

RedCon1 Med+KIT: Everything Your Multivitamin Missed

written by Mike Roberto | October 20, 2017

We live in an era of incredible invention, convenience, and luxury. We also live in a time when pollution, grit, grime, and a whole truckload of other toxins wait to infest every ounce of your being. Lucky for you, **RedCon1** has developed just what you need to stave off the hazards, toxins, and germs lurking around every corner.



Med+Kit is the new health and wellness supplement from RedCon1 that supplies everything you want not found in your multivitamin.

Med+Kit is an intriguing multi-ingredient health supplement to defend against oxidative stress, preserve organ function, and increase longevity.

This isn't a multivitamin pack – it's more like **everything that your multivitamin is missing**.

We've got all the info on *Med+Kit* ahead, but first, take a moment to check the best deal and sign up for alerts from PricePLOW:

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Listen to Aaron Singerman Discuss Med+Kit

At the 2017 Mr. Olympia, Mike sat down with Aaron Singerman of RedCon1 to hear about this product.

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The video above skips to the relevant part of the video, but watch it from the start to hear about their new natural testosterone booster coming too – BOOM-STICK! Now back to Med+Kit:

Med+Kit Ingredients

Med+Kit features a comprehensive profile of ingredients that aim to take the idea of a daily health supplement to a whole new level. One that goes beyond the typical multi-vitamin / mineral supplement you're already taking.

Note: Doses listed below are based on 1 full serving (i.e. 5 tablets)

- **Omega-3 Oil Powder (1.5g)**

Supplement Facts			
Serving Size: 1 packet (5 tablets) Servings Per Container: 60			
	mg/per 5 tablets	mg/per tablets 10	%DV
Vitamin D3 (as cholecalciferol)	200 IU	400 IU	100%
Vitamin E (as d-alpha-tocopherol)	50 IU	200 IU	550%
Vitamin K2 (as menaquinone)	20 IU	40 IU	100%
Vitamin C (as ascorbic acid)	500	1000	1250%
Vitamin B1 (as Thiamin)	2.5	5	333%
Vitamin B2 (as Riboflavin)	5	10	588%
Vitamin B3 (as Nicotinamide)	22.5	45	725%
Vitamin B6 (as Pyridoxine HCl)	5	10	500%
Vitamin B12 (as Methylcobalamin)	0.05	0.1	1444%
Omega 3 oil powder (7% EPA / 70% DHA)	1500	3000	**
Astragalus (Root)	1000	2000	**
Milk Thistle Extract (80% Silymarin) (seed)	375	750	**
N-Acetyl L-Cysteine	300	600	**
Resveratrol Extract (Std. for 20% trans-resveratrol)	250	500	**
Curcumin 10:1 Extract	200	400	**
Hawthorn Berry 5:1 Extract	150	300	**
Beta Sitosterol Complex (19% Phytosterols, 8% Beta Sitosterol)	125	250	**
CoQ10 (as Ubiquinol)	50	100	**
Pantethine (Vitamin B5 derivative)	150	300	**
Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Sodium starch glycolate, Silica, Titanium dioxide, FD&C Red #40.			
*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value (DV) not established.			

RedCon1 Med+Kit is everything missing from your multi-vitamin that you'll want (and need) on a daily basis.

Omega 3 Fatty Acids need no introduction. We hear all the time how much Omega-6 fatty acids are consumed through fish, meat, nuts, and cooking oils, but as a whole the population is still sorely lacking in the Omega-3 department. Western dieters simply are not big enough fish eaters, and our dietary *ratios* of Omega-3 to Omega-6 is out of skew.

Knowing this, Med+Kit includes a sizeable 1.5g Omega-3 fatty acids per serving, comprised of **7% EPA** and **70% DHA** to provide your body with the essentials it needs to support heart health and fight inflammation.[1,2] DHA is the compound we look for first, since it is extraordinarily important for the brain and heart but is very difficult for our bodies to synthesize from

other types of Omega-3 fatty acids such as ALA.

If your fish oil doesn't disclose how much DHA is inside like Med+Kit does here, you'll want to find a new fish oil or switch with RedCon1 here.

So get your fish in or supplement it with a strong supplement like Med+Kit (and still, get your fish in).

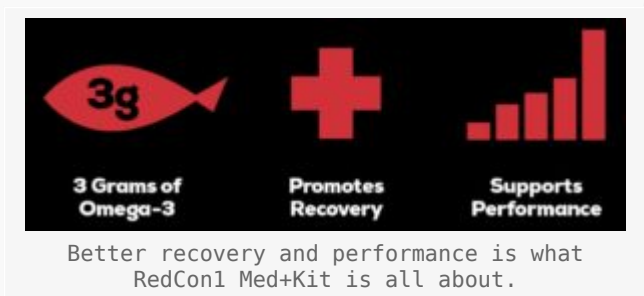
• **Astragalus (1g)**

Also featured in RedCon1's potent stim-free pump formula **Big Noise**, **Astragalus** is an herb traditionally used in Ancient Chinese medicine for the treatment of a variety of ailments. Research has noted that the herb helps combat inflammation and support immune system function.[3]

On top of that, when used in conjunction with intense training, astragalus increased endurance and reduces muscle damage markers such as ammonia and blood lactate.[4,5]

Like everything else in Med+Kit, you won't find this in your multivitamin – at least not at *this* dose!

• **Milk Thistle (375mg)**



Milk Thistle is loaded with a compound known as *silymarin*, which functions as a powerful liver-detox agent and has been shown to help patients in their fight against chronic liver diseases caused by oxidative stress.[6]

There's more though, as milk thistle also increases DNA and protein synthesis in the liver, and has been offered as a viable treatment for alcoholic liver cirrhosis and alcohol poisoning.[7] This is a go-to supplement for anyone who does "not nice" things to their liver, regardless of what their choice of poison may be.

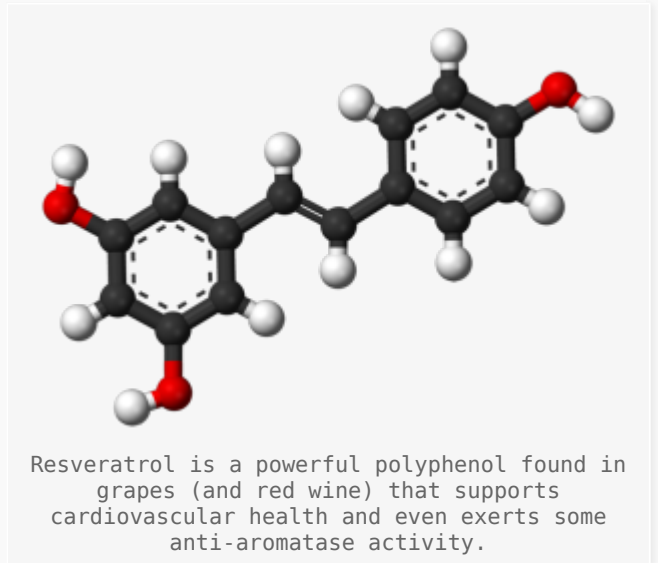
• **N-Acetyl Cysteine (300mg)**

N-Acetyl Cysteine (NAC) is a powerful antioxidant that protects against

oxidative stress.[8-10] It's also the primary substrate for *glutathione*, another potent antioxidant, which offers superior protection for the liver as documented in numerous clinical trials.[11,12]

All told, when combined with a multivitamin that has the B-Vitamins and Vitamin C as well, Med+Kit actually makes for a nice hangover fighter too. Not that this is what we recommend you do...

- **Resveratrol (250mg)**



Oenophiles are already well aware of the heart-healthy benefits of **resveratrol**, a powerful polyphenolic compound found in grape skins which defends against toxins. Resveratrol has been heavily researched for its cardiovascular benefits, primarily in regards to improving heart function and lowering bad cholesterol (LDL) level.

One other thing worth noting, is that the potent phenol also also exhibits anti-aromatase activity.[13-15]

- **Curcumin 10:1 (200mg)**

Curcumin is the active component of the popular Indian spice Turmeric. In addition to providing a delectable flavor to cooked curries and stews, curcumin also functions as a powerful anti-inflammatory compound. Studies show that curcumin is effective against both acute and chronic inflammation via inhibition of Cytokine production and down-regulation of COX-2 activity (similar to how NSAIDs work).[16,17]

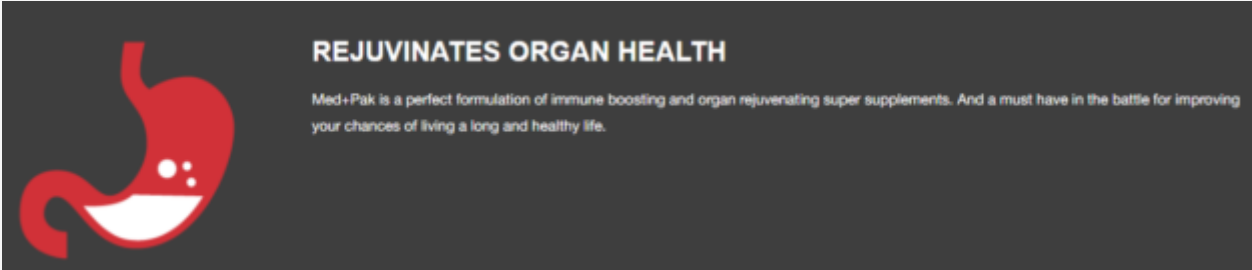
Hawthorn Berry 5:1 (150mg)

Various species of the **Hawthorn** plant have been used throughout the ages as a treatment for numerous heart ailments. As it turns out, those long-gone civilizations were onto something as modern-day studies have shown that it's particularly effective for treating arrhythmias and congestive heart failure.[18,19]

- **Beta Sitosterol Complex (100mg)**

Beta Sitosterol is one of many phytosterols similar in structure to cholesterol. It's found in all sorts of plants including wheat germ, peanuts, soybeans, rice bran, and corn oils. Research has noted that phytosterols, including beta-sitosterol, can reduce cholesterol levels.[20] It's also been shown to improve symptoms and urinary flow problems associated with benign prostatic hyperplasia.[21]

In addition, Beta Sitosterol's often used by supplement users looking to prevent hair loss, since it helps prevent some conversion of testosterone to DHT.



REJUVINATES ORGAN HEALTH

Med+Pak is a perfect formulation of immune boosting and organ rejuvenating super supplements. And a must have in the battle for improving your chances of living a long and healthy life.

Med+Kit offers supreme protection and support for your most vital organs

- **CoQ10 as Ubiquinol (50mg)**

Ubiquinol is the most popular and effective form of CoQ10 used today. Other forms of **CoQ10** supplements on the market must be converted Ubiquinol[22] before the ingredient can get to its job of enhancing energy production, supporting heart function, and combating free radicals.[23] Furthermore, this compound also replenishes CoQ10 blood levels that have been depleted by cholesterol medicines.[24,25]

- **Pantethine (150mg)**

Pantethine is a metabolically active form of Vitamin B5 (pantothenic acid) that's been shown to reduce cardiovascular risk markers. Specifically, Pantethine has been shown to lowers total cholesterol, LDL Cholesterol, and non-high-density lipoprotein cholesterol.[26]

Dosing



Men: Take one pak (5 tablets) in the morning, and one pak in the evening with a meal.

In our interview with Aaron Singerman about this product, he states that women can take *one* pack per day, which means they get a *two* month supply!

Takeaway

Meet your multi-vitamin's new best friend. If you're doing anything that's a bit rough on the body – from prohormones to drinking too much – Med+Kit looks like it could be *extremely* useful.

Everyone needs some form of protection from the hazards of their environment, no matter how benign those settings may appear. RedCon1 Med+Kit delivers the additional protection you need to continue to operate optimally and have your insides looking as good as your outsides.

Our biggest question is what *category* to put this in on the PricePLOW system... it's not a multivitamin, it's not necessarily PCT or "liver cleanse"... it's just an all-around badass health supplement!

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