

Jonathan: Welcome, everyone. Jonathan Hunsaker, founder of Organixx here. And I'm joined by our CEO, TeriAnn Trevenen.

TeriAnn: Hey, everyone.

Jonathan: And the famous Dr. Daniel Nuzum.

Dr. Nuzum: Hey there, folks.

Jonathan: Listen, we made this podcast just to educate you on how to live a healthier lifestyle. Today, we're going to focus specifically on multivitamins. Do you need one? Do you not need one? And even more importantly, what should your multivitamin have in it? What to look for, what to not have to worry about, all of that fun stuff. So, Doc, let me ask you the very first question. Does everyone need a multivitamin?

Dr. Nuzum: My answer to that would be yes. And I'll tell you why. If you're eating the standard American diet, the standard American diet has been shown to supply us with trace amounts of 17 of the between 73 and 90 essential nutrients that we need on a daily basis. So, if your diet is only supplying at best 17 out of 73 to 90 nutrients, that's about 20 percent of the total nutrients that you need on a daily basis. Where are you getting those nutrients?

Jonathan: I know a lot of our listeners are on the healthier side of things, so they're likely not eating the SAD diet, they're a little bit more health conscious. Talk to me about somebody who eats a whole food, plant-based diet exclusively. Are they reaching all 73-90?

Dr. Nuzum: Typically, you'd have to be eating right around between 15-20 pounds, not servings, I said pounds, of fruits and vegetables a day to get that amount, to hit that amount of nutrients.

Jonathan: And a lot of that, I mean we've talked about this in previous episodes, it has to do with the nutrient deficiency that's in the soil.

Dr. Nuzum: Right.

Jonathan: Right? And just over time, how much topsoil is gone, the lack of nutrients that's in it. And if the nutrient isn't in the soil to begin with, it'll never make it into that fruit, vegetable, whatever it is.

Dr. Nuzum: Right.

Jonathan: And so, it's really important just to understand that supplementation is essential. The quality of the supplementation is also essential. Your one a day that you're going to go find at the store that you see a commercial for, and we did a whole segment about this in a previous episode, being synthetic.

Obviously, that's not the solution. Your body can't absorb it. So, tell me, what are the things that I want to look for in my multivitamin? I think it's—I think almost anybody, whoever you are, no matter who you are, can argue that you should take a multivitamin.

Dr. Nuzum: Right.

Jonathan: So, now, what do I need to look for inside of my multivitamin?

TeriAnn: Yeah, let's break that down even a little bit further. Let's talk about ingredients first. What are the main ingredients we want to see in a daily multivitamin?

Dr. Nuzum: First off, you want to have plant-sourced ingredients. You want the vitamins and the minerals to come from plant sources.

TeriAnn: Not only plant sources, but organic plant sources.

Dr. Nuzum: Organic plant sources, exactly.

TeriAnn: Absolutely.

Dr. Nuzum: Because you don't want to—you don't want a pesticide pill, you want a vitamin pill, right? So, you want the nutrients to be coming from a plant source, organic plant source. What you want are fruit and vegetable concentrates. Now when you combine multiple fruits and vegetables, kind of like a salad, you combine all these fruits and vegetables in a concentrate, the total amount of vitamins that occur in that particular supplement are the sum amount of what that "salad" is that you put together. Okay, does that make sense? Do you follow?

TeriAnn: Yep, absolutely.

Dr. Nuzum: Okay. That's what you want to look for. You want a whole food supplement. When it's whole food, that means the vitamins and minerals that are occurring in that are naturally-occurring in that particular group of foods, which is important. Because those are nutrients then that your body will recognize and will readily utilize.

If you have synthesized vitamins and minerals in a supplement, unless they've been metabolized through another process, which there are other processes. You can take synthetic vitamins and minerals and take them through different processes and turn them into natural—what would be the same as the naturally-occurring forms of those vitamins. We'll talk about that later. But that's more to come on that.

Because there's not too many processes that will do that, but there are some. Now with vitamin, a multivitamin that you take on a daily basis, maybe a couple times a day, you don't want to take massive

doses of any particular nutrient. You want something that's fairly well-balanced. You don't want real high amounts of any particular group of nutrients because that eventually could accumulate, and you don't want things to accumulate. You want this to be fuel, you want this to be—

I'll give you an example. I use the example of the SAD diet, standard American diet, supplying only 17, let's say 20 percent of the nutrients you need on a daily basis. Well, that's—I use the analogy, if we went to your car and removed 80 percent of the nuts and bolts from your car, randomly, how well would it run? Well, it'd break down pretty quick. Also, on the flip side, we don't just load up the car with nuts and bolts, either. If we put bags and bags of nuts and bolts in the car, the car's not going to be very functional. Right?

Jonathan: It's not that it's missing the nuts and bolts necessarily, it's missing them in the right places.

Dr. Nuzum: Exactly. So, we want to just get—we need to replace the missing parts. We need to plug the holes in the dam. That's another analogy I like to use. So, we need to get those things plugged up. And that, your body absorbs more nutrition in small doses throughout the day than it will one dose, one big dose at a time during the day.

So, it's just like this. If you want—let's say you're an athlete and you want to really get a lot more protein into your muscles. If you're going to take a whole, let's say 100 grams of protein in extra throughout the day, you don't want to take that with your meals, you want to take that in between meals, and you want to take maybe 20-25 grams of protein between meals. Because your body's only going to be able to metabolize so much at one time.

So, smaller doses, more frequent, will correct deficiencies way faster than one massive dose on a daily basis, or weekly basis. There's a practice right now of giving people, prescribing people massive amounts, 50,000 milligrams, or 50,000 units, 50,000-100,000 units of vitamin D3, once a week to correct a deficiency.

And I watched it time and time again, never correct a deficiency. Where people have been doing that for a year and it still hasn't corrected the deficiency. And then we take and put them on low doses, maybe 5,000 units twice a day, and within a couple weeks to a month, maybe two months at the most, their vitamin D3 deficiency's all corrected. So, my point is, your body will pick up more if you give it a small amount frequently, than if you give it—

TeriAnn: All at one time.

Dr. Nuzum: —all at one time.

Jonathan: It almost feels like it's part of our culture now, right? "Just give me the pill once. Give me the treatment once. I don't want to do it all the time." It's a laziness that comes into it, even on antibiotics

now, it seems like are just some massive doses for three days as opposed to the 10 days and all of that. It's, yeah, it's just—

TeriAnn: It's just like mastering—to me, the analogy for me would be just like mastering something in your life. It takes time and practice. So does your body. It takes that time and practice, and repetition, really training your body to recognize this nutrition, recognize the things going into your body, and be able to regulate it over time. It makes perfect sense.

Dr. Nuzum: Perfect sense.

TeriAnn: Just like everything else, it needs that time to recognize, understand, and use it the way it needs to be used.

Dr. Nuzum: Absolutely. You know? If they would have started turning the Titanic a little sooner, they would have missed the iceberg altogether.

TeriAnn: Yeah.

Dr. Nuzum: But it took time. They ran out of time. They couldn't turn it fast enough.

Jonathan: Well, I'm sure they cranked the wheel as hard as they could, right at the end.

Dr. Nuzum: Sure, right at the end. Exactly, exactly. Well, they didn't have enough—they didn't spend enough time doing that process.

Jonathan: I like that. So, understanding that you don't want necessarily a multivitamin that's just totally jacked in everything all at once. So, it probably makes sense to take a multivitamin that's more of a two or three pill per dose.

Dr. Nuzum: Yes.

Jonathan: So that you could actually take one each meal.

Dr. Nuzum: Absolutely.

Jonathan: Or in between meals, or whatever suits your schedule better. I like that.

Dr. Nuzum: For sure.

Jonathan: What actual ingredients should I be looking for inside of the multivitamin?

Dr. Nuzum: Well, you're going to want to look for B-complex vitamins. You want to make sure you have your full complement of B-complex, that's your B1, B2, 3, 6, folics, folate. You want B12, you want biotin. You'll want vitamin C in a formula. You want to make sure that there are some minerals. You don't want something that has no minerals in it, because some of the—when vitamins and minerals occur naturally in foods together.

They don't—if you have a mineral occurring, it's typically some sort of rock somewhere. And vitamins don't ever occur by themselves, individually by themselves in nature. That doesn't happen. So, the only way to do that is to isolate specific nutrients. And that starts leaving the food realm and entering more the pharmaceutical realm, because you've isolated something, one particular thing, and just giving that one.

And the body doesn't respond as well to that. The body is designed to consume food. And when you give it food, it recognizes food. And so, when you have a multivitamin and you're—you have like massive amounts of these nutrients and almost nothing over here, it's not balanced. So, you want significant amounts.

Usually, I like higher than normal RDA. Now, RDA is the FDA's recommended daily allowance for the certain nutrients. I like higher doses than your recommended daily allowance. I'll get into that. Your recommended daily allowance, for men, that scale is set for a man that is 5'8", weighs 158 pounds, in his 20s to 30s.

And for women, they have the scale is for a woman that is 5'5", 4 or 5, it's 5'4" or 5", that is 120 pounds. Again, about between 20 and 35 years old is what the RDA.

Now, younger than that, you need more than the RDA in order to avoid nutritional deficiency diseases, things like pellagra, and scurvy, and berry-berry. Those are all diseases that are linked to deficiencies in specific vitamins. And if you have—rickets is another one. There's quite a few nutritional deficiency diseases that will happen if you're massively deficient in one or more nutrient, and these actually are all related to single nutrients.

Scurvy is a vitamin C deficiency. Berry-berry is a B vitamin, so is pellagra. Those are B vitamin deficiencies. Vitamin D will cause rickets if you don't have vitamin D in your system. So, these particular diseases, the recommended daily allowance is the minimal amount of those particular nutrients that you have to consume on a daily basis in order to avoid developing these nutritional deficiency diseases. So, this is the very—scraping the bottom of the barrel amount of these nutrients that you need.

Jonathan: Now, what if you're older than that?

Dr. Nuzum: People older than that need more because they're not absorbing things as well. So, maybe not terribly older, but when you get into the—closer to the retirement age, you definitely need more.

Jonathan: So, let's just talk about this, because I know we have a large audience that is 40 and over. So, let's say when you hit 40, should we be looking at 1 ½ what the RDA is?

Dr. Nuzum: Sure.

Jonathan: Would be fair. If you hit 50, do you want to double the RDA, or is it not quite that much?

Dr. Nuzum: Absolutely. And again, that's just scraping the bottom of the barrel.

Jonathan: Agreed.

Dr. Nuzum: We're just, just—

Jonathan: This is just a minimum.

Dr. Nuzum: Just a minimum so you don't develop these nutritional deficiency diseases. That has nothing to do with optimal health.

Jonathan: Right.

Dr. Nuzum: It's just so you don't—your skin doesn't start falling off because you don't have any vitamin C in your system, you know?

TeriAnn: Right.

Dr. Nuzum: That—so that, now you think about it, the RDA is only 60 milligrams of vitamin C in a day. You get right around that from about half an orange. So, your amount is set very, very, very low if you think about it.

Jonathan: The bar is set very low.

Dr. Nuzum: So low. And it's true that for someone that size, those levels of those nutrients would be enough, so they don't develop these nutritional deficiency diseases. But that doesn't apply to someone bigger, that doesn't apply to someone with digestive problems, that doesn't apply to somebody with other health issues, or somebody under high stress, that doesn't apply for children who are growing, that doesn't apply for elderly whose digestive systems are slower and just not absorbing things quite as well.

TeriAnn: That's actually a great question. We get a lot of questions about advanced dosage for multivitamins. And so, we talked about taking it consistently every day, throughout the day. What does advanced dosage look like, when you're looking at deficiencies when it comes to taking a multivitamin and putting that into your regimen?

Dr. Nuzum: Into the regimen, sure, sure. My typical—what I do with patients, I use a process clinically. I call it stabilization, detoxification, fortification. Those are my three steps when I work with a patient. So, when they first come in, my primary objective with a patient is to stabilize them. And from a nutritional standpoint, when we're working with—when I'm working with a patient that has a chronic illness, the first—it's not like they have a broken leg.

So, I'm not stabilizing a broken leg or a bleeding wound, I'm not working in that kind of clinic. That's not what I'm doing. I'm working more with people with chronic issues. They've been ill for a long time.

And so, my first step is to stabilize that person. And what that looks like really, is to—I'm trying to increase their nutritional density of their body. I want to fill in all the blanks in their nutritional protocol. Because if there's blanks in that nutritional protocol, the machinery of their system isn't going to operate properly. They're missing nuts and bolts, so the machinery doesn't operate well.

So, in order for me to progress them into the next step of my process, the detoxification step, they have to have operational machinery. So, the functions of their body have to be—they have to be operating. Otherwise, they're not going to detoxify very well. So, I have to build them up nutritionally first.

And I use, and I'm not just plugging Organixx here, but I clinically use OrganiGreens, I use OrganiZymes, and I use Multi-Vita-Maxx for those things with my patients. So, and typically, we may do two to three Multi-Vita-Maxx two to three times a day to get their—to get their nutritional profile back to operational status, if that makes sense. But we'll do the same with the OrganiZymes, so we get their digestive tract, we're prepping the digestive tract also. And then with the OrganiGreens, we're getting even broader, even broader base of nutrients.

We're not loading them up on any particular nutrient. I want to get hundreds of nutrients into their system from multiple sources because everyone's going to absorb things a little different. And so, if we have multiple sources of similar nutrients, they—we correct those deficiencies very quick and they feel a lot better very fast.

TeriAnn: And multivitamins are the base of that process, the very first thing they should be taking, and there's other things you can add in on top of that.

Dr. Nuzum: Correct.

TeriAnn: The multivitamin is the base of—

Dr. Nuzum: It's the base.

TeriAnn: —of stabilizing someone.

Dr. Nuzum: Right.

TeriAnn: We should be doing that every day anyway.

Dr. Nuzum: Right.

TeriAnn: Don't get to the point where you need to stabilize, just be doing that for yourself.

Dr. Nuzum: Right, because when you're stabilizing, you're getting yourself ready to start healing. You actually aren't healing yet. The detox process takes you through the—where you're further prepping your body to be able to heal. But that's when you get into that fortification process that you're actually healing. Your body now is running right, it's getting better. And that you still need those nutrients in that process. Does that make sense?

TeriAnn: Absolutely.

Jonathan: So—

TeriAnn: Go ahead.

Jonathan: During the stabilize, are you—is that when you're upping the dose? Is that when you're at, say 2X or even 3X-ing it?

Dr. Nuzum: Right.

Jonathan: And then the detox.

Dr. Nuzum: Then we might bring them down to the—just the recommended dose.

Jonathan: And the fortify, obviously, stays there. In the detox, you're obviously adding detoxification stuff into it, right?

Dr. Nuzum: Exactly.

Jonathan: But it's the stabilize portion when you may want to do the advanced dose. And how long, I know everybody's different, right? So, if you're listening to this, this is just a general rule of thumb. Are you talking 30 days, 60 days, 90 days?

Dr. Nuzum: Usually up to 90 days.

Jonathan: Up to 90 days.

TeriAnn: For the advanced dosage? Yeah.

Dr. Nuzum: That's where I will—and it depends on—really, all of that depends on how depleted the person is when they come in. If they come in very depleted, they're fragile. We have to build them up, we've got to get them strong. We can't even detox someone that's fragile because they're too fragile. And so, we have to build them up, so they can detox.

And when they get—detox is really that part in the process where they go from being—not feeling well, to they start feeling really—they start feeling well when they go through that detox, when they go through that process. And again, that process may take 30-120 days, that component, before we get into the really rebuilding component of the whole process. But yeah, I have people, they might be on the high dose, high doses of multivitamins for 90 days.

Jonathan: And we're talking, by the way, if you're listening at home, specifically about Organixx Multi-Vita-Maxx itself. We have a capsule and a liquid. I just want to be careful here legally that we're not saying, "Go out and take two or three times of your multivitamin," because we don't know what you're taking, we don't know the condition of your body. Go see your local naturopath and come up with a plan, if you feel like you're depleted, if you feel like you're in a place where you need to get healthier. Go see somebody rather than just listen to us and assume that you can triple-dose whatever you're taking now.

TeriAnn: I think that's an important point here, is multivitamins are so important to supplement for what we're missing in the average diet every day. And then people need to take the responsibility upon themselves to go and be tested, "What am I deficient in?" And you should be taking a multivitamin every day anyway, and there's so many things you can do.

Jonathan: Without testing. You know you should go take a multivitamin.

TeriAnn: Absolutely. And then if you're—then you can go down the road of—that's the whole point of what he's talking about, just stabilizing your body with that multivitamin is so critical to the next steps of your body being able to do anything else that it needs to do to heal. When talking about a multivitamin, we have a lot of people who want to know, out there who are listening, what is important in your multivitamin?

Not just the ingredients, but even if it's not something that's common in a lot of multivitamins out there, what are things that should be a part of your multivitamin, whether it's part of the delivery system, or there are different aspects of that in multivitamins specifically? What are unique things to multivitamins that people should be looking for that really make that multivitamin more effective and more powerful?

Dr. Nuzum: The efficacy and the power of a multivitamin, in my opinion, comes from whether or not it is a plant-based, organic plant-based concentrate. The concentrate's super important. Typically, what you want to look for is a juice concentrate, where they've taken and juiced fruits and vegetables, freeze-dried the powder, they take those powders, and then, once they make their formula, that's the culmination of all the ingredients, they take and analyze that and that comes back. And what you should be seeing on the label is the amounts of those nutrients that are in the mix of the "juices" that they extracted from those fruits and vegetables. Does that make sense?

TeriAnn: That makes perfect sense.

Jonathan: Absolutely.

Dr. Nuzum: That is what—that's what we're missing in our diets. We're missing fruits and vegetables across the board. Pretty much everyone's missing, we're not getting enough fruits and vegetables.

TeriAnn: Well, and food's not even food anymore.

Dr. Nuzum: And food—exactly, exactly. And that, if we're not eating GMOs, you talk to the GMO experts, I have friends that are scientists that are GMO experts, and their opinion of GMOs is that they are anti-nutrients. So, they prevent your body from absorbing nutrients. So, that's not even food, that's like anti-food. So, if you're consuming GMOs, not only is it not food, but it's programming your body not to absorb nutrients. I'm sorry, that's a whole other topic.

Jonathan: But that's why it was designed, it was designed to be able to be pesticide—

Dr. Nuzum: Herbicide resistant.

Jonathan: Resistant, exactly. And so, you can't wash that off. The glyphosate—

Dr. Nuzum: Is there.

Jonathan: —that's inside of it, that doesn't wash off. And then when you consume that GMO crop, now you have—now it's going in there and killing stuff inside of your gut, the same things, right? It's acting as a pesticide, so to speak, herbicide, insecticide to your gut.

TeriAnn: Yeah, it speaks to an earlier conversation about why it's so important to have, even in your multivitamin, organic ingredients. Because you're reversing—

Jonathan: In any supplement.

TeriAnn: In any supplement. But you're reversing what you're taking by taking something that has GMOs in it. And you're—

Dr. Nuzum: Right, it's—

TeriAnn: Yeah, it's just counterintuitive.

Dr. Nuzum: Counterproductive, you know?

TeriAnn: Exactly.

Dr. Nuzum: Totally counterproductive. So, again, I always go back to food. You want to be consuming concentrated food. So, if your multivitamin is a—if it's been synthesized from yeast, or—which is a common—that's common, especially for B vitamins, if it is your—did the vitamin C come from corn? Those aren't—you don't want to be—

Jonathan: GMO corn.

Dr. Nuzum: Yeah, and GMO corn to boot. You don't want to be consuming that kind of stuff. You want something that has been—is a food concentrate, they've concentrated multiple foods, not just one food. Again, you can get good nutrition from seaweeds, from chlorella and from spirulina, those types of things. They're great sources of nutrients. But if you're not combining other things with them, there's holes in that armor, if that makes sense. You're needing berries, you're needing lemons and limes and other fruits, you're needing other vegetables, cruciferous—

TeriAnn: To complement each other.

Dr. Nuzum: To complement that.

TeriAnn: Right, right.

Dr. Nuzum: And again, not everyone absorbs the same nutrients from the same sources the same way. And so, by diversifying, you're—and here's what's really interesting. When you consume a—you have one meal, and then you have something different at the next meal, and you have something different at the next meal, and you have “21 meals a week,” roughly, what you eat at every meal, if that's changing every time you're eating, what nutrients will combine well with that meal changes with each meal. So, if you're taking your multivitamin three times a day, but the meals you're eating are different three times a day, what you'll absorb out of that multivitamin changes with your meal.

Jonathan: Interesting.

Dr. Nuzum: Because there's certain foods that will block absorption of other nutrients, and vice versa.

TeriAnn: Another reason to spread it out in your timeframe of taking it.

Dr. Nuzum: Correct, for sure, yes.

TeriAnn: Yeah. So, what are things to look for in multivitamins that are dangerous, that you shouldn't be taking?

Dr. Nuzum: Fillers are usually the things that are really not—those are things that you want to be looking for. A lot of those things will be on the label as different salts, phosphates or chlorides, and things like that.

Sometimes you'll see stearates. And in some things, you have—by law, you have to have, like magnesium stearate. Sometimes, there's certain ingredients that you're going to have to have some magnesium stearate in the capsule by law. It's just an FDA rule. And it acts as a—basically a fungicide, antibiotic within the nutrient, within the capsule. It's just part of the—those are FDA regulations. We can't get around those. So, depending on the ingredient, certain ingredients have to have that in—combined in a capsule.

TeriAnn: Interesting.

Dr. Nuzum: That's not typically something that you want to consume, but sometimes you'll have, because of the different ingredients in the capsule, you'll have to have something like that. So, it's not always bad, but unfortunately, it's something we have to—it's an FDA requirement, you have to comply.

And there are other things, like synthetics. Synthetic vitamins are another thing to look at.

I don't like—I wouldn't take a multivitamin/mineral supplement that had lots of oxides or chlorides or carbonates in it. Those are all minerals that are salts, and kind of like rock salt, and your body's not going to absorb much of that and it's taking up space in a capsule. In my opinion, I look at those as being fillers. They're not really bioavailable nutrients. They look good on a label, because you can put a lot in a capsule and raise your milligram doses, but it really isn't that bioavailable.

TeriAnn: Yeah, and it goes back to understanding ingredients that are in products that you're taking, and really knowing what they are. And it's so important to take that responsibility. I do want to talk about one thing that is specific to our multivitamin, and that's the folic acid. Can you talk a little bit about that?

Dr. Nuzum: Folic acid, sure.

TeriAnn: And are we seeing this anywhere else in the industry? Things like this are really critical. Little unique things like this in your supplements that really make them more impactful, people should be looking out for this kind of thing. But I want to talk about that one a little bit.

Dr. Nuzum: Folic acid is typically a synthetic version of folate. It's a B vitamin. And folate is the form of that B vitamin that you'll find in fruits and vegetables. You can extract folate from yeast, and it's called folic acid. It's synthesized from—you can synthesize it from other natural sources, but then you have to call it folic acid.

We have—what we give our mushroom mix, in our fruit and vegetable mix that we feed to the mushrooms, we give them a yeast extracted folic acid with the rest of our B vitamins. The interesting thing with that is the mushrooms consume that folic acid and convert it into folate.

So, when we take and pulverize, grind up our final extract, mushroom extract that we use in Multi-Vita-Maxx, our turkey tail mushrooms, we take and dry them, we pulverize them, turn them into a powder, liquify them, freeze-dry it again. What we have left is listed on the side of the bottle. That's on our label, we have those listed.

Those are the ingredients fed to the mushrooms. The mushrooms then take and methylate them. The mushrooms do take and metabolize these—all these nutrients into methylated, usable forms of these nutrients.

And what's unique to Multi-Vita-Maxx is no one else is doing that process. That's something that we're doing exclusively. And it's an interesting process because we're taking and not only fermenting things, but we're using the mushroom here to ferment these ingredients. And the mushroom is, all said and done, it has such high nutritional density because we increased its food source, we fed it. I'm trying to make this simple.

We fed the mushrooms such high-quality nutrition that the mushroom itself ends up with the nutrients that we have listed on the side of the—on the bottle. So, you're getting a medicinal mushroom multivitamin, if you will.

Jonathan: And how does this affect those with MTHFR?

Dr. Nuzum: Now those with MTHFR are the folks that have the—their genetics have mutated to a point that they don't metabolize unmethylated B vitamins. Because of this process of feeding the mushrooms these B vitamins, the mushrooms methylate the B vitamins for us. So, it's a whole natural process, different than anyone else is doing. This is something—we're using—we're having the mushrooms ferment and predigest the stuff for us.

And they're methylating it. And so, what comes out, what the mushrooms have themselves, and what we have in our supplement then, are methylated versions of all of these things, which those with MTHFR do very well with.

TeriAnn: Can you just say what that is really quick for—

Dr. Nuzum: Okay.

TeriAnn: We say that, but let's just clarify.

Dr. Nuzum: MTHFR is an acronym for a genetic mutation that causes people to have a poor—they don't methylate, which is like a cellular detoxification, to put it real simply, okay? They don't detoxify on a cellular level very well. And they also don't metabolize certain nutrients very well. And so, if those nutrients are pre-methylated, they actually do absorb and utilize those nutrients.

Jonathan: And would they normally have a reaction to a multivitamin that has folic acid in it?

Dr. Nuzum: Not—they don't typically have a reaction, they just don't get any benefit.

Jonathan: Got it. So, we're going to get ready to wrap this up here in just a minute. Just a couple kind of key points here. And some of this stuff that we spoke about specifically on this podcast is specifically to Multi-Vita-Maxx, which is Organixx multivitamin. We have that in a capsule and liquid form. Quick plug, the liquid form's phenomenal for kids, great for those that don't want to swallow capsules.

We've talked in previous episodes about liquid being a faster delivery system than a capsule. And what's interesting about that, the way that I use it, is first thing in the morning, I have the liquid Multi-Vita-Maxx to get it into my system right away, because I haven't had anything all night, obviously. And then I'm taking the capsule throughout the day, and then again right before bed, because it's going to take a little bit longer for it to get into my system, and just to try to give myself a more consistent dose along the way.

But anyway, beyond that quick plug, make sure that you're looking for ingredients that are organic. You don't want a pesticide pill. That makes a big difference. Some other things, like fermented and sprouted ingredients that make it more bioavailable. Being in a fulvic/humic acid base. Obviously, not synthetic. I'm trying to think if there's—

TeriAnn: No, you're—well, and we talked about, too, know your ingredients, know if it has fillers and extra things that are adding in that your body doesn't need. And even if they're in there, it may be counterproductive to what you're taking.

Jonathan: Well, and the numbers on the RDA aren't—it doesn't always tell you how good that supplement is, because if it comes from a synthetic, right, like we've talked about with vitamin C and if

it's ascorbic acid, you can have 1,500 milligrams that would be equivalent to, and I don't know the math, but a much smaller dose that's just coming from kamo-kamo or something like that, right?

Dr. Nuzum: Right.

Jonathan: So, take some time. This is your body that we're talking about, right? You're the one that's responsible for your health. And we're just trying to help give you information, but it's ultimately on you to do a little bit of research. Spend some time, because this is you. And this research will determine how good you feel day in and day out.

This research will determine how healthy you feel, how able-bodied you are to get up off the couch and play with your kids or grandkids, and just enjoy life in general. Because it is possible. You can heal yourself, right? Just take the time and educate yourself and look. Go see a naturopath. Go see other people that can really help you get healthy. And just look for as much information as possible.

TeriAnn: Well, and I think one of the most important things we learned here today, just for me too, the multivitamin aspect of it, talking about your process of stabilizing, detoxifying, and fortifying the body. To go off of what you were just saying, just taking a basic daily multivitamin is the beginning phases of building those—your body up with those nutrients it needs to be able to take other nutrients and do what your body needs with those, too.

If you're not just getting the basics, your body's not going to correct all of this. And those basics are so critical. So, in educating yourself and knowing what you're taking, know what's in your multivitamin. It's one of the most important things you can be taking every day, just to fortify your body, help your body to get to a place where it can heal and be strong. Or if you don't need a reason to heal, just to be stronger every day and to function and to fire on all cylinders. It's so important.

Dr. Nuzum: Right.

Jonathan: Perfect. Thank you, everyone. For those listening, go to Organixx.com. We have tons of articles, videos, ways to educate yourself. If you feel inspired, definitely check out our products as well, and we'll see you on the next episode.

TeriAnn: Thanks, everyone.

Dr. Nuzum: Thank you.

Jonathan: Thanks.