DR.VEGAN®

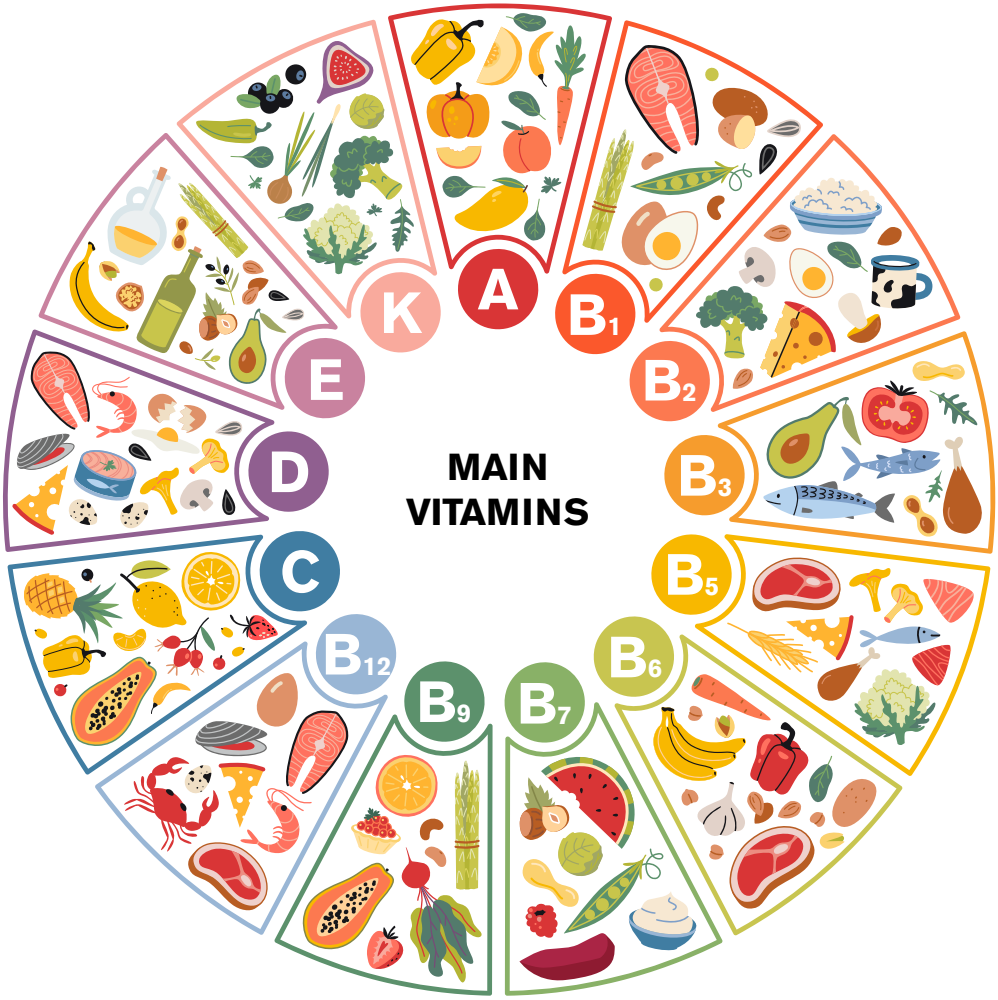
The everyday essential

Foundational support

Practitioner Paper ▪ *For practitioner use only*

Food quality has significantly decreased over the last 100 years due to decreasing soil quality, pesticide use, intensive farming, and artificial growing environments. Even organic food does not contain the nutritional quality seen over a century ago. In addition, the toxin-nutrient gap has increased. We are exposed to more toxins than ever, which need additional nutrients to detoxify effectively, leaving an even bigger nutrient deficit. In addition to the loss of nutrients in foods, modern diets include an increasing amount of ultra-processed foods, which are typically low in nutrients.

Modern lifestyles often lead to poorer nutrition intake as prepared and convenience food intake increases. Stress is also a considerable contributor to nutrient loss. Stress causes the loss of nutrients such as B vitamins, vitamin C and magnesium.



DIETARY GUIDANCE TO MAXIMISE NUTRIENT INTAKE

Eat a rainbow of whole foods daily:

Consume a diverse range of colourful vegetables and fruits to supply a broad spectrum of antioxidants, phytonutrients, vitamins and minerals. Each colour often represents a different set of nutrients - e.g. orange vegetables for beta-carotene, leafy greens for folate and magnesium, and purple produce for anthocyanins.

Choose whole grains over refined carbohydrates:

Whole grains like oats, quinoa, brown rice and buckwheat provide fibre, B vitamins, and trace minerals like iron, zinc and selenium. Refined grains are stripped of these nutrients, so limit white bread, white rice and processed cereals.

Include healthy fats:

Incorporate sources of essential fatty acids such as nuts, seeds (chia, flax and hemp) and avocado. These fats support the absorption of fat-soluble vitamins and contribute to brain and heart health.

Prioritise protein variety:

Include a mix of proteins (beans, lentils, tofu and tempeh) to provide essential amino acids and nutrients. Rotate sources to avoid gaps in intake.

Support gut health:

A healthy gut enhances nutrient absorption. Include prebiotic foods (onions, garlic, leeks, bananas and asparagus) and fermented foods (live yoghurt, kefir, sauerkraut and kimchi) to support a diverse microbiome.

Daily Multi-Vitamin

Our multi award-winning Daily Multi-Vitamin is an advanced formula of 24 essential and highly bioavailable nutrients for all diet types. Feel the difference with improved daily energy, stronger immunity, healthier skin, hair and nails, improved digestion, mental performance and mood.

	PER 2 CAPSULES	EC NRV % *
Vitamin A	800µg	100
Vitamin C	250mg	312
Vitamin D3 (Cholecalciferol)	10µg	200
Vitamin E	50mg -te	416
Vitamin K2 (MK-7)	75µg	100
Vitamin B1 (Thiamin)	10mg	909
Vitamin B2 (Riboflavin)	5mg	357
Vitamin B3 (Niacin)	16mg	100
Vitamin B5 (Pantothenic Acid)	6mg	100
Vitamin B6	10mg	714
Folate	300µg	150
Vitamin B12	500µg	20000
Calcium	64mg	8
Choline	45mg	**
Chromium	75µg	188
Copper	1,000µg	100
Iodine	150µg	100
Iron	15mg	107
Magnesium	56mg	15
Manganese	2mg	100
Selenium	75µg	136
Spirulina	15mg	**
Turmeric	48mg	**
Zinc	12mg	120

* NRV= Nutrient Reference Value
** No NRV Established

Ingredients

Calcium Bisglycinate, Vitamin C (Ascorbic Acid), Magnesium Citrate, DL-Choline Bitartrate, Vitamin E (D-Alpha Tocopherol Acid Succinate), Vitamin B12 (Methylcobalamin), Iron (Ferrous Fumarate), Turmeric Powder, Zinc Citrate, Spirulina Powder, Niacin (Nicotinamide), Selenium (L-Selenomethionine), Vitamin B1 (Thiamin Hydrochloride), Vitamin B6 (Pyridoxine Hydrochloride), Manganese Citrate, Vitamin B5 (Pantothenic Acid, Calcium salt), Vitamin A (Retinyl Acetate), Vitamin K2 (Menaquinone-7), Vitamin B2 (Riboflavin), Vitamin D3 (Cholecalciferol), Copper Bisglycinate, Chromium Picolinate, Folate (Calcium-L-Methylfolate), Potassium Iodide, Brown Rice Flour, Capsule Shell (HPMC, vegetable cellulose).

Free from

Added Sugar, Starch, Sweeteners, Gluten, Wheat, Soya, Lactose, Dairy, Artificial Flavours, Colours and Preservatives.

Pairs well with

Gut Works®

Vegan Omega 3

MenoFriend®

Directions

- Take two capsules separately or together.
- Take them in the morning, daytime or evening - whenever is most convenient - however where possible we recommend taking them in the mornings or at lunch.

What customers can look forward to

2 Weeks
Improved energy levels.

3 Weeks
Improvement in quality of sleep and mental clarity.

1 month
Immune system support.

1-3 months
Glowing skin, stronger nails and hair.
Improvement in metabolism support.

3 Months
Multi-Vitamin can help with nutritional deficiencies.

KEY INGREDIENTS IN DAILY MULTI-VITAMIN

Vitamin A

Vitamin A is needed for immunity, vision and normal mucous membranes. A direct source of Vitamin A is preferred, as up to 40% of the population cannot produce the correct enzymes, β-carotene 15, 15'-monooxygenase, which are required for the conversion of carotenoids into retinol.[1]

Vitamin C

Vitamin C is an essential nutrient for natural killer cells, neutrophils and other immune cells. Without Vitamin C the immune system is ineffective.[2]

Vitamin D

Vitamin D is required for the normal function of the immune system. It aids with the regulation of T and B lymphocytes and self-tolerance. Deficiency in Vitamin D is associated with increased autoimmunity and an increased susceptibility to infection.[3]

Vitamin E

Vitamin E is a powerful fat-soluble, chain-breaking antioxidant that is needed by every cell.[4] It supports immune function and skin integrity and may reduce oxidative stress-related inflammation, which is linked to chronic diseases including cardiovascular disease and neurodegeneration. Alpha-tocopherol is the most bioactive form in humans.

Vitamin K2

Vitamin K2 plays an essential role in calcium metabolism by activating osteocalcin and matrix Gla-protein (MGP), which help direct calcium to bones and teeth while preventing arterial calcification. This makes it essential for skeletal health and cardiovascular protection. Emerging research also highlights its potential role in insulin sensitivity and mitochondrial function.[5]

B VITAMINS

The B-complex vitamins are essential for multiple physiological processes, including energy metabolism, neurological health, red blood cell formation, and DNA synthesis. Each B vitamin plays an essential role in women's health, particularly during pregnancy and menstruation and as they age.

Vitamin B1 (Thiamine)

Thiamine acts as a coenzyme in carbohydrate metabolism, particularly in the conversion of pyruvate to acetyl-CoA, a critical step in the Krebs cycle (TCA cycle). Thiamine is also involved in the pentose phosphate pathway, where it supports the production of NADPH and ribose, essential for nucleic acid synthesis. Thiamine helps convert carbohydrates into usable energy, making it critical for women who engage in physical activity or have demanding lifestyles. Thiamine supports neurotransmitter synthesis, helping prevent neurological conditions.

Vitamin B2 (Riboflavin)

Riboflavin is a precursor for flavin mononucleotide (FMN) and flavin adenine dinucleotide (FAD), which act as electron carriers in the mitochondrial electron transport chain. Riboflavin facilitates oxidative phosphorylation, which is vital for energy production, and helps metabolise fats, proteins and carbohydrates. Riboflavin is involved in the metabolism of macronutrients, ensuring efficient energy production.

Vitamin B3 (Niacin)

Niacin is a precursor for nicotinamide adenine dinucleotide (NAD) and its phosphorylated form NADP, both of which are vital coenzymes in redox reactions. These molecules play essential roles in glycolysis, the Krebs cycle, and the synthesis of fatty acids and cholesterol. Niacin also inhibits hepatic triglyceride synthesis, which helps lower LDL cholesterol levels. Niacin decreases triglycerides and LDL cholesterol while increasing HDL cholesterol, offering cardioprotective benefits. NAD plays a key role in DNA repair and cell signalling, which supports brain health and protects against cognitive decline.

Vitamin B5 (Pantothenic Acid)

Pantothenic acid is a component of coenzyme A (CoA), which is involved in the synthesis and oxidation of fatty acids, as well as the Krebs cycle. CoA is also essential for the production of acetylcholine, a neurotransmitter crucial for nerve signalling and muscle contraction. Pantothenic acid supports the synthesis of steroid hormones in the adrenal glands, which can help balance stress-related hormones like cortisol. As a cofactor for CoA, B5 helps convert fats and carbohydrates into energy, providing sustained energy throughout the day.

Vitamin B6 (Pyridoxine)

Vitamin B6 is converted into pyridoxal phosphate (PLP), its active form, which serves as a coenzyme in over 100 enzymatic reactions. PLP is essential for amino acid metabolism, neurotransmitter synthesis (e.g. serotonin and dopamine), and haemoglobin production. It also plays a role in gluconeogenesis and glycogenolysis.

B6 helps regulate hormone production, including serotonin and dopamine, which are crucial for mood balance and can alleviate PMS symptoms. B6 is vital for the production of cytokines and antibodies, enhancing the body's immune response.

Vitamin B7 (Biotin)

Biotin acts as a coenzyme for carboxylase enzymes involved in fatty acid synthesis, amino acid catabolism, and gluconeogenesis. These reactions are essential for maintaining the structural integrity of the skin, hair and nails. Biotin promotes the production of keratin, the protein that forms the structure of hair, skin and nails. Biotin helps regulate fatty acid synthesis, aiding in energy production and supporting skin barrier function.

Folate

Folate is converted to its active form, tetrahydrofolate (THF), which is involved in one-carbon transfer reactions necessary for DNA synthesis, repair, and methylation. A large percentage of women are inefficient at converting folic acid into its active form, methylfolate, and this inability to convert effectively has been indicated in a large number of health conditions and pregnancy complications. In its active form, folate is needed for synthesising purines and thymidylate, the building blocks of DNA. Adequate folate intake is crucial for preventing neural tube defects (NTDs) during foetal development. Folate also supports red blood cell production and DNA synthesis in both the mother and developing foetus. Folate supports DNA synthesis and repair, vital for cell division, particularly in tissues with high turnover rates, such as skin, hair and the immune system.

Vitamin B12

Vitamin B12 functions as a cofactor for methionine synthase and methylmalonyl-CoA mutase. It is essential for converting homocysteine to methionine, which is required for DNA methylation and protein synthesis. B12 also plays a role in forming myelin, the protective sheath around nerve fibres. Vitamin B12 is essential for the production of healthy red blood cells, helping to prevent anaemia. B12 supports the maintenance of the myelin sheath, ensuring proper nerve function and reducing the risk of neurodegenerative conditions.

TRACE MINERALS

Trace minerals like Boron, Selenium, Iodine, Chromium and Zinc are essential for a range of physiological processes in daily health despite being required in tiny amounts.

Boron

Boron is a trace mineral that plays a role in many physiological functions, particularly in bone health and hormone regulation. Boron influences the metabolism of Calcium, Magnesium, and Phosphorus, which are crucial for maintaining healthy bones. It enhances the activity of osteoblasts (bone-forming cells) and inhibits osteoclasts (bone-resorbing cells), promoting bone strength. Boron affects the metabolism of steroid hormones, including oestrogen and testosterone. It may enhance the body's utilisation of these hormones, potentially impacting bone density and overall health. By enhancing their bioavailability, boron may improve the absorption of nutrients, including vitamins and minerals.

Selenium

Selenium is an essential trace mineral that plays a role in antioxidant defence and thyroid hormone metabolism. Selenium is a key component of selenoproteins, including glutathione peroxidases, which protect cells from oxidative damage by neutralising free radicals. This activity is vital for reducing cellular stress and inflammation.

Selenium is essential for the conversion of thyroxine (T4) to the more active triiodothyronine (T3), a crucial hormone for regulating metabolism. Adequate Selenium levels support optimal thyroid function and hormone synthesis. Selenium enhances immune response by promoting the proliferation and activation of immune cells, particularly T cells and natural killer (NK) cells, improving the body's defence against infections.

Chromium

Chromium is an essential trace element in carbohydrate and lipid metabolism. Chromium enhances insulin action by increasing the number of insulin receptors on cells, facilitating glucose uptake and utilisation. This action helps maintain normal blood sugar levels and may improve glucose tolerance. Chromium plays a role in lipid metabolism, potentially helping to lower total cholesterol and triglyceride levels. This effect may contribute to cardiovascular health. Chromium may also aid in protein metabolism, supporting muscle mass and recovery after exercise.

Iodine

Iodine is an essential mineral necessary for the synthesis of thyroid hormones. Iodine is a critical component of thyroxine (T4) and triiodothyronine (T3), hormones that regulate metabolism, growth, and development. Adequate Iodine levels are essential for maintaining normal thyroid function and preventing goitre. Thyroid hormones, produced from Iodine, play a key role in regulating metabolic processes, including energy expenditure, protein synthesis and fat metabolism.

Zinc

Zinc is an essential trace mineral in numerous biochemical processes, affecting immune function, cell division, and wound healing. Zinc is needed to develop and function immune cells, including T lymphocytes and phagocytes. It enhances the body's immune response and helps protect against infections. Zinc plays a role in synthesising proteins and DNA, supporting cell growth and division. It is a cofactor for numerous enzymes involved in these processes. Zinc has antioxidant properties, protecting cells from oxidative damage and inflammation. It also contributes to the stabilisation of cellular membranes.

These vitamins and minerals work synergistically to support various physiological functions crucial for daily health, emphasising the importance of adequate intake through diet or supplementation.

CALCIUM AND MAGNESIUM

Calcium and magnesium are two minerals that play a role in overall health, particularly in supporting bone strength, muscle function and metabolic processes. Ensuring adequate intake of both minerals is essential to support skeletal health, cardiovascular function, and overall well being.

Calcium

Calcium is a mineral that plays numerous roles in the body related to bone health, muscle function, and cellular signalling. Calcium is a major component of bone tissue, providing structural strength. It is critical for bone mineralisation, and adequate Calcium intake throughout life is essential for maintaining bone density. Calcium ions are crucial for muscle contraction. When a muscle cell is stimulated, Calcium is released from the sarcoplasmic reticulum, allowing interaction between actin and myosin, the proteins responsible for muscle contraction. Calcium is a secondary messenger in various signalling pathways, mediating cellular responses to hormones, neurotransmitters, and growth factors.

Magnesium

Magnesium is an essential mineral involved in over 300 enzymatic reactions in the body, impacting various physiological functions. Magnesium is needed for muscle contraction and nerve function. It helps regulate calcium levels in muscle cells, preventing excessive contraction and promoting relaxation. Magnesium is required for ATP (adenosine triphosphate) synthesis, the primary energy currency of cells. It facilitates enzymatic reactions involved in energy metabolism. Magnesium plays a role in bone structure and metabolism, contributing to bone density and mineralisation.

Iron

Iron is essential for oxygen transport via haemoglobin and for cellular respiration through its role in cytochromes. It supports energy metabolism, cognitive function and immune defence. Both Iron deficiency and overload pose health risks, so appropriate levels - especially in menstruating women and individuals with restricted diets - are essential for maintaining optimal health.

Choline

Choline is vital for liver function, lipid metabolism and neurotransmitter synthesis - particularly acetylcholine, which is essential for memory and muscle control. It's also a methyl donor, influencing gene expression through epigenetic regulation. Deficiency may contribute to fatty liver, cognitive decline and neural tube defects during pregnancy.

Spirulina

Spirulina is a nutrient-dense blue-green algae rich in protein, B vitamins, iron and antioxidants like phycocyanin. It has been studied for its immune-modulating, anti-inflammatory and lipid-lowering properties. Its bioavailable nutrients make it a useful adjunct in supporting energy, detoxification and immune health in nutrient-deficient individuals or plant-based diets.

Turmeric

Turmeric contains Curcumin, a polyphenol with potent anti-inflammatory, antioxidant, and potential antimicrobial properties. It modulates inflammatory pathways such as NF-κB and COX-2 and has been studied for its role in joint health, metabolic syndrome, and neurodegenerative conditions. Bioavailability-enhanced forms are preferred in clinical practice for therapeutic effects.[6]

DRUG INTERACTIONS

Interaction Severity

Major	Retinoids	Vitamin A may increase the risk of retinoid toxicity when combined with these drugs.
	Warfarin	Vitamin K may reduce the effectiveness of this drug. Selenium may increase the effectiveness of this drug. Turmeric may increase the risk of bleeding when taken with this drug.
Moderate	Tetracycline Antibiotics	Riboflavin may decrease the effects of these drugs. Vitamin A may increase the risk of pseudotumor cerebri when taken with these drugs. Calcium, magnesium and iron reduce the absorption of these drugs. Zinc may decrease the effects of these drugs.
	Anticoagulant / Antiplatelet drugs	Niacin, Chromium, Turmeric and Spirulina may increase the effects of these drugs.
	Antidiabetes Drugs	Niacin may decrease the effects of these drugs. Inositol, Turmeric and Spirulina may increase the risk of hypercalcaemia when taken with these drugs.
	Antihypertensive Drugs	Niacin and Vitamin B6 may increase the risk of hypotension when taken with these drugs.
	Bile Acid Sequestrants	Niacin may decrease the absorption of bile acid sequestrants.
	Gemfibrozil	Niacin may increase the risk of myopathy when taken with this drug.
	Hepatotoxic Drugs	Niacin and Turmeric may increase the hepatotoxicity effects of these drugs.
	HMG-CoA Reductase Inhibitors (Statin)	Niacin may increase the risk of myopathy when taken with these drugs
	Probenecid	Niacin may decrease the effects of this drug.
	Sulfinpyrazone	Niacin may decrease the effects of this drug.
	Thyroid Hormones	Niacin may decrease the effects of this drug.
	Amiodarone	Vitamin B6 may increase the photosensitising effects of this drug.
	Methotrexate	Folate and Turmeric may decrease the effects of this drug.
	Phenobarbital	Folate may increase the risk of seizures when taken with this drug.

Interaction Severity

Moderate

Phenytoin	Folate may decrease the blood level of this drug.
Primidone	Folate may increase the risk of seizures when taken with this drug.
Pyrimethamine	Folate may decrease the effects of this drug.
Alkylating Agents	Vitamin C, Vitamin E and Turmeric may reduce the effects of these drugs.
Aluminium-containing Drugs	Vitamin C, Vitamin D and Calcium Citrate increase the absorption of aluminium-containing drugs.
Antitumor Antibiotics	Vitamin C, E and Turmeric may reduce the effectiveness of these drugs.
Oestrogens	Vitamin C may increase the rate of side effects from oestrogen. Monitor these patients for oestrogen-related side effects.
Calcipotriene	Vitamin D and Calcium may increase the risk of hypercalcaemia when taken with this drug.
Barbiturates	Selenium may affect the metabolism of these drugs. Calcium reduces the absorption of these drugs. Take bisphosphonates at least 30 minutes before Calcium.
Immunosuppressant	Selenium and Spirulina may reduce the effectiveness of these drugs.
Diltiazem	Calcium may reduce the effectiveness of this drug.
Elvitegravir	Calcium may reduce the blood levels of this drug.
Levothyroxine	Calcium and iron reduce levothyroxine absorption.
Lithium	Lithium increases the risk of hypercalcaemia when taken with calcium. Iodine may increase the effects of this drug.
Quinolone Antibiotics	Calcium, magnesium and iron may reduce the absorption of these drugs. Zinc may decrease the effects of these drugs.
Sotalol	Calcium reduces the absorption of this drug. Separate doses by 4-6 hours after calcium supplementation.
Insulin	Chromium may increase insulin sensitivity
Bisphosphonates	Magnesium may increase the absorption of these drugs. Iron may reduce the absorption of these drugs.

Interaction Severity		
Moderate	Digoxin	Magnesium may decrease the absorption of this drug.
	Amiodarone	This drug contains Iodine. Be careful not to cause excessive Iodine levels when iodine is taken with this drug.
	Antithyroid Drugs	Iodine may alter the effects of these drugs.
	Cisplatin	Zinc may interfere with the effects of these drugs.
	Integrase Inhibitors	Zinc may decrease the levels of these drugs.
	Penicillamine	Zinc and Iron may reduce the levels of this drug.
	Ritonavir	Zinc may reduce the levels of this drug.
	Dolutegravir	Iron may decrease the absorption of this drug.
	Integrase Inhibitors	Iron may decrease the absorption of this drug.
	Methyldopa	Iron may decrease the absorption of this drug.
	Mycophenolate	Iron may decrease the absorption of this drug.
	Amlodipine	Turmeric may decrease the level of this drug.
	Sulfasalazine	Turmeric may increase the side effects of this drug.
	Tacrolimus	Turmeric may increase the side effects of this drug.
	Talinolol	Turmeric may decrease the level of this drug.
	Tamoxifen	Turmeric may decrease the level of this drug.
	Topoismerase 1 Inhibitors	Turmeric may decrease the activity of these drugs.
Minor	Levodopa	Vitamin B6 may increase the metabolism of this drug. Iron may decrease the absorption of this drug.

Drug-nutrient interactions have been taken from the Natural Medicines Database, April 2025. Please do your own due diligence before recommending this product to individuals taking medicines.

REFERENCES

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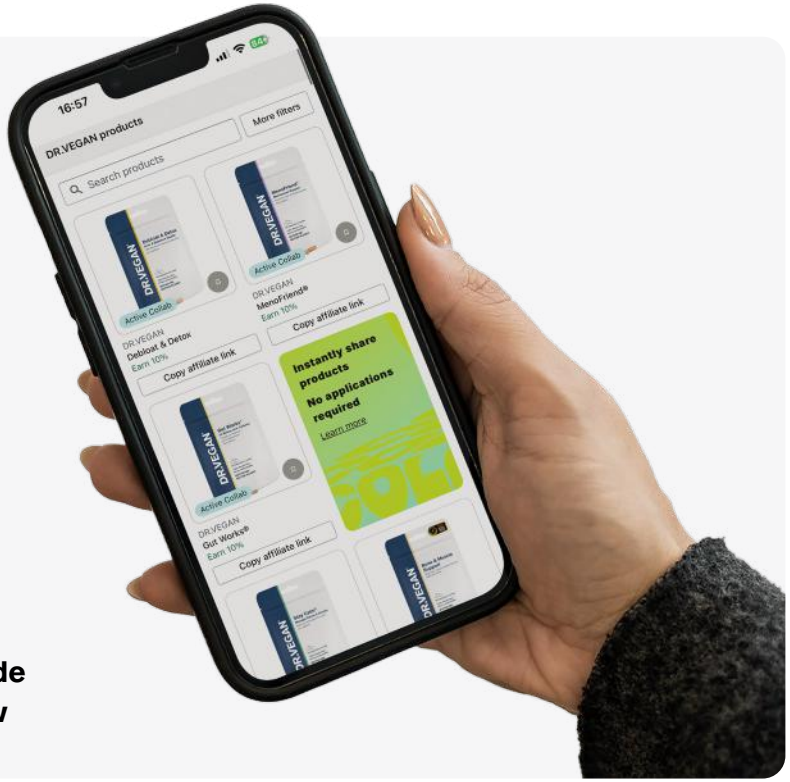


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