

BioFoundation-G™ – Broad Spectrum Nutrient Support

About BioFoundation-G

- BioFoundation-G is a broad spectrum, highly bioavailable multivitamin and mineral compound, formulated by Dr. Joseph Pizzorno (Naturopathic Physician) to provide the comprehensive nutritional foundation needed to replenish dietary deficiencies caused by our modern food supply, stress, pollutants and poor farming methods.
- It contains a number of powerful antioxidants, including N-acetylcysteine (NAC), lipoic acid and the herb milk thistle, which have all been shown to increase the production of glutathione. Glutathione helps deter cellular damage and supports the detoxification of numerous environmental pollutants.
- BioFoundation-G also contains nutrients such as CoQ10, which improve the efficient production of energy throughout the body.
- This all natural product provides anti-aging phyto-nutrients, such as resveratrol from Japanese knotweed, green tea catechins, bilberry anthocyanins and lycopene from tomato. These nutrients regulate cellular functions, thereby reducing inflammation, improving blood sugar and insulin sensitivity.
- It contains clinically effective doses of many nutrients in their biologically active forms, such as vitamin D₃, gamma tocopherol (vitamin E) and vitamin B6 as pyridoxal 5 phosphate. Additionally, it contains vitamin K₂ (MK-7 form) which is the most stable and long lasting form of vitamin K, important for cardiovascular and bone health.

How To Use BioFoundation-G

- 2 tablets 3 times per day with meals or as directed by a health care professional.

Cautions and Contraindications

- No known adverse reactions and contraindications. Vitamin D supplementation should be done with caution in those with elevated levels of blood calcium (hypercalcemia) or an inflammatory condition called sarcoidosis. This product is not recommended for use during pregnancy and lactation.

Drug Interactions

- Vitamin K and CoQ10 supplementation may decrease the efficacy of the blood thinning drug warfarin (Coumadin). Close monitoring of its administration by you and your health care professional may be required.

PATIENT NAME: _____

PRACTITIONER NOTES

Quick Tips for Optimal Health

Eat a plant-rich diet that supports glutathione

A diet which emphasizes plant-based whole foods, rich in glutathione is recommended. Rich dietary sources of glutathione include asparagus, avocados, squash, okra, cauliflower, broccoli, potatoes, spinach, walnuts, garlic and raw tomatoes.

Get off the couch and exercise

Moderately intensive and regular physical activity that you enjoy helps to reduce inflammation, improve muscle and bone strength, increase metabolism and enhance overall mood and well being. 30 minutes to 1 hour 3 times a week combining aerobic and weight bearing exercise is a good starting point.

Get a good night's sleep

Lack of sleep is associated with a wide number of chronic diseases including an increased risk of diabetes, obesity, heart disease and depression. Optimal sleep time varies but the National Sleep Foundation suggests 7 to 9 hours per night.

Fish oils and probiotics are essential nutrients

Fish oil supplements have been heavily researched and shown to reduce the risk of heart disease. Probiotics not only improve your digestion but play an important role in improving immunity and decreasing your risk of GI cancers.

Optimize your vitamin D levels

Insufficient vitamin D levels have been shown to be widespread throughout the population. You may be at risk for deficiency depending on how much sun exposure you get every day, where you live, your age, if you are obese or have a chronic illness. Have your vitamin D levels tested and make sure you are in the optimal range of 60 to 80 ng/ml.

Regularly practice stress reduction techniques

Whether it is yoga, tai-chi, or mindful meditation, a regular daily practice that lowers stress levels will vastly impact your health including enhanced immune function and lowered risk of heart disease and diabetes.

PRACTITIONER CONTACT INFORMATION: