DAILY FOUNDATIONS

SUMMIT PHARMACY

Clinical Applications

- Contains More Than 20 Essential Nutrients
- 1 Capsule Per Day
- Provides Bioavailable and Active Nutrient Forms*
- Provides Resveratrol, Alpha-Lipoic Acid, and Various Carotenoids as Antioxidants*

Daily Foundations *is a once-daily multivitamin solution for foundational wellness. Each capsule delivers 20+ essential nutrients in active and bioavailable forms, plus protective antioxidants.**

All Summit Rx Pharmacy Formulas Meet or Exceed cGMP Quality Standards

Discussion

Foundational Nutrition

Adequate nourishment is the foundation for overall health and wellness, and good nutrition typically translates into a stronger immune system and better health. The human body uses dietary proteins, fats, and carbohydrates, known as macronutrients, to obtain the energy (calories) necessary to fuel its physiological functions. Vitamins and minerals, known as micronutrients, are needed in much smaller quantities. Unlike their macro counterparts, micronutrients do not provide energy, but they do participate in converting food into energy; building and repairing tissues and DNA; manufacturing neurotransmitters, hormones, and other modulators in the body; breaking down and detoxifying xenobiotics and medications; and maintaining growth, reproduction, and overall health.*[1-3]

According to the Dietary Guidelines for Americans 2020-2025 (DGA) and additional data from the USDA and other relevant agencies and organizations, the American diet is lacking in micronutrients.[4-6] Mass food production, storage techniques, poor food choices, and nutrient-depleting preparation methods may be contributing to this deficit. Furthermore, the percent daily values (%DV) for micronutrients are based on the minimum amount needed to meet the basic needs of a healthy person of a specific age and gender group. The %DV is not always indicative of the amount needed for optimal functioning of all individuals, especially those who are chronically ill.*[3,5,7]

When considering where American diets fall short in nutrients, the DGA shows that intake of some macro- and micronutrients, including vitamin D, is low enough to be considered a public health concern.[4] Other micronutrients that have notably low intakes or require increased intake subsequent to life stage include vitamins A, B6, B12, C, E, folate, and choline.[4,8,9] Data from the National Health and Nutrition Examination Surveys (NHANES) suggest a pervasive deficiency in A, C, D, E, and zinc—nutrients linked to immune health.[6] Inadequate intake of micronutrients is attributable to an overall unhealthy eating pattern characterized by low intakes of nutrient-rich foods, such as vegetables, fruits, whole grains, and dairy that contain these nutrients.[4] In cases when food is not enough for an individual to get adequate micronutrients, multivitamin/mineral supplements are recognized as being of value to help fill dietary nutritional shortfalls.*[2,6,7,10-12]

This formula is designed to support the foundational nutrition needs for various protocols and life stages and provides the following:

A Balanced Profile

Vitamins and minerals are essential for healthy metabolism and work cooperatively when present in sufficient amounts. However, imbalances between micronutrients can disrupt this synergistic relationship, possibly leading to instances of competitive intestinal absorption or displacement at the metabolic/cellular level, which can produce relative excesses and insufficiencies. For this reason, this formula features a balanced nutrient profile that includes vitamins C and E, bioactive folate, bioactive vitamin B12, beta-carotene, and trace elements.

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The balanced presence of a B vitamin complex is essential to their cooperative functioning and excellent for individuals with active and/or stressful lifestyles.*[13]

Bioavailable Nutrient Forms

It is the biologically active form of vitamins that supports metabolism. In this formula, selected micronutrients are provided in bioactive forms for adequate absorption and use. This includes patented mineral chelates and complexes from Albion®, a recognized world leader in highly bioavailable mineral amino acid chelates. This formula also contains natural vitamin E, which is more bioavailable than the synthetic dl-alpha-tocopherol form.[14,15] The folate source is Quatrefolic® methyltetrahydrofolate (5-MTHF)—the most bioactive form of folate, which has greater stability, solubility, and bioavailability than calcium salt forms of 5-MTHF.[16] Supplementing with bioactive 5-MTHF facilitates the bypassing of steps in folate metabolism. This may be especially beneficial to individuals with genetic variations in folate metabolism.[17,18] Vitamins B2 (riboflavin 5'-phosphate), B6 (pyridoxal 5'-phosphate), and B12 (methylcobalamin) are also provided in their metabolically active form.*

Antioxidant Protection

Vitamins E and C, selenium, zinc, beta-carotene, and trace elements provide broad-spectrum antioxidant activity.[19,20] Their combined presence supports their ability to regenerate each other and maintain consistent levels of antioxidant activity both intra- and extracellularly.

Additional antioxidant ingredients include:

Resveratrol: A naturally occurring polyphenolic compound isolated from foods, such as grapes and blueberries, and in herbs, like *Polygonum cuspidatum* (Japanese knotweed), resveratrol is well-known for its health-promoting properties, including as an antioxidant ingredient. The antioxidant mechanism of resveratrol is suggested to occur through activation of Nrf2 (nuclear factor erythroid-2–related factor 2), a key transcription factor that regulates cellular antioxidant defense systems. Through Nrf2 activation, resveratrol promotes the activity of antioxidant enzymes, such as superoxide dismutase and catalase, helping to inhibit reactive oxygen species (ROS), thereby suppressing oxidative stress and its potential for cellular damage.*[21]

Alpha-lipoic Acid (ALA): Alpha-lipoic acid (ALA) is an organosulfur compound synthesized in the cell mitochondria and found in foods like red meat, beets, carrots, potatoes, spinach, and broccoli. It participates in various intracellular processes and has a wide range of biological functions. As an antioxidant, ALA directly scavenges ROS, contributes to the regeneration of glutathione and vitamins E and C, and may play a role in reducing oxidative damage through its metal chelating activity.*[22,23]

Carotenoids: Carotenoids are colorful pigments found in plants, fungi, bacteria, and algae. Common dietary carotenoids include lycopene, which gives ripe tomatoes their robust red color; beta-carotene, which gives carrots their orange hue; astaxanthin, which is responsible for the pink/red color in crustaceans, salmon, and some shore birds; and lutein and zeaxanthin, which are abundant in leafy green vegetables and contribute to the yellow and orange tones in many foods. Carotenoids function as potent, fat-soluble antioxidants by quenching free radicals, reducing damage from ROS, and inhibiting lipid peroxidation.*[24]

Daily Foundations is a once-daily multivitamin solution for foundational wellness support. Each capsule delivers more than 20 essential nutrients in active and bioavailable forms, along with antioxidant ingredients, including resveratrol, ALA, astaxanthin, lutein, lycopene, and zeaxanthin.*

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Daily Foundations

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as natural beta-carotene and retinyl palmitate)	900 mcg RAE	100%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	90 mg	100%
Vitamin D3 (cholecalciferol)	50 mcg	250%
Vitamin E (as d-alpha tocopheryl succinate)	15 mg	100%
Thiamin (as thiamine mononitrate)	5 mg	417%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	385%
Niacin (as niacinamide)	16 mg	100%
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	294%
Folate (as (6S)-5-methyltetrahydrofolic acid, glucosamine salt)[S1]	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	500 mcg	20,833%
Biotin	250 mcg	833%
Pantothenic Acid	10 mg	200%
Choline (as choline dihydrogen citrate)	25 mg	5%
Iodine (as potassium iodide)	150 mcg	100%
Zinc (as zinc bisglycinate chelate)[S2]	15 mg	136%
Selenium (as selenium glycinate)[S2]	55 mcg	100%
Copper (as copper bisglycinate chelate)[S2]	1 mg	111%
Manganese (as manganese bisglycinate chelate)[S2]	2.3 mg	100%
Chromium (as chromium nicotinate glycinate chelate)[S2]	125 mcg	357%
Molybdenum (as molybdenum glycinate chelate)[S2]	45 mcg	100%
trans-Resveratrol (from *Polygonum cuspidatum*)(root)	50 mg	**
Alpha-Lipoic Acid	50 mg	**
Lutein (from marigold extract)(*Tagetes erecta*)(flowers)	3 mg	**
Boron (as bororganic glycine)[S2]	1 mg	**
Zeaxanthin (from marigold extract)(*Tagetes erecta*)(flowers)	0.6 mg	**
Lycopene (from red tomato)(*Lycopersicon esculentum*)(fruit)	0.5 mg	**
Astaxanthin[S3]	0.5 mg	**
Vanadium (as vanadium nicotinate glycinate chelate)[S2]	187.5 mcg	**

** Daily Value (DV) not established.

Other Ingredients: Capsule (hypromellose and water), hydroxypropyl cellulose, ascorbyl palmitate, and silica.

S1. Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under U.S. patent 7,947,662.

S2. Albion® is a registered trademark of Balchem Corporation or its subsidiaries.

S3. Zanthin® is a registered trademark of Valensa International.

Directions

Take 1 capsule daily, or use as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

Formulated To Exclude

Wheat, gluten, yeast, soy, dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

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