

Women'sMV™

Purpose & Rationale

The Women'sMV is a multivitamin and mineral formula designed to address specific needs of non-pregnant females up to age 50.^{62,63} Most vitamin and mineral needs remain the same for males and females in this age group. Special needs may develop in response to life stage, diet type, activity level and body size. In reference to the latter, the Dietary Reference Intakes (DRIs) for certain nutrients among women are slightly less than men.⁶³ Special needs generally include slightly higher levels of iron and other common dietary nutrient shortfalls more specific to women, such as calcium, folate, magnesium, fiber, and vitamins A, C, E and K.^{64,65} This formula is designed to deliver these nutrients in proper bioavailable forms, which ideally complement the dotFIT SuperCalcium formula for those not meeting calcium recommendations for bone health, including the majority of females and approximately 50% of males.⁶⁶

Typical Use

- For use by women 13-50 years of age not using the ActiveMV Formula
- Non-pregnant women and lactating females unless physician recommends otherwise
- 1 tablet per day before or after main meal with fluid

Unique Features

- Contains 10mg of iron to help correct common marginal intakes.
- Includes optimal doses and forms of folic acid (levels associated with a protective effect on cognition in women⁶⁷), vitamins B6 and B12.^{68,69,70,71,72}
- Contains proper amounts of health and bone-building nutrients vitamin D,^{73,74} and the two essential forms of vitamin K.^{75,76} While K1 and K2 have similar and unique properties, K2 (menaquinone) has only recently emerged as serving an important role in vascular and bone health.
- Magnesium in this formula complements the typical American female's diet to help achieve desired magnesium levels. Additionally, this

formula works synergistically with the dotFIT SuperCalcium, which also contains magnesium, thus keeping total intake in the safe optimal nutrient range.

- Synergistic with all dotFIT products when following program supplement recommendations.
- Use of controlled-release delivery systems ensures daily ideal nutrient levels and prevent tissue oversaturation and losses.
- Third-party tested.

Contraindications

dotFIT multivitamin and mineral formulas are contraindicated in pregnancy. Pregnant women should use a prenatal formula as directed by their physician. This formula is contraindicated for those with hemochromatosis (an inherited disease that leads to iron-overload, affecting 0.5 percent of the population) because of the iron content, and for anyone suffering adverse reactions to any of the supplement's ingredients. The vitamin E and K content in two tablets per day may be contraindicated for those individuals taking blood-thinning medication. In all cases, consult with a physician.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene and Acetate)	6,000 IU	120%
Vitamin C (as Ascorbic Acid and Calcium Ascorbate)	300 mg	500%
Vitamin D-3 (as Cholecalciferol)	1,000 IU	250%
Vitamin E (as D-Alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (as Phytonadione K1 and Menaquinone K2)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin -5 Phosphate)	1.7 mg	353%
Vitamin B3 (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxal 5-phosphate)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	10 mcg	167%
Biotin	100 mcg	33%
Vitamin B5 (D-Calcium Pantothenate)	15 mg	150%
Iron (as Iron Fumerate)	10 mg	56%
Iodine (from Kelp)	100 mcg	67%
Magnesium (as Oxide and Citrate)	100 mg	25%
Zinc (as Zinc Citrate)	12 mg	80%
Selenium (L-Selenomethionine)	50 mcg	71%
Chromium (as Chromium Picolinate)	50 mcg	42%
Boron (as Boron Citrate)	1 mg	*

*% Daily Value not established.