



Empowering you Organically - Season 1 - Episode 4

Title: Multi-Vitamins: Hype or Healthy?

Guest: Dr. Daniel (“Doc”) Nuzum

Does everyone need a multi-vitamin?

Doc Nuzum says yes and here’s why.

- Standard American Diet only provides 17 of the between 73 to 90 nutrients we need on a daily basis.
- Whole food, plant-based diet eaters would still need to eat between 15-20 pounds, not servings, of fruits and vegetables a day to get their daily amount of nutrients.
- Even organically grown fruits and vegetables don’t have the nutrient punch they did in the past due to our soil deficiencies.

What are the main ingredients we want to see in a daily multivitamin?

- Organic plant-sourced ingredients of vitamins and minerals
- Make sure it’s a whole food supplement
- Well balanced in nutrients
- B-complex Vitamins - B1, B2, B3, B6, folics, folate, B12, biotin
- Vitamin C
- Minerals - vitamins and minerals occur naturally together in foods

About Absorption and Dosing

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, smaller doses, more frequent, will correct deficiencies way faster than one massive dose on a daily basis, or weekly basis.

An analogy 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.

- **RDA - The FDA’s recommended daily allowance**
 - Men: the scale is set for a man that is 5’8”, weighs 158 pounds, in his 20s to 30s.
 - Women: the scale is set for a woman that is 5’5”, that is 120 pounds in her 20s to 35.
 - Doc Nuzum likes higher doses for his younger and older patients.

- The bar is set very low.
- **Nutritional Deficiency Diseases**
The FDA's 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 nutritional deficiency diseases.
 - Scurvy is a Vitamin C deficiency
 - Berry-berry is a Vitamin B deficiency
 - Rickets is a Vitamin D deficiency
- **Advanced Dosage**
Doc Nuzum uses a process clinically with his patients with chronic issues; Stabilization, Detoxification, Fortification.
 - 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.

What Makes an Effective and Powerful Multi-Vitamin (Bang for the Buck!)

- Organic
- Plant-based - sprouted
- Juice concentrates
- Diversity of nutrients

What to Avoid in Multi-Vitamins

- Fillers - labeled as salts
- Synthetic vitamins
- Mineral Salts - oxides, chlorides, carbonates

What's Unique about Organixx's Multi-Vita-Maxx

- Folic Acid
 - Typically a synthetic version of folate, a B vitamin
 - You can extract folate from yeast and it is called folic acid
 - Organixx's mushroom mix is fed a fruit and vegetable mix and a yeast extracted folic acid with the rest of our B vitamins.
 - The mushrooms consume the folic acid and convert it into folate.
 - The mushrooms methylate them into methylated, usable forms of these nutrients.
- Fermentation
- Humic & Fulvic Acid

MTHFR Gene Considerations

Those with MTHFR have genetics mutated to a point that they don't metabolize unmethylated B vitamins. Because of the process Organixx uses to feed the mushrooms these B vitamins, the mushrooms methylate the B vitamins for us. So, it's a wholly natural process, different than anyone else is doing. 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.

Deeper Dive Resources

Dr. ("Doc") Nuzum:

<https://www.youtube.com/watch?v=2qK9ujZRZfA>

Nutritional Diseases:

<https://www.britannica.com/science/nutritional-disease>

Folate

<https://en.wikipedia.org/wiki/Folate>

MTHFR Gene:

<https://ghr.nlm.nih.gov/gene/MTHFR>