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PERFORMANCE LAB WHOLE-FOOD MULTI REVIEW

Today, I am going to review the **Performance Lab® Whole-Food Multi** for men and women. This multivitamin/mineral supplement is one of a new brand of supplements called *Performance Lab®* – designed by *Opti Nutra Advanced Nutraceuticals* in the UK.

This multivitamin is by far *the best multivitamin supplement I've used*. And I've tried several brands of multivitamins over the last few years.

Including some of the well-known raw- and whole-food multivitamins available at the local vitamin shop, Whole Foods stores and online.

But why would you even need a multivitamin if you eat your vegetables, don't smoke, keep your alcohol consumption down, avoid junk and processed food, and exercise several times a week?

Does this picture of a healthy-lifestyle really need to take vitamins?

Unfortunately, I've found we don't have much of a choice if we want to live and feel our best every day.

We need a multivitamin to restore and maintain our brain and body for peak performance.

[Study](#) after [study](#) both in the USA and [world-wide](#) has shown most of us are not getting enough micronutrients from our diet for optimal health. We don't eat enough fruit and get only a fraction of recommended servings of vegetables.

And to make matters worse, our food is grown on nutrient-depleted soil. Genetically-modified (GMOs) foods grow so fast they can't draw in enough of the nutrients we need from already depleted soil.

And the nutrients that do make it into our fruits and vegetables lose nutrients during transport, storage, processing, and cooking.

Even young people, with a higher metabolism and food consumption than the average 50 – 70-year-old, have a [99% chance](#) of not getting the nutrients they need.

So if we are serious and committed to our health, we need to supplement extra vitamin and minerals. But choosing the right multivitamin supplement is not so easy.

In fact, most of what you'll find on supermarket, drugstore, and even vitamin shop shelves are useless. Some are actually toxic and dangerous to use.

In this review, I'll share why the *Performance Lab Whole-Food Multi* is your best choice when selecting a daily multivitamin.

I've been using it for a month and can feel the difference. Spare a couple of minutes and you'll learn why and how it works so well.

Performance Lab Whole-Food Multi Ingredients

Most large supplement manufacturers use cheaper *synthetic* vitamins and minerals in their multivitamins that your body does not recognize as 'food'.

These synthetic vitamins and minerals are 'isolated' and do not include the other cofactors and enzymes normally paired with nutrients in food.

Your body either expels them as unwanted toxins, or these imposters attach to receptors required by genuine vitamins and minerals for various actions in your body.

Performance Lab on the other hand uses their own proprietary *BioGenesis*[™] system to grow 'nature-identical' vitamins and minerals. Unlike isolated vitamins and minerals, these nutrients go straight into cells and tissues as needed.

Another advantage to using this *nature-identical* multivitamin is you get precisely calibrated dosages of each nutrient. Instead of the megadoses often found in other multi's.

Unnaturally excessive amounts are used in some multivitamins because the idea is to provide high doses of each nutrient. Hoping that at least some of each nutrient will reach your cells.

The *Performance Lab Whole-Food Multi* doesn't need megadoses because every *nature-identical* nutrient molecule in this supplement is recognized by your body's cells and used.

Performance Lab Whole-Food Multi's are available with formulas optimized for men's and women's unique needs; including *gender-specific hormonal support*.

Here's a full list of the vitamins and minerals in *Performance Lab's Whole-Food Multi* with a summary of what each does in your body and brain.

Here is the list of ingredients in the Performance Lab Multi

Performance Lab's BioGenesis Nutrients	Benefits and Areas of Support in Your Body and Brain
1000 IU Vitamin A	Long-term potentiation and memory, vision, skin, immune system, protein synthesis, tissue repair, bones, antioxidant
60 mg Vitamin C	Brain-derived neurotrophic factor (BDNF), myelin, neurotransmitters, immune system, cardiovascular, skin, joints, antioxidant, gums, bones, muscle
1000 IU Vitamin D3	Neurotransmitters, gene expression, neuroplasticity, immunity, bones, testosterone, cell function, protein synthesis
30 IU Vitamin E	Antioxidant, cardiovascular, hair, skin, nails, tissue repair
100 mcg Vitamin K ₁ & K ₂	Myelin, neurons, glial cells, bones, cardiovascular, connective tissue
8 mg Vitamin B ₁	Acetylcholine, adenosine triphosphate (ATP)
4 mg Vitamin B ₂	Neurotransmitters, red blood cell formation, cell growth, energy metabolism, antioxidant
20 mg Vitamin B ₃	Neurotransmitters, BDNF, adenosine triphosphate (ATP), circulation, protein and fat metabolism, skin
20 mg Vitamin B ₅	Neurotransmitters, adenosine triphosphate (ATP), hormone production, cardiovascular
4 mg Vitamin B ₆	Neurotransmitters, immune system, blood cell formation, oxygen transport, blood sugar, cognitive function

300 mcg Vitamin B ₇	Neurotransmitters, myelin, white blood cell development, DNA, hair, skin, nails, blood sugar, energy
400 mcg Vitamin B ₉	DNA, RNA, gene expression, amino acid synthesis, neurotransmitters, new cell formation
50 mcg Vitamin B ₁₂	DNA, RNA, neurotransmitters, myelin, red blood cell formation, energy metabolism, heart health, cognitive function
18 mg Calcium (21 mg women's multi)	Bones, joints, cardiovascular, muscles, hormones, brain cell signaling
8 mg Iron (women's multi)	Blood cell formation, DNA, oxygen transport, neurotransmitters, myelin
150 mcg Iodine	Thyroid hormones, neurotransmitters, metabolism
17 mg Magnesium (21 mg women's multi)	Adenosine triphosphate (ATP), DNA, RNA, ion channels, neuroplasticity, cardiovascular, bones, testosterone, muscle relaxation, nervous system, blood sugar
22.5 mg Zinc (10 mg women's multi)	Protein synthesis, cell signaling, gene transcription, neurotransmitter transport, DNA, methylation, immune system, vision, testosterone, neurons, cell growth
125 mcg Selenium	Neurotransmitters, thyroid, immune system, antioxidant
1.5 mg Copper	Red blood cell formation, neurotransmitters, myelin, blood vessel formation, neuron and glial cell respiration, antioxidants, energy, connective tissue, cardiovascular, vision, immune system
2 mg Manganese	Bones, metabolism, blood sugar, calcium absorption, neurons, glial cells, enzyme cofactor, weight management
120 mcg Chromium	Neurotransmitters, metabolism, energy, weight management, blood sugar

75 mcg Molybdenum	Enzyme cofactor, metabolism
150 mcg Strontium	Bones, joints
25 mg Inositol	Neurotransmitters, brain cell signaling, skin
10 mcg Vanadium	Blood sugar, cardiovascular, bones, muscles, enzymes, growth factor
4 mg Boron (1 mg women's multi)	Bones, hormones, antioxidant, neurotransmitters, joints, connective tissue

The amount of each ingredient listed on the label is for *Performance Lab's* recommended 4-capsules per day.

You can safely take up to 6-capsules per day if your body and circumstances require additional nutrition.

2-3 capsules in the morning and 2-3 capsules in the evening ensures you have adequate levels of each nutrient in your body throughout your day.

Performance Lab Whole-Food Multi Ingredient Review

The *nature-identical* nutrients used in *Performance Lab's Whole-Food Multi* supply vitamins and minerals with their natural cofactors for better bioavailability and activity.

And because *Whole-Food Multi BioGenesis™* nutrients are lab-grown in a yeast culture, you never get exposed to GMO's, pesticides, or herbicides. It's clean, pure nutrition with no surprises.

One thing I immediately noticed on the *Performance Lab Whole-Food Multi* label is *the complete absence of "other ingredients"*. This is *the cleanest multivitamin label I've ever seen*.

One of my pet-peeves are dietary supplement labels sporting a "*Proprietary Formula*". Refusing to disclose exactly how much of each ingredient they are using in their formula.

Or a *fairy dusting* of tiny amounts of an herb or nutrient that's completely useless. But looks good. And some even include whole food powders that manufacturers use to make their multivitamin look more like a "Raw Food" supplement. The truth is it's just a filler used to top-off the capsule.

With the *Performance Lab Whole-Food Multi*, the label clearly lists the name and amount of each ingredient.

Meaning *you know what and how much more of a vitamin or mineral you may need to add if you are dealing with a unique health condition.*

Ingredient Synergy

You may notice some *Performance Lab* nutrients dosed lower than some other multivitamins.

Some nutrients are precisely-dosed at the Recommended Daily Intake (RDI). And some a little higher or lower than the RDI.

Opti Nutra calculated the dosages used in this *Whole-Food Multi* based on the synergy of *how these nutrients support and work with others in this formula.*

Each ingredient in the *Performance Lab Whole-Food Multi* works in harmony with the rest. And considers your body's ability to naturally produce certain proteins, enzymes, amino acids, hormones, and neurotransmitters.

The goal with this multivitamin formula is to optimize and maintain the natural balance. Rather than artificially boosting certain functions that could eventually lead to severe health consequences.

The intent with this multi is to ensure your body and brain get optimal amounts of each vitamin and mineral. The *nutrients you need to maintain peak performance all day.*

And the ***Performance Lab Whole-Food Multi*** is the nutritional base or starting point for the rest of the *Performance Lab* supplement line as well.

It works seamlessly and perfectly with the *Performance Lab* formulas for *Energy, Mind, Sleep, Vision* and *Prebiotic*.

Performance Lab Whole-Food Multi Review of Effects

I've known that I've needed and have been using a multivitamin/mineral supplement for years.

And as I gained more experience and knowledge about what my body and brain needed, I adjusted and got a higher quality raw-food supplement. Thinking this was as good as it could get.

Then I tried the *Performance Lab Whole-Food Multi* for men. And much to my surprise, fell in love with a multivitamin. I never realized before how much a multivitamin could affect the way I feel.

I take 2-capsules in the morning with a tablespoon of unrefined coconut oil along with the rest of my supplement stack.

Then I take another 2-capsules at noon with unrefined coconut oil along with my supplement stack. This dosing combination provides the energy I need to be productive for the entire day.

I've noticed a difference since I replaced my previous multivitamin with the *Performance Lab Whole-Food Multi for Men*. It *feels cleaner, I feel good, productivity* has increased, *mood* is better, and I *sleep* better.

The Verdict

The *Performance Lab Whole-Food Multi* is the best multivitamin I have ever used.

It is the best all-natural multivitamin supplement for whole-body and brain optimization. And makes a great base for the rest of my supplement stack.

I absolutely give it a 5 out of 5 rating.

Opti Nutra claims that the *Performance Lab Whole-Food Multi* are "vitamin and mineral essentials for healthy biological performance".

Instead of worrying about every single thing I eat every day; this multivitamin ensures I get exactly the right amount of every nutrient my body and brain require.

All the ingredients are grown in their **BioGenesis**[™] facility in an environmentally-controlled and sealed lab. This ensures each nutrient is free of allergens, GMOs, microbes, pesticides, and herbicides.

The capsules are *Plantcaps*[®] which are made from tapioca. And not a semi-synthetic polymer derived from wood pulp like other veggie capsules.

The capsules are even infused with a *prebiotic* to improve digestion. No other supplement line uses *Plantcaps* that I'm aware of.

Finished batches are tested again to confirm potency, purity, and bio-activity by a 3rd-party testing lab. And all their packaging uses recycled material and is biodegradable.

This is by far my favorite multivitamin. I use it twice a day, so I always feel good. And can perform my best.

Visit [PerformanceLab.com](https://www.PerformanceLab.com) to get this multivitamin and experience its life-changing effects for yourself.