



Accurate Clinic

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Multi-Vitamins/Multi-Nutrients

Who might benefit from taking Multi-Vitamins/Multi-Nutrients such as NRF2 activators and antioxidant supplements?

These supplements should be reviewed with your physician on an individual basis for specific recommendations. In general, however, patients with diets that are lacking in optimal nutrients, patients suffering from chronic stress, chronic pain, fibromyalgia, chronic fatigue, obesity, diabetes or pre-diabetes, cardiovascular disease or liver disease would be expected to benefit.

Multi-Vitamins/Multi-Nutrients Supplement Options

Based on the assumption that most people do not ingest the amount of fruits and vegetables needed to obtain optimal levels of NRF2 activators, it follows that most people could benefit from taking a multi-nutrient that contains NRF2 activators and those products that offer nanoformulations are likely to have the advantage of greater bioavailability.

Multi-Vitamins/Multi-Nutrients

Most multi-vitamin or multi-nutrient combinations available have few to no NRF2 activators. The option then is to consider taking a separate multi-vitamin or multi-nutrient and adding a NRF2 Activator supplement or choosing a multi-nutrient with NRF2 activators included. The following is a list of currently available supplements that I believe offer the best options.

1. Thorne Multi-Vitamin

A good, comprehensive multivitamin that includes trace elements but no antioxidants or NRF2 activators.

2. Thorne Multi-Vitamin Elite

A good, comprehensive multivitamin that includes trace elements and two NRF2 activators (nanoformulated):
curcumin
phytosome and green tea phytosome.

Multi-Nutrients

These powder formulations include fiber, protein, amino acid and selected other nutrients and are generally used as part of a weight loss or detox regimen.

1. Thorne Mediclear

MediClear is a unique powder formulation containing rice protein, pea protein, vitamins, minerals, and specialized nutrients and botanicals, including quercetin phytosomal NRF2 activator and other antioxidants. This formula includes 2gms fiber and 31gms protein per serving and is generally used as part of a weight loss or detox regimen.

2. Thorne Mediclear Plus

MediClear Plus provides all the nutritional benefits of MediClear, PLUS the added advantages of curcumin phytosome, grape seed phytosome, and green tea phytosome NRF2 activators; all well-absorbed forms of these plant extracts to help maintain the body's normal inflammatory and antioxidant response.

3. Thorne Mediclear-SGS

MediClear-SGS provides all the elements of MediClear Plus with the addition of advanced antioxidant and liver support from sulforaphane glucosinolate (SGS). Another difference, MediClear-SGS comes in a great-tasting chocolate or vanilla flavors!

Individual-NRF2 activators, nanoformulations

Meriva-500 (Curcumin 500mg)
Green Tea Phytosome 250mg
Quercetin Phytosome 250mg
Grape Seed Phytosome 50mg



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Multi-NRF2 activators, nanoformulations and other:

PolyResveratrol-SR® - each 2 capsules contain:

Curcumin Phytosome (Curcuma longa extract (root) / Phosphatidylcholine complex) 100 mg.

Green Tea Phytosome (Camellia sinensis extract (leaf) / Phosphatidylcholine complex) 100 mg.

Quercetin Phytosome (Sophora japonica concentrate (leaf) / Phosphatidylcholine complex from Sun@ower) 100 mg.

Trans-Pterostilbene 100 mg.

Trans-Resveratrol 100 mg.

Use of NRF2 activators and antioxidants as nutritional supplements

While there is a huge amount of research published on NRF2 activators and antioxidants, the study remains in its infancy. Much remains to be known about specific doses to be recommended, definitive long term benefits and specific clinical applications. As such, no specific recommendations for the definitive treatment of specific conditions can be made. All of the nutrients and formulations referred to here have excellent safety profiles and are all considered "generally safe." They are not considered medical foods and do not require prescriptions for use. Patients are encouraged to discuss supplements in detail with their physician prior to use as well as to explore available research. Research publications are available upon request.