs in Men's Multi™ were selected based on their ability to restore the balance and function of the male health systems. The herbs were included in the formula at low potencies, a traditional use of herbs tonically, and are recognized as safe taken on a daily basis.

#### **Pumpkin seed *Vitex agnus-castus* 4:1**

Pumpkin seeds, one of the primary botanicals included in this formula, are rich in *cucurbitacins* compounds believed to help the body from converting testosterone into dihydrotestosterone. Without *dihydrotestosterone* (DHT), it is more difficult for the body to produce more prostate cells, and therefore more difficult for the prostate to keep enlarging as men age. BPH is thought to be caused by an increase in testosterone and its subsequent conversion to dihydrotestosterone in the prostate; this process seems to be compounded by the presence of estrogen, which inhibits the elimination of DHT. The fact that pumpkin seeds serve as a good source of zinc makes them doubly well-suited for this role for promoting prostate health, as zinc is a mineral also used by healthcare practitioners to help reduce prostate size. Pumpkin seeds are also a rich source of the minerals magnesium, manganese and phosphorous, as well as iron, copper, protein and monounsaturated fat.

**Actions:** Nutritive, reproductive tonic.

#### **Eleuthero root *Eleutherococcus senticosus* 5:1**

Eleuthero is a primary adaptogenic herb that acts to enhance the body's nonspecific resistance to various internal and external stressors<sup>1</sup>. Eleuthero is also considered to be helpful in lessening the negative effects of prolonged

1. *Naturopathic Handbook of Herbal Formulas*. Richard Scalzo. Kivaki Press, p. 3, 1994.

stress on the body. Because of its nonspecific action, it is an excellent general tonic to improve a man's well being.

**Actions:** Whole body tonic.

**Fo-ti root (Ho Shou Wu), *Polygonum multiflorum* 5:1**

Fo-ti was selected as a primary botanical in this formula as it has been traditionally used as a longevity and sexual tonic specifically for men.

**Actions:** Sexual tonic, astringent.

**Gotu kola leaf *Hydrocotyle asiatica* 5:1**

Stress and tension are common conditions men experience. According to ayurvedic medicine, gotu kola is used as a central nervous system tonic, acting as a general stimulant to improve circulation, thereby helping to release energy held with tension.

**Actions:** Nervine stimulant, adaptive tonic.

**Ginger root *Zingiber officinale* 5:1**

Ginger is known for its ability to act as a delivery herb, enhancing the effectiveness of the other herbs in the formula as well as increasing nutrient bioavailability.

**Actions:** Digestive tonic, carminative.

**Ginkgo leaf 8:1**

Ginkgo was included in Men's Multi™ for its strengthening and tonic properties in the body. Ginkgo is also rich in antioxidant compounds including flavonoid glycosides: kaempferol, quercetin, isohamnetine.

**Actions:** Tonic.

**Hawthorne berry *Crataegus laevigata* 4:1**

Hawthorne considered one of the most effective cardiac tonics, modulating and restoring any imbalances or weaknesses that may arise in cardiac function. Hawthorne as a daily tonic was included to help promote the cardiovascular health of men.

**Actions:** Cardiotonic, nervine tonic, diuretic.

**Licorice root *Glycyrrhiza glabra* 4:1**

Licorice was included in the Men's Multi™ as it is considered to be a harmonizer in traditional Chinese medicine, unifying the actions of all other herbs with which it is compounded. Licorice is also known to help improve adrenal function and regulate blood sugar levels. Licorice was included in a moderate dose of 15mg, to avoid the side effects associated with chronic use of higher dosages. This formula is not recommended if a man is taking MOA inhibitors, cardiac glycosides, hypotension agents, corticoids and/or diuretics to manage high blood pressure.

The two major constituents of licorice are glycyrrhizin and flavonoids. They are also potent antioxidants and work to protect liver cells.

**Actions:** Anti-inflammatory, antispasmodic, antihepatotoxic, energy tonic.

**Nettle leaf *Urtica dioica* L. 4:1**

Nettle is regarded as a superior tonic and nutritive herb for strengthening and supporting the whole body. Nettle leaves are abundant in chlorophyll, calcium, magnesium, iron, potassium and vitamins A, C and K, nutrients vital to a man's well being. Daily tonic use of nettles is known to nourish the nervous system, hair and skin as well as strengthen bones.

**Actions:** Body tonic, mild diuretic.

**Korean ginseng *Panax ginseng* L. 4:1**

Korean ginseng has a long history as a whole body tonic and adaptogen, acting to enhance nonspecific resistance to various external and internal stressors.

**Actions:** Adaptogen, tonic.

**Sarsaparilla root *Similax officinalis* v. *omata* 4:1**

As a tonic, sarsaparilla was included as it acts as an alternative, gradually helping to restore healthy body function.

**Actions:** Whole body tonic.

**Dandelion root and leaf *Taraxacum officianle* 4:1 root, 4:1 leaf**

Dandelion root and leaf are both a most valuable general body tonic, and perhaps the best widely applicable diuretic and liver tonic. The latter action is beneficial in that it can gently help to alleviate fluid retention associated with heart conditions. Since dandelion leaf is rich in potassium (up to 4.5% )<sup>2</sup>, it does not present the depleting effects of chemical diuretics, making it a balanced and safe remedy. As a liver tonic for men, dandelion is excellent at helping to normalize liver function and detoxification.

**Actions:** Tonic, diuretic, bitter, hepatic.

2. *Medical Herbalism The Science and Practice of Herbal Medicine*. David Hoffman, FNIMG, AHG. Healing Arts Press, 2003 p. 587.