

Why Take MY VITAMINS?



Why Take My Vitamins

Tired all the time? Lacking energy? You may not be meeting your body's requirements for vitamins and minerals. Dialysis patients are at a higher risk for vitamin and mineral deficiencies than the general population. This is because of diet restrictions as well as the actual dialysis treatment itself. Because your diet is restricted, you may not be able to replenish your vitamins and minerals the way you used to. Additionally, the dialysis treatment will lower the amounts of vitamins and minerals in your body.



Vitamins and minerals are important because they contribute to such biological functions as supporting your metabolism, helping to protect against stress and disease,

enhancing iron absorption, and aiding in red blood cell development. Minerals, in particular zinc, can also help to improve taste acuity, wound healing and sexual function.

Recently, there have been discussions regarding the benefits of methylcobalamin (MeCbl) vs cyanocobalamin (Cbl). On the surface, it appears that methylcobalamin would be the better option over cyanocobalamin, particularly because of the trace amounts of cyanide in Cbl. When delving deeper into the issue and reading the available literature, it appears the Cbl actually is the better choice over MeCbl. While it is true that there are trace amounts of cyanide in Cbl, the same amounts can be found in everyday foods that we eat, such as broccoli, spinach, almonds and even lima beans.

"A 1000 microgram pill of the vitamin B12 supplement cyano-

cobalamin contains 20 micrograms of cyanide, and according to dietitian Jack Norris, "the amount of cyanide in cyanocobalamin is considered to be physiologically insignificant." That's micrograms, versus milligrams. There are 1000 micrograms in a milligram, which puts the amount of cyanide in a typical B12 supplement well below toxic levels.¹ There are 6 micrograms of cyanocobalamin in our renal vitamins. This translates to .12 micrograms of cyanide formation of myelin which is essential for the proper functioning of the nervous system.

The fact is cyanocobalamin has been used in vitamin/mineral

supplements for decades with no toxic effects from cyanide.

NephPlex® Rx , Vital-D® Rx , RenaPlex®-D and RenaPlex® can help to prevent vitamin and mineral deficiencies. All products are specifically formulated to meet the needs of the renal patient. Taking generic, over-the-counter vitamins and minerals should be avoided because they may contain amounts that are not good for your health. Keep in mind that too much vitamin C may also be harmful to your health.

Remember to always consult your doctor or dietitian prior to purchasing any multivitamin.



VITAMINS / MINERALS



	NephPlex® Rx (prescription only)	Vital-D® Rx (prescription only)	RenaPlex®-D (mail order only)	RenaPlex® (mail order only)
Thiamine (B1)	1.5 mg	1.5 mg	1.5 mg	1.5 mg
Riboflavin (B2)	1.7 mg	1.7 mg	1.7 mg	1.7 mg
Niacin (B3)	20 mg	20 mg	20 mg	20 mg
Pantothenic Acid (B5)	10 mg	10 mg	10 mg	10 mg
Pyridoxine (B6)	10 mg	10 mg	10 mg	10 mg
Biotin (B7)	300 mcg	300 mcg	300 mcg	300 mcg
Folic Acid (B9)	1 mg	1 mg	800 mcg	800 mcg
Cobalamin (B12)	6 mcg	6 mcg	6 mcg	6 mcg
Vitamin A	0	0	0	0
Vitamin C	60 mg	60 mg	60 mg	60 mg
Vitamin D3	0	2000 IU	2000 IU	0
Vitamin E	0	35 IU	35 IU	0
Vitamin K	0	0	0	0
Selenium	0	70 mcg	70 mcg	0
Zinc	12.5 mg	12.5 mg	12.5 mg	12.5 mg

1) <https://eatdrinkbetter.com/2012/02/22/cyanide/>

2) <https://www.ncbi.nlm.nih.gov/pubmed/25117994>