

**EMBARGOED UNTIL**

**June 9, 2019, 1:45 p.m. EDT**

**Media Contact**

Paula Moggio

Pharmavite LLC

[pmoggio@pharmavite.net](mailto:pmoggio@pharmavite.net)



**Pharmavite Nutrition Scientists to Present Research at Upcoming American Society for Nutrition Annual Conference**

*Benefits of S-equal Supplementation as well as Iron and Folic Acid Bioavailability from a Multivitamin Tablet to be Presented*

**WEST HILLS, Calif. (June 9, 2019)** –Pharmavite LLC, the makers of Nature Made vitamins, minerals and supplements, today announced the presentation of data at Nutrition 2019, the annual flagship meeting of the American Society for Nutrition, June 8-11 in Baltimore, MD. Pharmavite nutrition scientists will speak about the results of studies that explored the benefits of S-equal supplementation and iron and folic acid bioavailability from a multivitamin tablet.

The first poster, entitled “Sampling Trial Showed S-equal Supplementation Helped Relieve Menopausal Symptoms,” is being presented Sunday June 9, 2019, from 1:45-2:45 PM by Pharmavite scientists, Drs. LeeCole Legette, Chioma J. Ikonte and Susan H. Mitmesser. The objective of this open label study was to assess the impact of a dietary S-equal supplement on menopausal symptoms including anxiety, change in sexual desire, depression, fatigue, hair loss, hot flashes, mood swings, memory problems, night sweats, sleep disturbances and weight gain.

This study showed that after 12 weeks of S-equal supplementation, 90% of women reported an improvement in 1 or more of the most common symptoms of perimenopause and menopause. Of these women, a majority of the improvement was observed in hot flashes and night sweats, which affect up to 95% of women experiencing symptoms associated with menopause. These results show that S-equal supplementation has the potential to provide a viable solution as a non-hormonal, non-prescription option for women seeking menopausal symptom relief, in all phases of menopause, for hot flashes and nights sweats.

The second poster, entitled “Iron and folic acid bioavailability from a multivitamin tablet during a single dose and after 28 days of supplementation,” is being presented on Monday June 10, 2019 from 1:45-2:45 PM by Pharmavite scientists, Drs. Ryan W. Grant, Chioma Ikonte and Susan H. Mitmesser. The objectives of the two studies included in the poster were to determine the bioavailability of folic acid and iron from a multivitamin tablet formulation, in a short-term single dose study, as well as a longer term 28-day study.

These studies demonstrate that iron and folic acid are readily absorbed and bioavailable from the multivitamin tablet formulation, in both the short term (within hours of ingestion) and long term. The tablet formulation for the studies included iron (ferrous fumarate, 18 mg) and folic acid (400 mcg) plus 21 additional nutrients, two key nutrients for a healthy pregnancy.

“As a leader in supplemental nutrition, Pharmavite is constantly working to raise the bar in nutrition science,” said Susan H Mitmesser, VP Science & Technology. “Both trials underscore our commitment to ongoing studies of our current products to ensure we are delivering the most effective products and put good health in reach for all.”

**About Pharmavite LLC**

Pharmavite is a leader in the health and wellness industry, earning the trust of healthcare professionals, consumers, and retailers by manufacturing high-quality nutrition products and solutions under its Nature Made®, MegaFood and EQUELLE® brands. Pharmavite is dedicated to helping people live healthier, more vital lives by producing the highest quality products and

**EMBARGOED UNTIL**

**June 9, 2019, 1:45 p.m. EDT**

**Media Contact**

Paula Moggio

Pharmavite LLC

[pmoggio@pharmavite.net](mailto:pmoggio@pharmavite.net)



providing trust and transparency. Based in California, Pharmavite LLC is a subsidiary of Otsuka Pharmaceutical Co., Ltd. Visit [www.pharmavite.com](http://www.pharmavite.com) for more information.

###