



## **Accurate Clinic**

2401 Veterans Memorial Blvd. Suite 16  
Kenner, LA 70062 - 4799  
Phone: 504.472.6130 Fax: 504.472.6128

**[www.AccurateClinic.com](http://www.AccurateClinic.com)**

## **Accurate Education**

### **Suggestions for Multivitamins**

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 but a few exceptions. At Accurate Clinic, these vulnerable vitamins and minerals are tested in annual blood work (when affordable) to identify them.

The fact is, the nutrients that are commonly insufficient in the American diet are mostly the plant-based nutrients (polyphenols) 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 polyphenols, there are no strict guidelines and no available blood levels for monitoring. When a vitamin or mineral blood level is suboptimal or deficient, it is likely that the small amounts present in most standard multivitamins like Centrum or One-a-Day will not be sufficient to meet the individuals needs.

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

This guide reviews multivitamin supplements to address common nutrient deficiencies that may help reduce pain and inflammation in conditions such as:

- Arthritis
- Myofascial pain (muscle)
- Migraines, Nerve pain (e.g., sciatica, neuropathy)
- Fibromyalgia
- Stroke recovery
- Risk for Alzheimer's.

#### **Quick Tips:**

- **Boost with Polyphenols:** Drink green tea (Matcha is best) and coffee, Eat red and purple fruits, red onions and garlic, kale with these multi-vitamins for better pain relief.
- **Check Blood Levels:** Test Vitamin C, D, B-12, magnesium, zinc (and possibly selenium) yearly to ensure adequate levels.
- **Don't forget your Omega-3s!**

**Learn More:** Please ask for other brief reviews: Anti-Inflammatory Diet, Omega-3s and Polyphenols.

*A short list of some suggested Multi-Vitamin (Multi-Nutrient) supplements with polyphenols.*

## **Thorne Basic Nutrients 2/Day**

- **Summary:** Provides Vitamins B (methylated B12, folate), C, D3, K1, K2 (MK-7), Magnesium (bisglycinate), Zinc (picolinate), Selenium, and Calcium in bioavailable forms to ease pain (e.g., migraines, fibromyalgia, neuropathy). Minimizes unnecessary nutrients (e.g., low Vitamin A, E).
- **Dose:** 2 capsules/day.
- **Notes:** High-quality, third-party tested (NSF, TGA-certified). Pair with polyphenol-rich foods (e.g., berries, turmeric) or Thorne's PolyResveratrol-SR (with quercetin, green tea extract) for pain relief. Some may need 1 capsule/day if sensitive to high doses. Check B12, Vitamin D, zinc levels yearly.

## **Life Extension Whole Food Multivitamin**

- **Summary:** Includes Vitamins B (methylated), C, D3, K1, K2 (MK-7), Magnesium, Zinc, Selenium, Calcium, plus plant-based polyphenols (e.g., quinoa, broccoli) for inflammation and pain (e.g., arthritis, Alzheimer's risk). Targets key deficiencies.
- **Dose:** 3 capsules/day (split doses if preferred).
- **Notes:** GMP-certified, cost-effective (~\$0.33/dose). Polyphenols support your anti-inflammatory diet. Ideal for vegetarians, elderly. Monitor calcium (<2500 mg/day). Check blood levels (B12, Vitamin D, zinc).

## **Garden of Life mykind Organics Men's/Women's Once Daily**

- **Summary:** Whole-food Vitamins B, C, D3, K1, K2 (MK-7), Magnesium, Zinc, Selenium, Calcium, plus polyphenol-rich organic fruits/vegetables (e.g., amla berry) for pain relief (e.g., fibromyalgia, migraines). Vegan-friendly.
- **Dose:** 1 tablet/day.
- **Notes:** USDA Organic, Non-GMO, third-party tested. Easy one-pill dose. Pair with kale, green tea for extra polyphenols. Check B12, Vitamin D for vegetarians. Good for absorption issues (e.g., IBS).

## **Pure Encapsulations O.N.E. Multivitamin**

- **Summary:** Supplies Vitamins B (methylated), C, D3, K1, K2 (MK-7), Magnesium (glycinate), Zinc, Selenium, Calcium in bioavailable forms for pain (e.g., neuropathy, arthritis). Low doses of unnecessary nutrients (e.g., Vitamin A, E).
- **Dose:** 1 capsule/day.
- **Notes:** GMP-certified, allergen-free, third-party tested. Pair with polyphenol-rich foods or Pure Encapsulations' Polyphenol Nutrients (grape seed, quercetin). Monitor for glycine sensitivity. Check B12, Vitamin D, zinc levels.

**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) and work with polyphenol-rich foods (e.g., berries, green tea, red onions, kale, cocoa powder) as part of Dr. Ehlenberger's anti-inflammatory diet plan. Discuss these with your doctor before starting. For more details, visit [www.accurateclinic.com](http://www.accurateclinic.com) or [ods.od.nih.gov](http://ods.od.nih.gov).