

# GlutenAssure Multivitamin

Introduced 2019



## What Is It?

GlutenAssure Multivitamin provides a comprehensive profile of highly bioavailable vitamins, fully chelated minerals and other ingredients designed to support nutritional needs of individuals avoiding gluten. Nutrition surveys indicate that gluten-free diets are often low in fiber and micronutrients, particularly B vitamins and certain minerals. GlutenAssure Multivitamin is specially formulated with higher levels of key B vitamins, as well as magnesium, calcium, zinc and selenium. Enhanced levels of fat-soluble vitamins A, D, E, K<sub>1</sub> and K<sub>2</sub> help support optimal serum levels of these nutrients, which can be more difficult to absorb. 5-LOXIN® boswellia extract is concentrated to provide 10 times as much AKBA as typical boswellia extracts. Research suggests that AKBA promotes cytokine balance to support joint and gastrointestinal health, in part by maintaining healthy immune activity in the epithelial lining of the digestive tract. This multivitamin also includes the scientifically researched prolyl-endopeptidase enzyme targeting gluten breakdown. Research suggests that individuals following a gluten-free diet are exposed to an average of 150 to 400 mg of gluten daily. This unique formulation is designed to be taken with meals to target this inadvertent gluten exposure. In a randomized, double-blind, placebo-controlled trial, individuals consuming prolyl-endopeptidase enzyme and gluten showed lower α-gliadin (a main component of gluten) concentration in the stomach and duodenum. The enzyme specifically degrades the immunogenic parts of the gluten protein. Research reveals that gluten-sensitive T-cells no longer react after gluten has been degraded with the enzyme.†

## Indications

- Men and women ages 18 and over

## Vitamin Distinctions:

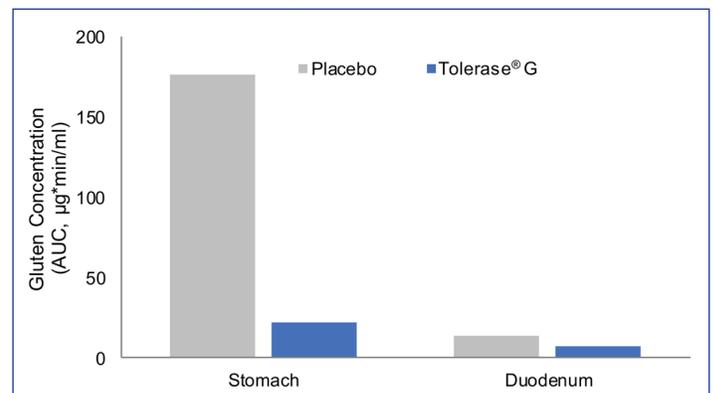
- Provides enhanced levels of fat-soluble vitamins to meet increased needs
- Provides activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, and Metafolin L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers activated vitamin B<sub>12</sub> in a blend of adenosylcobalamin and methylcobalamin

- Includes vitamin K<sub>1</sub> and K<sub>2</sub> (menaquinone-7) to support healthy calcium metabolism†

## Special Features:

- Contains unique clinically-researched Tolerase® G prolyl-endopeptidase enzyme at the level designed to target the breakdown of 500 mg gluten over 3 capsules†
- Convenient 3-capsule dosing designed to be taken at each meal to target inadvertent dietary gluten†
- Offers calcium, magnesium, folate, and vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub> and D, nutrients that can be low in individuals following a gluten-free diet
- With lutein to support macular health†
- Contains the concentrated 5-LOXIN® boswellia extract to promote healthy immune activity in the epithelial lining of the digestive tract and cytokine balance†

## Tolerase G degrades gluten (Gli-a-3) in the GI tract



In a randomized, placebo-controlled, crossover study, 18 gluten-sensitive subjects consumed a mixed meal containing 0.5 g gluten. Tolerase® G (83,300 PPI) significantly degraded gluten concentrations in both the stomach and duodenum. In the stomach, median gluten levels were reduced from 176.9 mcg (range of 73.5-357.8 mcg) to 25.4 mcg (16.4-43.7 mcg, p=0.001). In the duodenum, median gluten levels were reduced from 14.1 mcg (range of 8.3-124.7) to 7.4 mcg (3.8-12 mcg, p=0.015).†

(continued)

## What Is The Source?

The nutrients found in GlutenAssure Multivitamin are derived from the following:

Vitamin A, vitamin K<sub>1</sub>, thiamin, niacin, niacinamide, calcium pantothenate, vitamin B<sub>6</sub>, folate, biotin, choline: synthetic

Beta carotene: *Blakeslea trispora*

Vitamin C, riboflavin, hydroxycobalamin, adenosylcobalamin: corn dextrose fermentation

Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)

Vitamin E: purified soybean oil

Vitamin K<sub>2</sub>: flower extracts geraniol and farnesol

Lutein: marigold flower extract

Inositol: rice bran

Minerals: naturally derived from elemental ore

Sources of the mineral chelates include:

Citrate: corn dextrose fermentation

Glycinate, malate, and picolinate: synthetic

*Boswellia serrata* extract: frankincense gum resin and standardized to contain 30% 3-acetyl-11-keto-beta-boswellic acid (AKBA)

Tolerase® G Prolyl Endopeptidase: fermentation

Hypoallergenic plant fiber (cellulose): pine

## Recommendations

Pure Encapsulations® recommends 1 capsule with each meal.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Rare side effects of boswellia include diarrhea, skin rash, acid reflux, and nausea and may be contraindicated in those with pre-existing gastritis or gastroesophageal reflux disease (GERD). Consult your physician for more information.

## Are There Any Potential Drug Interactions?

Vitamin K, vitamin E, and boswellia extract may be contraindicated for individuals taking blood thinning medication. Consult your physician for more information.

## GlutenAssure Multivitamin

each vegetarian capsule contains	  
Serving size	1 capsule
Servings per container	90 3 capsules
Vitamin A (as vitamin A acetate.....)	500 mcg .....1,500 mcg
and as 20% beta carotene)	
Vitamin C (as ascorbic acid).....	33 mg .....100 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> ) .....	8.3 mcg .....25 mcg
	(333 IU) (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate).....	6.6 mg .....20 mg
Vitamin K (as vitamin K <sub>1</sub> ) .....	30 mcg .....90 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> ) .....	3.3 mg .....10 mg
Riboflavin (as riboflavin and .....	1.3 mg .....4 mg
50% riboflavin-5-phosphate (activated B <sub>2</sub> ))	
Niacin (as niacin and 75% niacinamide).....	6.6 mg .....20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and .....	8.3 mg .....25 mg
50% pyridoxal-5-phosphate (activated B <sub>6</sub> ))	
Folate (as Metafolin®, L-5-MTHF) .....	333 mcg DFE ...1,000 mcg DFE
(200 mcg L-5-MTHF)	
(600 mcg L-5-MTHF)	
Vitamin B <sub>12</sub> (as methylcobalamin .....	333 mcg .....1,000 mcg
and 50% adenosylcobalamin)	
Biotin.....	33 mcg .....100 mcg
Pantothenic acid .....	2 mg .....6 mg
(as calcium pantothenate) (B <sub>5</sub> )	
Choline (as choline bitartrate) .....	10 mg .....30 mg
Calcium (as di-calcium malate) (DimaCal®).....	50 mg .....150 mg
Iodine (as potassium iodide) .....	50 mcg .....150 mcg
Magnesium (as di-magnesium malate).....	50 mg .....150 mg
(Albion®)	
Zinc (as zinc picolinate).....	5 mg .....15 mg
Selenium (as selenomethionine) .....	23 mcg .....70 mcg
Copper (as copper bis-glycinate) .....	0.3 mg .....1 mg
Manganese (as manganese citrate).....	0.8 mg .....2.5 mg
Chromium (as chromium picolinate).....	33 mcg .....100 mcg
Vitamin K <sub>2</sub> (menaquinone-7).....	10 mcg .....30 mcg
Inositol .....	10 mg .....30 mg
FloraGLO lutein® .....	666 mcg .....2 mg
5-LOXIN® <i>Boswellia serrata</i> .....	33 mg .....100 mg
extract Indian frankincense ( <i>Boswellia serrata</i> )	
extract (gum resin) (standardized to contain	
30% 3-acetyl-11-keto-beta-boswellic acid (AKBA))	
Tolerase® G Prolyl Endopeptidase.....	29,000 PPI .....87,000 PPI
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)	

**Not to be taken by pregnant or lactating women. Vitamin K may be contraindicated with Coumadin (Warfarin). If you have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.**

1 capsule with each meal.

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Albion® and DimaCal® is a registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

\*FloraGLO is a registered trademark of Kemin Industries, Inc.

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