

# INNATE

RESPONSE FORMULAS®

One Daily I  
&  
One Daily II, Iron Free  
*Vis medicatrix naturae*

Product Rationale  
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# One Daily I and II Rationale

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When crafting Innate Response Formulas®, our mission is to harness the innate healing response that is within every patient in the time honored traditions of "*vis medicatrix naturae*". Following this time honored tradition we will only use the finest-nutrient rich whole foods and botanicals that are aligned with these principals.

For every foundational multivitamin and multimineral formula it is our primary goal that each formula will provide:

1. A balanced and complete range of essential and trace whole food vitamins and minerals required for fundamental functions of the body.
2. All of the macronutrients and vital food constituents including bio-active peptides, enzymes, lipids and synergistic compounds that are inherently present in whole foods. These constituents have irreplaceable roles as co-factors in key metabolic bodily functions, and as bio-carriers that govern nutrient delivery to the cells.
3. 100% whole food vitamins and minerals from FoodState® food concentrates.

One Daily I was crafted to provide a balanced spectrum of 100% whole food vitamins and minerals in a convenient one tablet per day formula. This formula is highly recommended for patients whom have difficulty complying with a multi-dosage foundational formula. One Daily I & II are both suitable to be taken in conjunction with botanical medicines and/or additional nutritional supplements. One Daily II is formulated without the inclusion of iron.

The proteolytic plant enzymes amylase, protease, bromelain and papain were included in the formula to further facilitate utilization of the formula. The inclusion of plant enzymes is particularly helpful for individuals with impaired digestive function. This formula can be taken on an empty stomach or with food.

The inclusion of *Hydrilla verticillata*, a wild harvest rooted fresh water algae provides additional food nutrients and beneficial compounds including chlorophyll, beta carotene and polysaccharides. *Hydrilla* is also rich in essential trace minerals. *Hydrilla* is also a rich source of B12, chlorophyll, beta carotene, polysaccharides and other beneficial compounds.

**Contraindications:** None known.

**Interactions:** Formula contains Vitamin K, Iron (except One Daily II), Iodine and select herbs which may interfere with certain prescription drugs.

One Daily I & II are FREE of synthetically "pure" vitamins and minerals, GMOs, preservatives, binders, pesticides and herbicides.

One Daily I & II Provides:

- Complete whole food nutrition in one convenient tablet.
- Vital Food Constituents: carbohydrates, lipids, 8 amino acids, bio-active peptides, enzymes, SOD, polysaccharides, beta-glucans, lipoic acid, GABA (G-aminobutyric acid), glutamic acid, trace minerals, CoQ10 and other compounds.
- Plant sourced digestive enzymes to support digestive health.
- *Hydrilla verticillata* 50:1, a superior green food naturally rich in calcium, chlorophyll, micro and macro nutrients and trace minerals.

## **FOODSTATE® VITAMINS**

### **Vitamin A with 50% as Beta-Carotene**

Both forms, beta-carotene (Provitamin A) and fat-soluble vitamin A (Retinol) are important to the physiology. Carotenoids have protective antioxidant properties. Also, some people (those with diabetes, liver dysfunction, etc.) do not efficiently convert beta-carotene to vitamin A therefore, both forms are provided.

### **B Complex**

This supports metabolic functions related to energy production, fat, carbohydrate and protein metabolism. B vitamins are necessary to the functioning of the nervous system, muscles in the GI tract, health of the hair, skin, eyes, mouth and liver. Lower levels are found in the elderly.

#### **B-1**

Thiamine is important to the functioning of the Krebs cycle, which enables the body to manufacture energy from glucose. It has been shown to effect emotional well being.

#### **B-2**

Riboflavin functions within enzyme systems involved in the metabolism of carbohydrates, fats and proteins. It is important to cellular respiration and to regenerating glutathione.

#### **B-3**

Niacinamide is involved in all functions of the B Complex. It has been found to benefit insulin secretion and cholesterol management.

#### **B-5**

Pantothenic Acid is utilized in energy production and in the manufacture of adrenal hormones and red blood cells.

#### **B-6**

Pyridoxine is important to the formation of the body's proteins, structural compounds, chemical transmitters in the nervous system, prostaglandins and red blood cells. It assists in modulating hormonal balance and immune function.

#### **B-12**

Important to the prevention of pernicious anemia. Aging may increase our need for supplementation. Works with folic acid in the production of DNA, red blood cells, and the myelin sheath that surrounds the nerves.

### **Folic Acid**

Folic acid works with B-12 in many vital functions. It is critical to DNA synthesis and cellular division and has been found to be essential for healthy pregnancy.

### **Biotin**

Biotin functions in the production and utilization of fats and amino acids. It has a beneficial effect on the scalp, hair and nails.

### **Choline**

Choline is essential to the manufacture of the vital neurotransmitter's acetylcholine, phosphatidylcholine and to other components of cell membranes. It is important to fat metabolism.

## **Inositol**

Inositol functions closely with choline in the production of cell membranes.

## **Vitamin C**

The primary role of vitamin C is in collagen production. It is critical to the performance of the immune and nervous systems, proper adrenal function and to provide antioxidant protection. It promotes wound healing, and red blood cell formation and plays a vital role in both protein and calcium metabolism. As we age the sex glands develop a greater need for C and will draw it from other tissues, leaving these tissues vulnerable. The entire vitamin C complex works together with ascorbic acid acting as a free radical scavenger, which protects the rest of the complex.

## **Bioflavonoid Complex**

“Nature’s biological response modifiers”, bioflavonoids have the ability to modify the body’s reaction to allergens, viruses and carcinogens. They are important for strengthening the capillaries and veins and act as powerful antioxidants and free radical scavengers. Research has shown them to be anti-inflammatory, liver protective, anti-tumor, antimicrobial, antioxidant, antiviral, supportive to the immune system, and strengthening to the entire cardiovascular system. They also have an estrogenic effect. Regular use of bioflavonoids and bioflavonoid rich herbs helps with many of the symptoms of menopause. Bioflavonoids include rutin, hesperidin, quercetin, and naringin.

## **Vitamin D3 – Cholecalciferol**

D3 is the active hormonal form of vitamin D. Adequate levels are needed as vitamin D is important to the regulation of calcium absorption.

## **Vitamin E**

The primary function of vitamin E is that of a cellular antioxidant. It is important to immune function and to cardiovascular health.

## **Vitamin K**

Vitamin K is necessary for the manufacture of blood clotting factors, for bone building and it has antioxidant properties. Healthy intestinal flora will produce vitamin K. Vitamin K plays a key role in the activation of osteocalcin which works with calcium in bone building.

## **FOODSTATE® MINERALS**

### **Calcium**

Calcium is vital to the structure of bones and teeth, contraction of muscles, enzyme activity, regulation of the heart beat, release of neurotransmitters and clotting of the blood. An important factor in the health of the nervous system.

### **Magnesium**

The primary function of magnesium is that of enzyme activation, with participation in more than 300 enzymatic reactions in the body. It plays a critical role in energy production, bone structure, and muscle structure and function. It is an important factor in the sodium and potassium pump, and in the metabolism of calcium.

### **Boron**

Boron is important to the maintenance of bone and joint function. It has been found to reduce excretion of calcium and magnesium and is important to the production of the active form of vitamin D3. It supports the activity of estrogens and testosterone.

**Zinc**

Zinc functions in many enzyme systems and body functions. It is important to immune function, wound healing, sexual function, sensory function, skin health and healthy prostate function.

**GTF Chromium**

GTF Chromium is highly involved in the body's blood sugar control mechanisms. It works with insulin in facilitating the uptake of glucose into cells and is important to proper insulin function. It also helps with regulation of cholesterol and triglyceride levels.

**Manganese**

Manganese is an important factor in many enzyme systems including: blood sugar control, thyroid hormones, SOD and energy metabolism.

**Iron (Omitted in One Daily II)**

Iron is essential to the hemoglobin molecules of red blood cells where it functions in oxygen transportation. It is also important to the production of DNA and energy. Iron in FoodState® is safely utilized and retained in the body.

**Selenium**

The primary function of selenium is as a component of the vital antioxidant enzyme glutathione peroxidase, working with vitamin E to prevent free radical damage to cells. The levels in the soil directly effect the levels in food.

**Molybdenum**

This functions as a component of several detoxification enzymes including those involved in alcohol detoxification, uric acid formation and sulfur metabolism.

**Potassium**

Potassium is an essential electrolyte that functions in the maintenance of water balance, heart, muscles, kidney, adrenal and nerve function.

**Copper**

Copper functions in several key enzymatic reactions in the body, including SOD, enzymes involved in production of the skin, energy and neurotransmitters. Play an important role in iron utilization, proper anti-inflammatory response, and cardiovascular health. Copper must be in a proper form, as copper sulfate causes oxidation of vitamin C and is linked to cellular free radical damage.

**Vanadium**

Vanadium functions in hormone, cholesterol and blood sugar metabolism. Studies indicate it improves glucose tolerance and the mineralization of bones.

**Iodine**

The primary function of iodine is in the production of thyroid hormones which effect metabolism. It is also important to health of breast tissue.

*Encyclopedia of Nutritional Supplements*, Michael T. Murray, N.D.

*Nutrition Almanac Third Addition*, Lavon J. Dunne

*Nutrition Almanac Revised Addition*, Lavon J. Dunne