



VITAMIN MINERAL

GLUTEN FREE

COMPLETE, HIGH POTENCY MULTI
Green Foods Based

Vitamin Mineral (VM) – the product that started the PIONEER® line – is a high potency, highly absorbable, versatile, broad spectrum nutritional supplement of uncompromising quality.

Developed by physicians and clinicians who specialize in nutrition and preventive medicine, PIONEER® VM integrates the findings of current, relevant scientific nutritional research with actual nutritional needs.

PIONEER® VM combines generous amounts of highly bioavailable nutrients in one supplement. The potencies of these nutrients are usually available only when purchased individually.

CONSIDER THESE PIONEER® ADVANTAGES:

1. Important Vitamins, Minerals & Micronutrients.

PIONEER® VM is an excellent choice for those who want meaningful daily nutritional support in just one supplement bottle. Six tablets per day provide desired levels of many nutrients—including 400 IU vitamin E, 1000 mg vitamin C and 800 mg calcium—conveniently contained in a single product.

2. Whole Food Based. Nutritional supplements may be more easily recognized and assimilated by the body when provided within a whole food matrix. PIONEER® VM addresses this possibility by incorporating nutritious superfoods: pure Hawaiian *spirulina*, highly bioavailable broken-cell *chlorella*, and our exclusive *sea vegetable blend* trace mineral complex, an ingredient which helps to counter the dearth of trace elements in modern foods grown in depleted soils.

3. Potent Antioxidant Protection. Environmental pollutants, radiation, certain drugs, consumption of charred foods and other stimuli can lead to the formation of dangerous free radical molecules in the body. PIONEER® VM contains meaningful levels of the antioxidant nutrients *beta carotene*, *vitamin E*, *vitamin C* and *selenium*. These excellent free radical-

quenching substances help enhance the functioning of the body's natural defense systems. *Manganese* and *zinc*, well regarded as antioxidant helpers, are also present in PIONEER® VM.

4. Multiple Sources of Vitamins and Minerals.

Many of the vitamins and minerals in PIONEER® VM are derived from two or more forms of the same nutrient. Multiple sources/forms of the same nutrient are intended to help *enhance the body's opportunity to biologically recognize and utilize a particular nutrient.*

5. Versatile Daily Servings. PIONEER® VM is specifically designed for maximum versatility. People of many ages, lifestyles and levels of health can effectively support their individual daily requirements simply by varying the number of daily servings:

6 TABLETS: Superior Adult Nutrition / High-Stress Lifestyle / Sports & Fitness

2-4 TABLETS: Supplement to a Good Natural Diet

6. Chelated Minerals with High Bioavailability.

Although more expensive than commonly used forms, PIONEER favors chelated minerals because current research suggests that these forms most closely resemble the body's own chemistry. This affinity may help chelated minerals to be more readily absorbed, more efficiently transported in the blood, and better utilized within body cells. We use: *citrate*, *malate*, *picolinate*, *aspartate*, *glycinate*, *lysinate*, *methionate* and *glutathionate*.

7. Superior Absorption of B12. *Methylcobalamin* is a preferred form of vitamin B12 that doesn't require enzymatic conversion by the body to become active.

8. Superior Calcium Absorption. Six tablets of VM contains 800 mg of calcium, with approximately 530 mg supplied by *calcium citrate* and *calcium malate* – forms clinically studied for superior absorption and utilization. The calcium in VM is balanced by 500 mg of high quality *magnesium*, providing a beneficial 1.6:1 ratio.

9. GTF Chromium. Chromium is a key component of Glucose Tolerance Factor. PIONEER® VM supplies recommended levels (300 mcg) from three forms for efficient absorption.

10. Three Forms of Zinc. This includes one third each of *lysinate*, *methionate* and *picolinate*, the form most readily recognized by the body for absorption and transport.

(over →)

11. Highly Absorbable Vitamins B2 and B6.

The body must convert ordinary B vitamins to their active, coenzyme forms before they can be used in cellular activities. Supplementing directly with pre-activated B coenzymes accelerates absorption and utilization. PIONEER® VM contains the “-5'-phosphate” coenzyme forms of vitamins B2 and B6.

12. Vitamin A with Mixed Carotenoids.

PIONEER® VM contains a protective, antioxidant vitamin A blend featuring 80% non-accumulating *beta carotene* and *mixed carotenoids* from multiple sources including Green Foods, and 20% pre-formed vitamin A in the bioavailable form of water-dispersable *retinyl palmitate*.

13. 1000 mg Vitamin C.

PIONEER's vitamin C comes from *ascorbic acid* and naturally buffered *potassium ascorbate*, a form which is less likely to cause stomach upset.

14. 500 mg of Pantothenic Acid.

Pantothenic acid (vitamin B5) plays an important role in energy production and is a key component of adrenal tissue, hemoglobin, the red blood cell protein, and the neurotransmitter acetylcholine.

15. Highly Absorbable Iron.

VM contains low amounts (1.3 mg/tablet) of highly absorbable iron *fumarate*, *citrate* and *glycinate*.

16. Proteolytic Enzymes to Help Support Healthy Digestion.

Betaine HCl and natural enzymes from papaya (papain) and pineapple (bromelain) help provide nutritive support for the normal digestive process.

17. Rapid Disintegration.

Each batch of PIONEER® VM is tested under simulated gastric environment conditions (appropriate heat, acidity, agitation) to disintegrate completely within 30 minutes.

18. Extensive Quality Control... Guaranteed Purity & Potency.

Rigorous testing precedes and follows each phase of PIONEER® VM production. Prior to tableting, raw materials are tested for potency and thoroughly screened for contaminants such as heavy metals, herbicides and pesticides. The finished product is tested in-house for disintegration time. Independent, third party lab testing confirms that PIONEER® VM is gluten-free (results must be below the detectable limit of 10 ppm gluten/gliadin proteins), helping to ensure suitability for people with celiac disease and gluten intolerance.

Serving Size 2 tablets		AMOUNT PER DAY		AMOUNT PER SERVING	
Bottles of 90 or 180 Tablets		6 TABLETS	%DV	2 TABLETS	%DV
Vitamin A (40% mixed carotenoids from <i>D. salina</i> , spirulina & chlorella, 40% beta carotene, 20% retinyl palmitate)					
	25,000 IU	. 500%		8,333 IU	. 167%
Vitamin C (4:1 ascorbic acid:potassium ascorbate)	1000 mg	. 1667%		333 mg	. 556%
Vitamin D3 (cholecalciferol)	400 IU	. 100%		134 IU	. 34%
Vitamin E (d-alpha tocopheryl succinate)	400 IU	. 1333%		134 IU	. 447%
Vitamin K (phytonadione)	60 mcg	. 75%		20 mcg	. 25%
Thiamine (as thiamine HCl)(B1)	75 mg	. 5000%		25 mg	. 1667%
Riboflavin (4:1 riboflavin:riboflavin 5' phosphate)(B2)	50 mg	. 2941%		17 mg	. 1000%
Niacin (2:1 niacinamide:niacin)	150 mg	. 750%		50 mg	. 250%
Vitamin B6 (5:1 pyridoxine HCl:pyridoxal 5' phosphate)	75 mg	. 3750%		25 mg	. 1250%
Folic Acid (1:1 AACT:glycinate)	800 mcg	. 200%		267 mcg	. 67%
Vitamin B12 (methylcobalamin)	400 mcg	. 6667%		134 mcg	. 2233%
Biotin	300 mcg	. 100%		100 mcg	. 33%
Pantothenic Acid (d-calcium pantothenate)	500 mg	. 5000%		167 mg	. 1670%
Calcium (1:1:1 citrate:malate:carbonate)	800 mg	. 80%		267 mg	. 27%
Iron (4:1:1 fumarate:citrate:glycinate)	8 mg	. 44%		2.7 mg	. 15%
Iodine (as potassium iodide and sea vegetation)	150 mcg	. 100%		50 mcg	. 33%
Magnesium (2:1 aspartate:oxide)	500 mg	. 125%		167 mg	. 42%
Zinc (1:1:1 picolinate:lysinate:methionine)	30 mg	. 200%		10 mg	. 67%
Selenium (selenomethionine)	200 mcg	. 285%		67 mcg	. 96%
Copper (1:1 AAC†:glycinate)	2 mg	. 100%		0.7 mg	. 33%
Manganese (1:1 AAC†:aspartate)	10 mg	. 500%		3.4 mg	. 170%
Chromium (4:4:1 nicotinate:picolinate:glutathione)	300 mcg	. 250%		100 mcg	. 83%
Molybdenum (1:1 citrate complex:AAC†)	200 mcg	. 267%		67 mcg	. 89%
Potassium (ascorbate)	45 mg	. 1%		15 mg	. <1%
Boron (1:1 citrate:glycinate)	2 mg	. *		0.7 mg	. *
Vanadium (1:1 aspartate:AAC†)	50 mcg	. *		17 mcg	. *
Choline (bitartrate)	150 mg	. *		50 mg	. *
Inositol	150 mg	. *		50 mg	. *
Citrus Bioflavonoid Complex (50% bioflavonoids)	200 mg	. *		67 mg	. *
Hesperidin Complex	20 mg	. *		6.7 mg	. *
Rutin Complex	20 mg	. *		6.7 mg	. *
Horsetail <i>Equisetum arvense</i> Herb Extract (standardized to [10%] silica)	100 mg	. *		34 mg	. *
Trace Mineral Complex (from sea vegetation: 3:3:3:1 Dulse:Wakame:Bladderwrack:Kelp)	100 mg	. *		34 mg	. *
Spirulina (Hawaiian)	100 mg	. *		34 mg	. *
Chlorella (broken cell)	100 mg	. *		34 mg	. *
Betaine Hydrochloride (HCl)	150 mg	. *		50 mg	. *
Bromelain (from pineapple)	50 mg	. *		16.7 mg	. *
Papain (from papaya)	50 mg	. *		16.7 mg	. *

* Daily Value (DV) not established † AAC = amino acid chelate derived from rice

Other ingredients: cellulose, vegetable stearic acid, maltodextrin (carrier), gelatin (carrier), silica, pure vanilla and other natural flavors. 2.08

NOTE: Some ingredient details may be abbreviated on actual product labels.

For more information or to request additional copies: 800.247.6505
www.pioneer nutritional.com

