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Accurate Education

Suggestions for Multi-nutrients with Phytonutrients

People commonly seek a "multivitamin" supplement in an effort to cover their bases in the event that their diet lacks adequate amounts of basic necessary nutrients. The concept here is sound, but the emphasis somewhat misplaced. Few people in contemporary U.S. are at risk for vitamin and/or mineral deficiencies with few exceptions. At Accurate Clinic, these vulnerable vitamin and mineral levels are tested in annual blood work (when affordable) to identify deficiencies.

The fact is, the nutrients that are commonly insufficient in the American diet are mostly the plant-based nutrients (phytonutrients) that have antioxidant and anti-inflammatory properties. These compounds are needed to fight oxidative stress and systemic inflammation, the driving forces in chronic pain and the risks for the degenerative conditions of aging, including cardiovascular disease, diabetes, arthritis, and dementia's amongst others.

While there are recommended estimates of optimal intake amounts of these phytonutrients, there are no strict guidelines and no available blood tests for monitoring levels. When a vitamin or mineral blood level is suboptimal or deficient, it is not likely that the small amounts present in most basic multivitamins like Centrum or One-a-Day will be sufficient to meet the individuals needs.

Therefore, a daily "multinutrient" supplement is recommended to "cover one's bases." It should also include phytonutrients, especially for those with inadequate dietary intake of fruits and vegetables (you know who you are!). That being said, it is strongly recommended to acquire the phytonutrients from the foods you eat rather than by relying on taking supplements.

This handout reviews two multinutrient supplements that may address suboptimal dietary intake of nutrients that may help reduce pain and inflammation in conditions such as:

- Arthritis
- Myofascial pain (muscle)
- Migraines
- Nerve pain (sciatica, neuropathy)
- Fibromyalgia
- Stroke recovery
- Alzheimer's risk.

Quick Tips:

- **Enhance with dietary phytonutrients:** Drink green tea (Matcha is best) and coffee. Eat red and purple fruits, red onions and garlic, kale with these multi nutrient supplements to enhance pain relief.
- **Check Blood Levels:** Test Vitamin C, D, B-12, magnesium, zinc (and possibly selenium) yearly
- **Don't forget your Omega-3s!**

Learn More: Please ask for other handouts: Anti-Inflammatory Diet, Omega-3s and Phytonutrients.

1. Thorne Advanced Nutrients

- **What's Inside:** Vitamins A, B Complex, C, D3, K1/K2 (MK-7), magnesium, zinc, selenium, calcium, plus curcumin (turmeric), quercetin, resveratrol, green tea (EGCG).
- **Phytonutrient Polyphenols/Flavonoids:** (phytosomes for enhanced absorption)
 - **Curcumin Phytosome (Meriva):** 150 mg. May reduce inflammation, arthritis and fibromyalgia pain.
 - **Quercetin Phytosome:** 50 mg. Reduces inflammation in arthritis and myofascial pain, and provides neuroprotection in stroke. Synergy with Vitamin C.
 - **Resveratrol:** 25 mg provides neuroprotection.
 - **Green Tea Phytosome (EGCG):** 50 mg May reduce nerve pain (neuropathy)
- **Other Plant-Based Compounds:** Nicotinamide Riboside (50 mg), a precursor to NAD⁺, supports cellular energy and neuroprotection, indirectly aiding pain
- **Pain Management Benefits:** Comprehensive polyphenol profile targets arthritis, fibromyalgia, migraines, neuropathy, stroke recovery, and Alzheimer's risk,
- **Safety:** Avoid if on blood thinners (K2, curcumin) without doctor approval.
- **Cost:** \$66.00 for 240 capsules (60-day supply, 4 capsules/day)
- **Purchase:** Thorne.com or Vitacost.

2. Life Extension Two-Per-Day with Bio-Quercetin

- **Phytonutrient Polyphenols/Flavonoids:** (phytosomes for enhanced absorption)
 - **Bio-Quercetin Phytosome:** 5 mg (much < Thorne). Reduces inflammation in arthritis and myofascial pain, provides neuroprotection in stroke. Synergy with Vitamin C
 - **Lycopene:** 1 mg. Antioxidant properties, provides neuroprotection and inflammation reduction in Alzheimer's risk, less potent for pain than quercetin
 - **Apigenin:** 25 mg. A flavonoid found in chamomile, reduces inflammation and may help neuropathy but limited evidence for pain relief.
- **Other Plant-Based Compounds:** None and Quercetin quantities much lower and the polyphenol profile is less diverse than Thorne.
- **Pain Management Benefits:** Quercetin targets arthritis and myofascial pain; lycopene and apigenin support stroke recovery/Alzheimer's. Less pain benefits than Thorne.
- **Cost:** \$24.00 for 120 capsules (60-day supply,, 2 capsules/day)
- **Purchase:** Amazon and LifeExtension.com

Comparison

- **Thorne's Superiority:** Thorne Advanced Nutrients has comprehensive nutrient coverage, diverse, bioavailable polyphenol profile (curcumin, quercetin, resveratrol, EGCG) and comprehensive nutrient coverage, matching your handout's high-deficiency-risk nutrients
- **Life Extension's Value:** Offers a cost-effective alternative with bio-quercetin, good for patients with arthritis and muscle pain, but less comprehensive than Thorne.

Safety: Ask your doctor if on blood thinners (K2 (MK-7)), metformin (B-12), or if you have kidney problems (calcium, magnesium). Avoid very high doses: Calcium >2500 mg/day, Vitamin D >10,000 IU/day). These focus on key nutrients (Vitamins B, C, D, K (K1 and K2 (MK-7))), Magnesium, Zinc, Selenium, Calcium). Include polyphenol-rich foods (e.g., berries, green tea, red onions, cocoa powder) as part of an anti-inflammatory diet.