



# FOR WOMEN

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## WOMEN

Everyone knows that men and women are different on many levels. Each gender has totally different requirements for happiness, expression and even for health. For instance, even Recommended Dietary Allowances (RDAs) differ according to gender and age. This is not to say that the two genders cannot enjoy, or even require the same things at certain times.

No matter how different people are in size, appearance, activity, race or age, they all need the *same* nutrients; what differs considerably is the *amount* of nutrients needed.<sup>1</sup> A wide variation in total nutrient needs for each family member is possible and probable.

Believe it or not, nutrition is like life itself. We all need it and it makes us feel good. Most of us think that we are getting exactly what we need from our diet. There are some who's good intentions motivate them to take a daily supplement they believe to be the right formula for them, when in fact it may not be. Or worse, it may not even be enough to make a difference—just a cost deficit.

## NUTRITIONAL SUPPORT

Just as each gender has different perceptions of life, each also has different nutritional requirements based on their lifestyle. Factors like diet, activity level and lifestyle all can affect nutrient status. One's behavior, lifestyle and interaction with the environment all impact the body. The inherent tension and stress of today's two-income families, combined with years of poor health behavior (such as smoking), seriously impair the ability of the body to maintain homeostasis.

It is true that regardless of gender, everyone needs the B vitamins and minerals. Men and women don't use them in the same ways; therefore, there are quantitative differences. A pregnant woman needs more of the B vitamins, and most minerals, than one who is not pregnant.

Most of the 1-a-day type supplements that are in the marketplace today overlook the unique circumstances in a woman's life. Another problem that I have encountered with 1-a-days, is the very low content of minerals.

Personally, I feel that this gives a false sense of mineral security. What I mean by that is that people take a 1-a-day and think they are getting everything that they need in one tablet. This is NOT TRUE (for more data on the value of minerals, read **FACTORS OF LIFE**® *Self Care News*® "Minerals").

Health is more than the absence of disease.<sup>2</sup> The word *wellness* is often used to mean optimal health and living the sort of life-style that engenders it. Wellness means taking responsibility for one's health, preventing accidents and illness, and knowing when to consult a health-care professional.<sup>3</sup> Wellness also encourages consumer awareness and environments conducive to health-promoting behavior.<sup>4</sup> Lifelong good health is not something that just happens.

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Those of us involved in nutritional counselling are well aware of the need for certain nutrients at special times. Every time we form a nutritional program for someone we draw on this knowledge and understanding.

The clear-cut examples of this truth are demonstrated in the varying amounts of zinc, calcium, B-complex, pantothenic acid and the lipotropic vitamins that are needed at the different age levels of growing children and adults.

During their pre-teen years, children need higher amounts of nutrients, especially those that participate in the growth of the bones and reproductive systems. Growth increases the need for structural materials such as proteins and minerals, calories (since energy is needed to build body tissue), and nutrients to help regulate body processes.<sup>5</sup>

Zinc, during this time period, is also important because of its role in skin care and the role it plays in the immune system. Zinc promotes the health of lymphoid tissue and normal delayed hypersensitivity reaction.<sup>6</sup> Another name for delayed hypersensitivity is cell-mediated immunity (CMI), one of the two general types of immunity in the body.<sup>7</sup>

Pantothenic acid should also be increased to help the teenager deal with the physical stresses of growing up, and for its contribution in the production of energy. So, our requirements for additional pantothenic acid, calcium, B-12, iron and zinc are also increased. During this same period of time, a solid base of the lipotropic vitamins is also desirable.

Now, with this basic understanding in hand let us look at the **MICHAEL'S® DAILY NUTRITIONAL PROGRAMS**. This group is **FOR FEMALES ONLY:**

**FOR WOMEN, FOR TEEN GIRLS & FOR PRE-TEEN GIRLS**

As you may have noticed, some of the nutrients are higher in these formulas than are available in other multiples. This is noticeable in the B Vitamin complex. In most 1-a-days, the B Vitamins are all the same dosage, except in these formulations.

## THE ESSENTIAL NUTRIENTS OF LIFE

**BETA CAROTENE** is the preferred source for vitamin A for a number of very important reasons. First, beta carotene is non-toxic. The body converts beta carotene into vitamin A only as it's needed; beta carotene is one of the antioxidant nutrients much like vitamin C, vitamin E and Selenium. As an antioxidant, it has the ability for negating the damaging effects of free-radicals and the damage that would otherwise be caused to the body due to free-radicals.

**VITAMIN A** is a fat-soluble nutrient which plays an important role in the immune system and the healthy formation of bones, teeth, skin and for the maintenance of the outer layer of many tissues

and organs. It promotes growth and vitality and is necessary during pregnancy and lactation. Vitamin A is necessary for the eyes and night vision. It is good for the growth and repair of body tissues and for healthy hair.

**B COMPLEX** nutrients help the nervous system function, and are essential for healthy skin and muscle tone. They help keep the hair and eyes healthy. They must be present for the proper functioning of the liver, the gastrointestinal tract and carbohydrate-fat-protein metabolism. They are also known for their contribution to enhance energy.

**VITAMIN B-1** is necessary to keep the mouth, skin, eyes and hair healthy. It is needed for carbohydrate metabolism. Vitamin B1 is essential for nerve tissues, muscles, digestion and for the normal functioning of the heart.

**VITAMIN B-2** is important in the metabolism of fats, carbohydrates and proteins. It aids in the formation of red blood cells and antibodies, and is good for healthy eyes, hair, skin and nails.

**VITAMIN B-6** is necessary for the metabolism of fats- carbohydrates-proteins. It is necessary for healthy skin, the nerves and muscles, and aids in antibody formation and digestion.

**VITAMIN B-12** helps form normal red blood cells, and a healthy nervous system. It helps the body metabolize fats, carbohydrates and proteins more effectively.

**BIOTIN (VITAMIN H)** It is needed for fatty acid biosynthesis, and for the metabolism of carbohydrates-fats-proteins. Biotin is necessary for healthy skin.

**CHOLINE** is important to the metabolism and transport of fats and cholesterol. This B complex nutrient is involved in normal nerve transmission, gall bladder regulation and lecithin formation. It is also necessary for the hair, and the thymus gland.

**FOLIC ACID** is necessary for growth, the division of cells and for the formation of red blood cells. It helps with reproduction and growth, and it is necessary for the health of the glands and the liver.

**INOSITOL** is important for hair growth, the metabolism of fats and cholesterol and for the formation of lecithin.

**NIACIN** is a B-complex nutrient which promotes growth, and the proper functioning of the nervous system. It participates in maintaining the health of the skin and the digestive system. It is another nutrient which aids in the healthy metabolism of fats, carbohydrates and proteins.

**PANTOTHENIC ACID** stimulates growth, contributes to energy functions and is necessary for the skin.

**VITAMIN C** has many uses in the body. It increases the absorption of iron, and helps in the production of collagen and is essential for the immune system. Vitamin C is needed for healthy teeth, gums and bones while strengthening the blood vessels.

**VITAMIN E** protects fat soluble vitamins, and

red blood cells. It works with other nutrients that help prevent blood clots, and maintains healthy nerves and muscles while strengthening the capillary walls. Vitamin E is essential for the hair, skin and mucous membranes.

**VITAMIN D** is very important in infancy and childhood because it functions in the assimilation of calcium which is essential in healthy bone formation at all ages. It improves muscle strength. It is essential for the parathyroid glands, the teeth and for normal mineralization of bone and cartilage. It also prevents hypocalcemic tetany, or low concentrations of calcium in the blood which result in spastic and twitching muscles.

**MANGANESE** promotes enzyme activation. High levels of this nutrient can be found in the bones, liver and pituitary gland.

**ZINC** aids in the digestion and metabolism of phosphorus and protein. It is a component of insulin and of male reproductive fluid. It is necessary for the healing processes involved with burns and wounds, and it is involved with prostate gland functions and carbohydrate digestion.

**UNSATURATED FATTY ACIDS** are essential for growth, but can not be synthesized by the body. Of the essential fatty acids, only linoleic acid must be included in the diet. The others, linolenic and arachidonic, can be synthesized in the body with linoleic acid.

**ESSENTIAL FATTY ACIDS** (Unsaturated Fatty Acids) are a component of fat, or lipids, which are used as fuel by the body.<sup>8</sup> Dietary fats are crucial in that they are a primary source of human energy, are needed to form cell structures, and are necessary for proper absorption of fat-soluble vitamins (A,D,E,K).<sup>9</sup> Essential Fatty Acids have some wonderfully beneficial effects on the body.<sup>10</sup> Essential Fatty Acids are actually necessary for the normal function of all tissue and their lack in the body can result in numerous problematic symptoms.<sup>11</sup> They have also been noted to play an essential role in the normal function and development of the brain, as well as regulate the immune system.<sup>12</sup>

## COMPLEMENTARY COMBINATIONS

For additional support, I recommend **MICHAEL'S® MULTI-MINERALS AND HERBS**. This formula contains a variety of the body's essential minerals, complemented with the herbs alfalfa, red clover, and marshmallow root, all known for the healthful attributes.

**VITAMIN K** is needed for the formation of the blood-clotting factor, prothrombin, and is necessary for blood coagulation. Adequate vitamin K levels are necessary for normal liver functioning.

**CALCIUM** is a mineral which is necessary for healthy, strong bones and teeth. Other functions of the calcium ion include its influence in blood coagulation, neuromuscular excitability, cellular adhesiveness, transmission of nerve impulses, maintenance and function of cell membranes, and activation of enzyme reactions and hormone secretion.

**CHROMIUM** is involved in carbohydrate, lipid, and nucleic acid metabolism. It functions in carbohydrate and lipid metabolism as a potentiator of insulin action. In nucleic acid metabolism, it is postulated to be involved in maintaining the structural integrity of the nuclear strands and regulation of gene expression.

**IODINE** is an essential part of the hormones thyroxine and triiodothyronine. These hormones are required for normal growth and development and for maintenance of a normal metabolic state.

**IRON** is essential to vertebrate forms of life because its role in the heme molecule is central in permitting oxygen and electron transport. necessary for protein metabolism, immune system resistance, growth, healthy teeth, skin, nails and bones. It is also needed for the formation of hemoglobin and myoglobin.

**MAGNESIUM** is essential for the normal metabolism of potassium and calcium. It is also required for the mobilization of calcium from bone. When it is absorbed and retained, it is used for tissue growth, which includes bone growth, and for turnover replacement. Magnesium plays a key role as an essential prosthetic group in at least 300 enzymatic reactions in intermediary metabolism.

**PHOSPHORUS** plays fundamental roles in modifying the development and maturation of bone, in governing renal excretion of hydrogen ions and in modifying the effects of the B vitamins. Also, this mineral is essential for the metabolism of carbohydrate, fats and protein. Because it plays a role in bone resorption, mineralization and collagen synthesis, it plays an integral role in calcium homeostasis.

**POTASSIUM** is stored almost entirely within the lean tissues, where it serves as the dominant intracellular cation.

**SELENIUM** preserves tissue elasticity, and works with Vitamin E. Like vitamin A, C, and E it is an antioxidant.

### Sources Cited:

<sup>1,5,7</sup> J. West Sutor, M.S., R.D. and M. Forbes Crowley, R.N., M.S. (1984). *Nutrition: Principles and Application in Health Promotion*. (p. 267). Philadelphia: J.B. Lippincott Co. pp.11, 267.

<sup>2,3,4</sup> Brehm, Barbara A. p. 7.

<sup>6</sup> Chandra RK: Immunodeficiency in Undernutrition and Overnutrition. *Nutr. Rev.* 39:225, 1981.

<sup>8</sup> Solomon, Berg, Martin, Diana. *Biology*, 4<sup>th</sup> ed. Orlando: Saunders College Publishing, 1996, p. 997.

<sup>9</sup> Tortora, Gerard, and Grabowski, Sandra. *The Principles of Anatomy and Physiology*, 7<sup>th</sup> ed. New York: HarperCollins College Publishers, 1993, p. 45

<sup>10,11</sup> Mahan, L. Kathleen, Escot-Stump, Sylvia. *Krause's Food, Nutrition, & Diet Therapy*, 9<sup>th</sup> ed. W.B. Saunders Co., 1996, p. 692, p. 50-3

<sup>12</sup> Shils, Maurice E. M.D., Young, Vernon R. Ph.D. *Modern Nutrition in Health and Disease*, 7<sup>th</sup> ed. Philadelphia: Lea & Febiger, 1988, p. 74-6



### For Pre-Teen Girls

#### Supplement Facts

Serving Size: Two (2) Tablets

Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene) .....	5,000 IU .....200%
Vitamin C (as ESTER-C™) .....	200 mg .....333%
Vitamin D (as Calciferol) .....	400 IU .....100%
Vitamin E (as d-alpha Tocopheryl Succinate) .....	100 IU .....333%
Thiamin .....	20 mg .....1332%
Riboflavin .....	20 mg .....1176%
Niacinamide (as Nicotinamide) .....	20 mg .....100%
Vitamin B-6 (as Pyridoxine) .....	20 mg .....1000%
Folic Acid (as Folicin) .....	400 mcg .....100%
Vitamin B-12 (as Cobalamin) .....	200 mcg .....3332%
Biotin .....	200 mcg .....67%
Pantothenic Acid (as Calcium Pantothenate) .....	40 mg .....400%
Zinc (as Zinc Citrate) .....	5 mg .....33%
Manganese (as Manganese Amino Acid Chelate) .....	5 mg .....250%
<b>Essential Fatty Acids (from Flax Seed)</b>	
(7% gamma Linolenic Acid, 64% Linoleic Acid) .....	50 mg .....
Bioflavonoids (from Citrus) .....	50 mg .....
Rutin .....	25 mg .....
Choline (as Choline Bitartrate) .....	20 mg .....
Inositol .....	20 mg .....
Blessed Thistle Herb (Cnicus benedictus) .....	20 mg .....
Unicorn Root (Alettris farinosa) .....	20 mg .....
Marshmallow Root (Althea officinalis) .....	20 mg .....
PABA (Para-aminobenzoic Acid) .....	20 mg .....
Partridge Berry Herb (Mitchella repens) .....	20 mg .....
Hesperidin .....	15 mg .....
Echinacea Root (Echinacea angustifolia) .....	15 mg .....
Parsley Leaf (Petroselinum sativum) .....	10 mg .....

\*Daily Value not established.  
 \*\*A Trademark of Inter-Cal Corp.  
 \*\*\*A Trademark of InterHealth Co.  
 OTHER INGREDIENTS: Dicalcium Phosphate, Magnesium Stearate and Stearic Acid.



### For Teen Girls

#### Supplement Facts

Serving Size: Two (2) Tablets

Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene) .....	10,000 IU .....200%
Vitamin C (as ESTER-C™) .....	200 mg .....333%
Vitamin D (as Calciferol) .....	400 IU .....100%
Vitamin E (as d-alpha Tocopheryl Succinate) .....	100 IU .....333%
Thiamin .....	40 mg .....2664%
Riboflavin .....	40 mg .....2352%
Niacinamide (as Nicotinamide) .....	40 mg .....400%
Vitamin B-6 (as Pyridoxine) .....	40 mg .....2000%
Folic Acid (as Folicin) .....	400 mcg .....100%
Vitamin B-12 (as Cobalamin) .....	500 mcg .....8330%
Biotin .....	400 mcg .....133%
Pantothenic Acid (as Calcium Pantothenate) .....	80 mg .....800%
Zinc (as Zinc Citrate) .....	10 mg .....67%
Manganese (as Manganese Amino Acid Chelate) .....	10 mg .....500%
<b>Choline (as Choline Bitartrate) .....</b>	
Inositol .....	80 mg .....
Essential Fatty Acids (from Flax Seed) .....	50 mg .....
(7% gamma Linolenic Acid, 64% Linoleic Acid) .....	50 mg .....
Bioflavonoids (from Citrus) .....	50 mg .....
PABA (Para-aminobenzoic Acid) .....	40 mg .....
Dong Quai Root (Angelica sinensis) .....	30 mg .....
Unicorn Root (Alettris farinosa) .....	30 mg .....
Red Raspberry Leaf (Rubus idaeus) .....	30 mg .....
Yellow Dock Root (Rumex crispus) .....	30 mg .....
Partridge Berry Herb (Mitchella repens) .....	30 mg .....
Marshmallow Root (Althea officinalis) .....	30 mg .....
Black Licorice Root (Liquorice officinalis) .....	30 mg .....
Licorice Root (Glycyrrhiza glabra) .....	15 mg .....
Rutin .....	15 mg .....
Hesperidin .....	10 mg .....

\*Daily Value not established.  
 \*\*A Trademark of Inter-Cal Corp.  
 \*\*\*A Trademark of InterHealth Co.  
 OTHER INGREDIENTS: Dicalcium Phosphate, Maltodextrin, Magnesium Stearate and Stearic Acid.

### For Women

#### Supplement Facts

Serving Size: Three (3) Tablets

Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene) .....	15,000 IU .....300%
Vitamin C (as ESTER-C™) .....	300 mg .....500%
Vitamin D (as Calciferol) .....	400 IU .....100%
Vitamin E (as d-alpha Tocopheryl Succinate) .....	200 IU .....667%
Thiamin .....	60 mg .....4000%
Riboflavin .....	60 mg .....3528%
Niacinamide (as Nicotinamide) .....	60 mg .....250%
Vitamin B-6 (as Pyridoxine) .....	60 mg .....3000%
Folic Acid (as Folicin) .....	400 mcg .....100%
Vitamin B-12 (as Cobalamin) .....	150 mcg .....2499%
Biotin .....	150 mcg .....50%
Pantothenic Acid (as Calcium Pantothenate) .....	100 mg .....1000%
Iodine (from Kelp) .....	150 mcg .....100%
<b>Dong Quai Root (Angelica sinensis) .....</b>	
Unicorn Root (Alettris farinosa) .....	200 mg .....
Licorice Root (Glycyrrhiza glabra) .....	100 mg .....
Essential Fatty Acids (from Flax Seed) .....	100 mg .....
(7% gamma Linolenic Acid, 64% Linoleic Acid) .....	100 mg .....
Unicorn Root (Alettris farinosa) .....	100 mg .....
Licorice Root (Glycyrrhiza glabra) .....	100 mg .....
Mexican Wild Yam Root (Dioscorea villosa) .....	100 mg .....
Dandelion Root (Taraxacum officinale) .....	100 mg .....
Yellow Dock Root (Rumex crispus) .....	100 mg .....
Inositol .....	100 mg .....
PABA (Para-aminobenzoic Acid) .....	60 mg .....
Blessed Thistle Herb (Cnicus benedictus) .....	50 mg .....
Red Raspberry Leaf (Rubus idaeus) .....	50 mg .....
Partridge Berry Herb (Mitchella repens) .....	50 mg .....
Rutin .....	25 mg .....
Hesperidin .....	25 mg .....
Betaine Hydrochloride .....	25 mg .....

\*Daily Value not established.  
 \*\*A Trademark of Inter-Cal Corp.  
 OTHER INGREDIENTS: Terra Alba (Calcium Sulfate), Dicalcium Phosphate, Magnesium Stearate and Stearic Acid.

