



CoreHealth™ for Women

Description

CoreHealth is Unicity's daily multivitamin, mineral and phytonutrient product. The difference of this product with normal multivitamins is that it contains adequate amounts. Typically more than the RDA, but at the optimal nutritional levels. It also contains good sources that allow supreme absorbability. Finally, the product even provides a number of generally accepted healthy phytonutrients.

Ingredients per daily dose.

Name	Amount	Function
Women's Core Multiple		
Vitamin A (49% beta-carotene / 50% palmitate Vitamin A)	10000 IU	Vitamin responsible for growth and good vision
Vitamin D	200 IU	Vitamin responsible for calcium uptake
Vitamin E	200 IU	Vitamin, antioxidant for e.g. LDL cholesterol particles
Vitamin K	20 mcg	Vitamin important for blood coagulation
Iodine	100 mcg	Important for metabolism regulation
Zinc	15 mg	Antioxidant mineral
Selenium	200 mcg	Antioxidant mineral
Iron	7.8 mg	Important for oxygen transport
Manganese	2 mg	Antioxidant mineral
Chromium	200 mcg	Sensitizes insuline
Copper	2 mg	Antioxidant mineral
Molybdenum	75 mcg	Antioxidant mineral
Vanadium	15 mcg	Antioxidant mineral
Boron	1 mg	Thought to play a role in bone building
Soy Extract	30 mg	Mild estrogenic effect, reduces bone loss, and risk for CVD.
Green Tea Extract	200 mg	Antioxidant tea
Lutein	3 mg	Spinach carotenoid, beneficial for eye health
Potassium Hydrogen Glucarate	400 mg	Promotes cellular health
Mixed Carotenoids	541 mcg	
Beta carotene		Antioxidant carotenoid
Alpha carotene		Antioxidant carotenoid
Cryptoxanthin		Antioxidant carotenoid
Zeaxanthin		Antioxidant carotenoid, important for eye health
Vitamin B Complex with Vitamin C		
Vitamin C	250 mg	Antioxidant vitamin
Thiamin (as thiamin mononitrate)	10 mg	Vitamin involved in energy production
Riboflavin (Vitamin B2)	10 mg	Vitamin involved in energy production
Niacinamide	25 mg	Vitamin involved in energy production
Vitamin B6	10 mg	Vitamin involved in energy production
Folic Acid	400 mcg	Reduces homocystein
Vitamin B12	50 mcg	Vitamin involved in energy production



Product Information Sheet

Biotin	300 mcg	Vitamin essential for healthy hair growth
Pantothenic Acid	25 mg	Vitamin involved in energy production
Inositol	10 mg	Important for cell membranes, and brain functioning
Choline (as bitartrate)	10 mg	Precursor for neurotransmitter
Bioflavonoid Blend	50 mg	
Quercetin (as dehydrate)		Antioxidant
Citrus Bioflavonoids		Promotes vitamin uptake
Calcium Magnesium with Vitamin D2		
Vitamin D (as ergocalciferol, D2)	400 IU	Promote calcium uptake
Calcium	400 mg	Bone building mineral
Magnesium	200 mg	Bone building mineral