

Vita JYM: The PhD's Take on Multivitamins

written by Mike Roberto | September 23, 2014

WARNING: Before reading this article, it is recommended that you first read the latest news and drama regarding this brand, under our article titled the *Jim Stoppani Scandal*.



Jim Stoppani's supplement line, *JYM Supplement Science*, continues to gain serious interest in the nutrition industry.

And rightfully so: the products are designed through cutting edge science, using high quality ingredients.

To make things even better, JYM doesn't use proprietary blends, all of their products are open label!

So far we've discussed his Pre-JYM pre-workout, Alpha JYM test booster, as well as his Pro-JYM protein powder.

Today, we're going to shed some light on their multivitamin, **Vita JYM**.

Introduction

Let's be honest: multivitamins have gotten quite the bad wrap over the last few years.

Dr. Stoppani even points out some of the major flaws on his website.

Here's a quick summary of what he has to say:

- Multivitamins often contain ingredients that compete with each other.
- Some of the most common ingredients in multivitamins are actually detrimental to fitness and physique.
- A lot of the multivitamins on the market are missing important components. If they aren't altogether missing, they're usually under-dosed.
- Many times, companies try to cut corners by using cheap, low quality ingredients. Obviously this destroys the integrity of the product.

More or less, he touched on and agreed with some of the most common complaints against multivitamins... and then fixed those problems.

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What makes Vita JYM any different?

Stoppani clearly took the above points into consideration while formulating Vita JYM.

Here's what he did in order to create a better multivitamin product:

- Increased bio-availability via 5mg of BioPerine.
- Included key vitamins and minerals that aren't present in most multivitamins.
- Used adequate doses of high quality ingredients (oftentimes more expensive), in their most optimal forms.
- Specifically left out nutrients that are disruptive or counterproductive.

Take a look at the formula below:

SUPPLEMENT FACTS			
Serving Size: 2 Tablets		Servings Per Container: 30	
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	10,000IU 200%	Iodine (from potassium iodide)	150mcg 100%
Vitamin C (as ascorbic acid)	250mg 417%	Selenium (as sodium selenate)	200mcg 286%
Vitamin E (as d-alpha-tocopheryl succinate)	400IU 1333%	Copper (as copper gluconate)	3mg 150%
Vitamin K [as menaquinone-7(MK-7) and menaquinone-4 (MK-4)]	120mcg 150%	Manganese (as manganese gluconate)	2.3mg 115%
Thiamin (as thiamin mononitrate)	100mg 6667%	Chromium (as chromium picolinate)	200mcg 167%
Riboflavin	100mg 5882%	Molybdenum (as sodium molybdate)	45mcg 60%
Niacin (niacinamide)	100mg 500%	Potassium (as potassium citrate)	100mg 3%
Vitamin B6 (as pyridoxine HCl)	100mg 5000%	Nickel (as nickel sulfate)	5mcg *
Folate (as folic acid)	400mcg 100%	Vanadium (as vanadyl chelate)	10mcg *
Vitamin B12 (as cyanocobalamin)	500mcg 8333%	Silica (as silicon dioxide)	2mg *
Biotin	300mcg 100%	Boron (as boron chelate)	3mg *
Pantothenic acid (as D-calcium pantothenate)	100mg 1000%	Black pepper fruit extract (BioPerine®)	5mg *
Iron (as ferrous fumarate)	18mg 100%		

The Ingredients / Nutrition Facts Panel

Ingredients

As you can see, there are a lot of ingredients. We won't be covering them all in this article, but if you'd like to know more about them, check out our multivitamin page.

That being said, we'll go into detail with some of the features that make Vita JYM unique.

We've broken down the highlights down into two categories:

What it *doesn't* have

Typically this would sound more negative than positive, but in regards to multivitamins, sometimes it's what *isn't* in them that matters most.

Dr. Stoppani excluded four of the most popular minerals from Vita JYM. At first glance, it might seem like a turn off that such common ingredients are missing from the formula.

There's a good explanation though, much like the rest of Stoppani's work, there's an abundance of scientific reasoning behind his choice.

Without further ado, here are the four minerals, along with the reasons they were left out.

- **No Calcium**

Calcium is featured in nearly every multivitamin, but as you can see, it's nowhere to be found in Vita JYM. That's because it's one of the counterproductive minerals Dr. Stoppani was talking about.

Food	Serving	Manganese (mg)
Pineapple, raw	1/2 cup, chunks	0.77
Pineapple juice	1/2 cup (4 fl. oz.)	0.63
Pecans	1 ounce (19 halves)	1.28
Almonds	1 ounce (23 whole kernels)	0.65
Peanuts	1 ounce	0.55
Instant oatmeal (prepared with water)	1 packet	0.99
Raisin bran cereal	1 cup	0.78-3.02
Brown rice, cooked	1/2 cup	1.07
Whole wheat bread	1 slice	0.60
Pinto beans, cooked	1/2 cup	0.39
Lima beans, cooked	1/2 cup	0.49
Navy beans, cooked	1/2 cup	0.48
Spinach, cooked	1/2 cup	0.84
Sweet potato, cooked	1/2 cup, mashed	0.44
Tea (green)	1 cup (8 ounces)	0.41-1.58
Tea (black)	1 cup (8 ounces)	0.18-0.77

As you can see, there aren't many foods that are rich in manganese, you need all you can get from your multivitamin!

I'm not saying calcium is entirely a bad thing, it's definitely important, but you should avoid taking it with your multivitamin.

The reason being, calcium interferes with both iron and manganese absorption.[1,2]

As far as iron is concerned, you simply can't afford malabsorption, and it's the number one mineral deficiency in both men and women across the US.[2]

Manganese deficiencies definitely aren't as common, but there aren't that many foods high in manganese, so you want to make sure you're utilizing what's in your multivitamin.

- **No Magnesium**

No one can dispute the importance of magnesium. However, this is another mineral that you should be taking separate from your multivitamin. Just like calcium, it interrupts the absorption of manganese.[3]

- **No Zinc**

Again, much like magnesium, zinc is an incredible mineral that you certainly don't want to become deficient in.

You can knock out two birds with one stone by taking the two together, in the form of ZMA, which you can read more about here on our ZMA page.

The reason for leaving zinc out is threefold:

1. It interrupts the absorption of copper.[4] I'll go into more detail below about copper and why it's so important.
2. It interrupts the absorption of iron.[5] As I mentioned, iron deficiency is the most common mineral deficiency in the US.[2] You need to make sure you're absorbing it.
3. It interrupts the absorption of branch chained amino acids.[6]

There aren't any amino acids in Vita JYM, but, you *are* supposed to take the multivitamin with a meal. More than likely, your meal would include protein, which thus includes the critically important amino acids.

When you consume zinc along with protein, you run the risk of disrupting the absorption of the protein. Clearly, that's no bueno.

- **No Phosphorus**

Lastly, you won't find phosphorus anywhere on the label.

The standard American diet is already rich in phosphorus. If you supplement with it, you can possibly throw off your vitamin D metabolism.[7]

If you're not familiar with the importance of vitamin D, see our Vitamin D3 page.

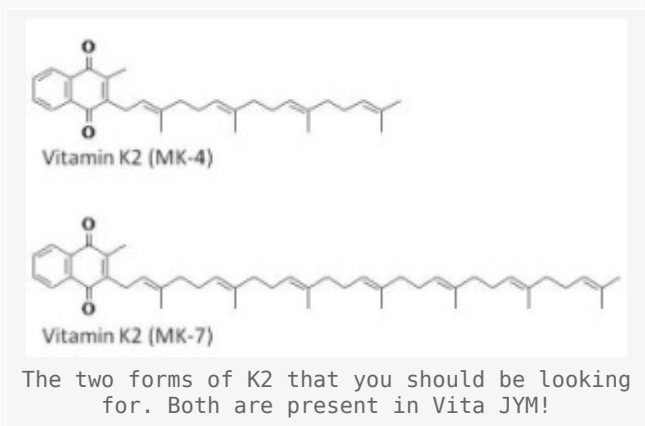
What it does have

Now that we've discussed the things that were intentionally left out, let's take a look at some of the key things that were included.

Obviously, this isn't everything in Vita JYM, but these are the ingredients that stand out the most.

- **Vitamin K2**

Vitamin K2 is missing from some of our favorite multivitamins, and most of the time only vitamin K is included (if at all).



Luckily, there's a healthy dose of K2 in Vita JYM.

It's present in its two most potent forms:

- – MK-4 (menaquinone-4)
- – MK-7 (menaquinone-7)

You can read more about the benefits of vitamin K2 [here](#).

- **Iodine**

Iodine is another mineral that's usually not dosed adequately, or simply left out completely.

Every serving of Vita JYM gives you 100% of your daily value. That's the **minimal** amount that you should accept from any multivitamin.

There's a lot to learn about iodine, you can read about how it effects your fitness goals by [clicking here](#).

- **Copper**

We mentioned earlier that we would shed some light on copper. It has a lot of

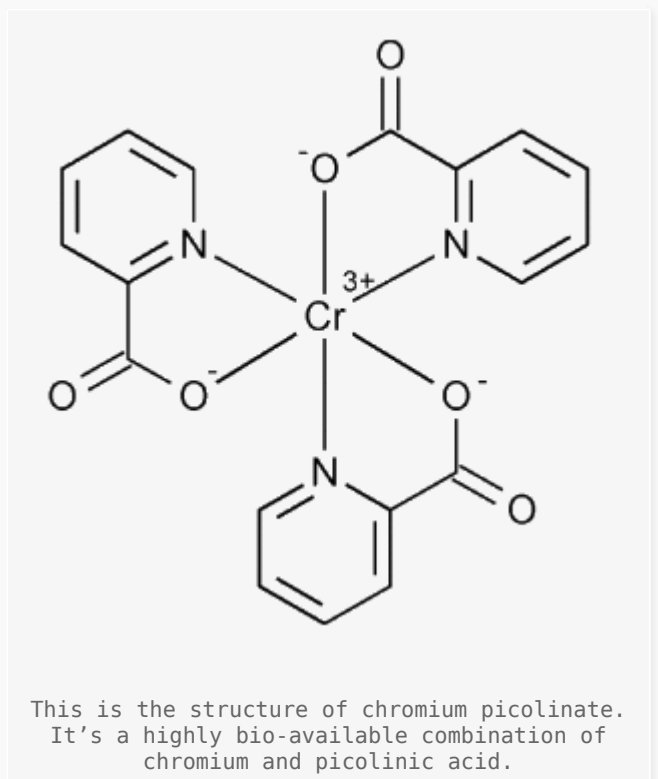
functions in the human body, but I'm going to focus on how it relates to physical performance.

For starters, it's vital for energy production. You can't adequately produce ATP without enough copper.[8]

Furthermore, it's of critical importance to joint and bone health. Anyone who exercises intensely should be concerned with keeping their joints up to par.[8]

- **Chromium**

If chromium is included at all, it's probably severely under-dosed.



To make matters worse, the average American doesn't consume enough chromium through their diet. As a matter of fact, there are a lot of every day foods which inhibit chromium and cause chromium loss.[9]

It doesn't end there, if you exercise you're losing even more chromium![9] Are you understanding the need for chromium yet?

In Vita JYM, you'll get nearly 200% of your daily value from one serving. That's not all though, the form of chromium that's used in the formula is *chromium picolinate*.

Chromium picolinate is a form of chromium that has an extremely high bio-

availability, meaning your body can easily make use of it.[9]

- **B-Complex**

A lot of companies expect you to purchase a B-Complex separate from your multivitamin. When they are included, the dosage is usually too low to make a difference.

With Vita JYM there's no need to purchase a B-Complex, you'll get proper doses of all the important B vitamins.

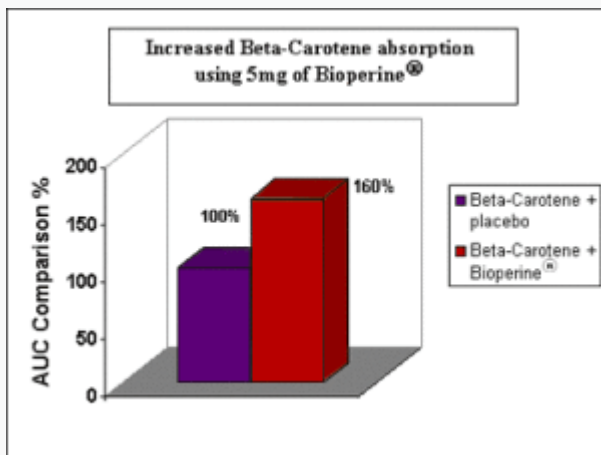
- **Vitamin A**

Unfortunately, many companies include a form of vitamin A that can lead to toxicity. Specifically, I'm talking about *retinol*.

Retinol often gets used because it has a great absorption rate. The problem is that it doesn't get cleared from the body fast enough, which is only a problem because it can possibly lead to liver toxicity.[10]

On the other hand, beta-carotene is a much safer form of vitamin A.[10] Each serving of Vita JYM gives you a whopping 10,000 IU's of beta-carotene.

- **BioPirene**



Finally, the cherry on top, Vita JYM contains 5 mg of BioPirene.

What this means for you is better absorption and utilization, study after study has proven it.[11]

Take a look at the chart on the left, that's one small example of what BioPirene can do.

See Jim's Vita-JYM Video

If you want a more in depth explanation, check out Jim Stoppani's video below.

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Conclusion



Vita JYM was crafted using cutting edge science and high quality ingredients.

Like the rest of the JYM line, the formula was well thought out and completely transparent.

As Dr. Stoppani has proven to us, more isn't always better.

The ingredient list could have been twice as long, but he cut out all of the "fluff", along with a few ingredients that just don't belong in any multivitamin.

If you want a no bull multivitamin, make sure you pick up a bottle of Vita JYM.

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