



**Code:** 9476 **NPN:** 80051438  
**Size:** 180 Tablets  
**Actual Size:** 21.2 mm x 9.7 mm



# BioFoundation-G®

## Multiple Vitamin & Mineral Formula Supports Healthy Glucose Metabolism

- A full spectrum of vitamins and minerals
- Provides rate-limiting nutrients for glutathione production, necessary for xenobiotic detoxification
- Contains clinical doses of resveratrol, lipoic acid, CoQ10, milk thistle, and green tea extract
- Broad-spectrum antioxidant support, including bilberry and citrus extracts, lipoic acid, lycopene, and lutein
- Highly bioactive and bioavailable nutrients, such as pyridoxal-5-phosphate and vitamin K2 (Menaquinone 7)

### PRODUCT SUMMARY

BioFoundation-G is a comprehensive vitamin and mineral supplement to support healthy living in the modern world. A broad-spectrum and highly bioavailable multivitamin and mineral, BioFoundation-G's formulation uses clinically driven research to provide the nutritional foundation needed for the modern environment. This complete multivitamin and mineral formula contains clinical doses of nutrients such as N-acetyl-cysteine and R-alpha-lipoic acid, well established to increase cellular levels of glutathione, the most prevalent intercellular antioxidant. Glutathione is one of the most important conjugators of numerous environmental and endogenous toxins. It is known to be depleted not only by xenobiotics, but also by chronic conditions such as inflammatory and neurodegenerative diseases.

Glutathione support is linked to lower rates of cell death and apoptosis. BioFoundation-G provides physiologically relevant doses of hepatoprotectors such as milk thistle, antioxidants, mitochondrial bioenergetic enhancers such as CoQ10, and co-factors for critical detoxification enzymes. It also provides the biological modifiers natural trans-resveratrol and green tea phytosome, two nutrients shown to have anti-inflammatory, weight management, anti-aging, cardiovascular, and stress-related benefits.



**Serving Size:** 1 tablet  
**Servings per Container:** 180

**Each Tablet Contains:**

		Daily Dose:
Vitamin A (Palmitate).....	500 IU (150 mcg RAE) ...	1500 IU (450 mcg RAE)
Vitamin B1 (Thiamine Hydrochloride).....	4.2 mg .....	12.6 mg
Vitamin B2 (Riboflavin) .....	4.2 mg .....	12.6 mg
Vitamin B3 (Niacin).....	12.5 mg .....	37.5 mg
Vitamin B3 (Niacinamide) .....	33.3 mg .....	100 mg
Vitamin B5 (Pantothenic Acid) (Calcium <i>d</i> -Pantothenate).....	16.7 mg .....	50 mg
Vitamin B6 (Pyridoxine Hydrochloride) (Pyridoxal 5-Phosphate) .....	2.5 mg .....	7.5 mg
Biotin.....	8.3 mcg .....	25 mcg
Betaine Hydrochloride .....	16.7 mg .....	50 mg
Folate (from (6S)-5-Methyltetrahydrofolic Acid (MTHF), Glucosamine Salt, Quatrefolic®).....	83 mcg .....	249 mcg
Vitamin B12 (Methylcobalamin).....	167 mcg .....	501 mcg
Para-Aminobenzoic Acid (PABA).....	4.2 mg .....	12.6 mg
Choline (Bitartrate) .....	4.2 mg .....	12.6 mg
Inositol .....	4.2 mg .....	12.6 mg
Vitamin C (Ascorbic Acid).....	167 mg .....	501 mg
Vitamin D3 (Cholecalciferol).....	333 IU (8.3 mcg) .....	999 IU (25 mcg)
Vitamin E ( <i>d</i> -Gamma Tocopherol) .....	33.3 mg .....	100 mg
Vitamin K2 (Menaquinone) (MK-7) (Natto Bean) .....	7.5 mcg .....	22.5 mcg
Boron (Citrate).....	41.7 mcg .....	125 mcg
Calcium (HVP* Chelate).....	16.7 mg .....	50 mg
Chromium (Polynicotinate).....	33.3 mcg .....	100 mcg
Copper (HVP* Chelate).....	170 mcg .....	510 mcg
Iodine ( <i>Ascophyllum nodosum</i> ) (whole plant).....	50 mcg .....	150 mcg
Magnesium (HVP* Chelate).....	33.3 mg .....	100 mg
Manganese (Citrate).....	0.8 mg .....	2.4 mg
Molybdenum (Citrate).....	66.7 mcg .....	200 mcg
Potassium (Citrate).....	6.8 mg .....	20.4 mg
Selenium (Selenomethionine).....	33.3 mcg .....	100 mcg
Vanadium (Citrate).....	2.5 mcg .....	7.5 mcg
Zinc (Citrate).....	2.5 mg .....	7.5 mg
Bilberry Extract ( <i>Vaccinium myrtillus</i> ) (36% Anthocyanosides) (fruit) .....	6.6 mg .....	20 mg
Citrus Bioflavonoids 4:1 Extract ( <i>Citrus limon</i> , <i>Citrus sinensis</i> , <i>Citrus paradisi</i> , <i>Citrus reticulata</i> , <i>Citrus aurantiifolia</i> ) (fruit) .....	8.3 mg .....	25 mg
Coenzyme Q10 (Microorganism) (whole cell).....	8.3 mg .....	25 mg
Green Tea Phytosome® ( <i>Camellia sinensis</i> , <i>Glycine max</i> ) (13% EGCG**) (leaf, seed).....	8.3 mg .....	25 mg
Hesperidin ( <i>Citrus sinensis</i> ) (fruit).....	4.2 mg .....	12.6 mg
Lutein ( <i>Tagetes erecta</i> ) (flower) .....	550 mcg .....	1650 mcg
Lycopene ( <i>Lycopersicon esculentum</i> ) (fruit).....	280 mcg .....	840 mcg
Silybin Phytosome® ( <i>Silybum marianum</i> , <i>Glycine max</i> ) (15% Silybin) (fruit, seed).....	25 mg .....	75 mg
N-Acetyl-L-Cysteine.....	25 mg .....	75 mg
R-Alpha-Lipoic Acid.....	41.7 mg .....	125 mg
ResveratrolRich® Proprietary Blend [Wine Grape ( <i>Vitis vinifera</i> ) (fruit), Purified Japanese Knotweed ( <i>Polygonum cuspidatum</i> ) (root)] .....	33.3 mg .....	100 mg
Providing Natural Trans-Resveratrol .....	16.7 mg .....	50 mg

\*HVP: Hydrolyzed Vegetable Protein      \*\*EGCG: epigallocatechin-3-gallate

**Non-medicinal Ingredients:** Microcrystalline cellulose, croscarmellose sodium, coating (carbohydrate gum [cellulose], glycerin), vegetable grade magnesium stearate (lubricant).

**Recommended Adult Dose:** 3 tablets per day with meals, a few hours before or after taking other medications or natural health products, or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

**Recommended Use:** Helps maintain the body's ability to metabolize nutrients. Helps form red blood cells, tissue formation, and normal growth and development. Helps maintain eyesight, skin, membranes, and immune function. Helps in the development and maintenance of night vision, bones, cartilage, teeth, and gums, in connective tissue formation, and in wound healing. An antioxidant for the maintenance of good health. Provides support for healthy glucose metabolism, absorption and use of calcium and phosphorus, maintaining proper muscle function, and helps in the function of the thyroid gland.

**Caution:** Consult a health care practitioner prior to use if you have diabetes, kidney stones, a liver disorder, an iron deficiency, a history of non-melanoma skin cancer, peptic ulcer, excess stomach acid, if you are pregnant or breastfeeding, or if you are taking blood thinners, sulfonamides, or blood pressure medication. Consult a health care practitioner prior to use if you are taking prescription medications, as resveratrol may alter the effectiveness of these medications. Hypersensitivity (e.g., allergy) has been known to occur, in which case discontinue use. Do not use this product if you are taking antibiotics or nitroglycerin. If you experience sweating, paleness, chills, headache, dizziness, and/or confusion, discontinue use and consult a health care practitioner (as these may be symptoms of serious low blood sugar). Stop use and consult a health care practitioner if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness, and/or loss of appetite. Rare, unpredictable cases of liver injury associated with products containing green tea extract have been reported (in Canada and internationally). People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Keep out of reach of children.

**Drug Interactions:** Vitamin K supplementation may decrease the efficacy of warfarin, or require more close monitoring of its administration. This product contains nutrients known to reduce hypertension and hyperglycemia, and may require lower dosing or discontinuation of related medications.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, egg, fish, shellfish, tree nuts, or GMOs.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



· GUARANTEED ·

Bioclinic Naturals® products are manufactured to meet or exceed current Good Manufacturing Practices (cGMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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 Bioclinic Naturals® Canada  
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