

3 Daily Plus

Another in Dr. Smith's Client Education Series
Presented by Sera Vita LLC



I am constantly asked by clients and acquaintances “Which is the best multi vitamin for me?” While that is a very difficult question to answer (there is really no best for many reasons). I set out to provide consumers with a multi vitamin that will provide all of the natural ingredients necessary to provide as much of the vital nutrients required to maintain a proper internal environment while taking into consideration drug interaction. The culmination of that effort is actually a third generation of an older formula I developed more than a decade ago.

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What makes a good multi vitamin and do you really need one?

As most of my clients will tell you, I am not a huge fan of pills. I believe that for the most part one is better served by eating a well-balanced and healthy diet. Unfortunately, in today's food and drug environment that isn't always possible.

We face everything from GMO (**G**enetically **M**odified **O**rganisms) to pesticide and chemical laden foods that are grown in less than optimum conditions. Remember when, as elementary school children, we were taught about crop rotation? That is where a portion of farmland was allowed to go fallow for some years while the land restored itself naturally. Today we “restore” the ground with chemicals. The food continues to grow but with a severe loss of natural minerals and vitamins.

Our diets are laced with enzyme killers that make digestion difficult if not impossible. These killers include hormone replacement therapies (yes, including birth control pills), carbonated drinks, heat processes (such as Pasteurization), antibiotics and on and on. In other words, the very things we need to digest foods are removed or adulterated before the foods ever get to our kitchens let alone our mouths.

Additionally, other factors make multi vitamins a necessity such as our growing population of drug “addicts.” This is usually the greying population that is the guinea pigs of the pharmaceutical industry. I have had clients list as many as 20 pharmaceuticals that they ingest on a daily basis from warfarin to statin drugs. Needless to say, they feel horrible not better.

All of the above considered, we needed to produce a multi that

- Contains as many vital nutrients as possible in one capsule
- Contains digestive enzymes for good balance
- Contains amino acids for good body and immune function
- Could be taken by almost anyone without fear of side effects to their drug therapies
- Could be affordable for nearly everyone

With that criteria in mind, we have introduced our third generation Three Daily Plus. It contains all the vitamins, minerals, amino acids and enzymes that a person needs to supplement their diet without some of the nutrients that may be contraindicated by their prescription drugs.

For example, iron, iodine and B₁₂, have been eliminated for those who may be on blood thinners, thyroid meds and/or suffering from parasites or Irritable Bowel Syndrome to name a few. In other words, Three Daily Plus can be safely taken by just about anyone. Should the “missing ingredients” be required by an individual, they can easily be added.

Three Daily Plus contains:

Per Serving	Amount	% RDA
Vitamin A (as beta Carotene)	3333 IU	65%
Vitamin C	66.7 mg	110%
Vitamin D (as cholecalciferol)	266 IU	65%
Vitamin E (as alpha tocopherol)	33 IU	110%
Thiamin (as thiamin HCL)	2 mg	130%
Riboflavin	2 mg	110%
Niacin (as niacinamide)	13 mg	65%
Vitamin B6 (as pyridoxine HCL)	2 mg	100%
Folic Acid	165 mcg	40%
Biotin	100 mcg	135%
Pantothenic Acid	6.7 mg	55%
Calcium (as amino acid chelate)	50 mg	5%
Phosphorus (as amino acid chelate)	25 mg	2%

Magnesium (as amino acid chelate)	25 mg	6%
Zinc (as amino acid chelate)	6.7 mg	45%
Selenium (as amino acid chelate)	8.3 mg	10%
Copper (as amino acid chelate)	0.5 mg	25%
Manganese (as amino acid chelate)	.75 mcg	80%
Chromium (as amino acid chelate)	11 mcg	70%
Molybdenum (as amino acid chelate)	4.5 mcg	10%
Potassium (as amino acid chelate)	0.05 mg	<1%
Boron	.15 mg	*
Germanium sesquioxide (Ge-132)	.2 mg	*
Silicon (as amino acid chelate)	5 mcg	*
Vanadium (as amino acid chelate)	5 mcg	*

Proprietary Blend of Amino Acids (No RDA is established)

L-Taurine

L-Glycine

L-Glutamic acid HCL

L-Methionine

N-Aceyl-Cysteine

Plant Derived Proprietary Enzyme Blend (No RDA is established)

Bromelain

Amylase

Protease (acid stable protease)

Lipase

Lactase

Cellulase

Sucrase (Invertase)

Maltase

Peptidase

So here's a brief discussion of enzymes and their importance in maintaining good health.

The human body cries out for enzymes. You cannot walk, talk, breathe, eat or sleep without enzymes and conversely, every daily activity (including immune response) depletes the body's stores of enzymes.

At any given moment, all of the work being done inside any cell is being done by **enzymes**. If you understand enzymes, you understand cells. A bacterium like E. coli has about 1,000 different types of enzymes floating around in the cytoplasm at any given time.

Enzymes are extremely interesting little chemical-reaction machines. The purpose of an enzyme in a cell is to allow the cell to carry out chemical reactions very quickly. These reactions allow the cell to build things or take things apart as needed. This is how a cell grows and reproduces. At the most basic level, a cell is really a little bag full of chemical reactions that are made possible by enzymes! In fact, many multi vitamins on the market will not absorb since the person taking them *may be enzyme deficient to begin with*.

Enzymes are made from **amino acids**, and they are proteins. When an enzyme is formed, it is made by stringing together between 100 and 1,000 amino acids in a very specific and unique order. The chain of amino acids then folds into a unique shape. That shape allows the enzyme to carry out specific chemical reactions -- an enzyme acts as a very efficient catalyst for a specific chemical reaction. The enzyme speeds that reaction up tremendously.

For example, the sugar maltose is made from two glucose molecules bonded together. The enzyme **maltase** is shaped in such a way that it can break the bond and free the two glucose pieces. The only thing maltase can do is break maltose molecules, but it can do that very rapidly and efficiently. Other types of enzymes can put atoms and molecules together. Breaking molecules apart and putting molecules together is what enzymes do, and there is a specific enzyme for each chemical reaction needed to make the cell work properly.

We are all born with what Dr. Edward Howell calls our "enzyme bank." Every activity withdraws from that enzyme bank and, unless we redeposit these enzymes into our enzyme bank, eventually the bank is overdrawn. The body can only produce so many enzymes until it runs dry. Some enzymes like amylase (the enzyme that processes starches) cannot even be produced by the body.

So maintaining a high level of enzymes is vital to proper body function.

Additionally, our diets are woefully low in amino acids and common daily stressors continue to deplete our stores of amino acids and can result in anxieties, hormone imbalances, heart palpitations (atrial fibrillations) and fatigue to name but a few.

Because of their importance, a synergistic amino acid/enzyme blend has been especially formulated for **3 Daily Plus**. Therefore, one may rest comfortably sure that almost every necessary nutrient is supplied in **3 Daily Plus** except those which are contraindicated by some pharmaceuticals such as blood thinners or thyroid medications to name a few.

Amino acids make up 75% of the human body. They are essential to nearly every bodily function including (as mentioned above) the creation of enzymes.. Every chemical reaction that takes place in your body depends on amino acids and the proteins that they build. So for supplemental nutrition and food to enter our body's system, one must have amino acids. If you are low in amino acids, you can take all of the multivitamins in the world but they won't be absorbed.

The essential amino acids must be ingested every day. Failure to get enough of even one of the 10 essential amino acids can result in protein degradation. The human body simply does not store amino acids for later use, as it does with fats and starches. And, since enzymes are being constantly depleted, they must be added with foods. For these (and many more) reasons, 3 Daily Plus was designed to be taken *with* meals every day. You can find amino acids many places in nature. In fact, more than 300 have been found in the natural world, from such diverse sources as microorganisms and meteorites. (That's why we often search for amino acids and enzymes when we search for hospitable planets.)

Tips on how to properly take **3 Daily Health**...

Because it is an enzyme/amino acid driven supplement, it should be taken 20 minutes before a meal to allow the capsule to open and prepare for digestion. It isn't likely that many of us know exactly when we are going to eat so my answer is do the best you can. When one begins thinking about food, the body begins prepping us by secreting enzymes. That is the time to take the Three Daily Plus.

Do not take **3 Daily Plus** with hot drinks or carbonated drinks (including carbonated or sparkling water) as these will make the enzymes inactive and therefore useless. In fact, the very things your body needs to process foods are killed by such things as diet drinks.

Take **3 Daily Plus** with you in pocket or purse so they can be taken at every meal.

If you are severely overweight or elect to eat a particularly high fat or sugar diet, please take 2 capsules with every meal.

We believe that 3 Daily Plus should be in every body's arsenal for good health and weight management.