

COMPREHENSIVE MULTIVITAMIN/MINERAL FORMULATIONS



Benefits†

- Provides a broad range of essential vitamins and minerals
- Contains beneficial ingredients not commonly found in conventional multivitamins
- Provides fruit bioflavonoids for antioxidant support
- Minerals provided in chelated or complexed form for superior bioavailability

Highlights

- **B Vitamins:** B vitamins are essential for numerous biochemical reactions in the body, including those involved in converting food into energy, producing neurotransmitters such as dopamine and serotonin, and supporting healthy neurological and cognitive function.[†] These B vitamins are provided in their natural and/or activated forms for superior bioavailability.
- **Folate:** provided as a naturally occurring folate, an easily absorbed form that helps to support healthy plasma folate levels. (Most mass-marketed supplements contain folic acid, which may have undesirable effects.)
- **Vitamins K1 and K2:** provided as vitamin K1 and vitamin K2 (as MK-4 and MenaQ7® Full Spectrum as MK-6, MK-7, MK-9). Vitamin K is best known for its role in proper blood clotting, which is the principal role of K1, as well as provided by K2. The K2 form, however, is specifically needed for healthy bones and teeth, as well as proper blood vessel integrity and function.[†]
- **Vitamin E:** provided as gamma- and delta-tocotrienols, which are more potent antioxidants and have other beneficial properties beyond those of the alpha-tocopherol fraction of vitamin E typically contained in commercial supplements.
- **Vitamin C:** provided as ascorbic acid, at higher levels than in most multivitamins. This generous amount may help support numerous roles for vitamin C such as a healthy immune system, skin and blood vessels, synthesis of collagen, aiding in iron absorption and metabolism of catecholamines such as dopamine and adrenaline.[†]
- **Hesperidin, Rutin, Quercetin:** bioflavonoids and antioxidants found in citrus fruits (hesperidin) and various other foods regarded for their health benefits, such as olives, raspberries, plums, currants, grapes and asparagus (rutin), and apples, red onion, cranberries, kale (quercetin).

Recommended Use

Take four capsules per day with meals, or as directed by your health care practitioner.

- Copper and Iron: recommended for those who have suboptimal intake or absorption of iron and copper and/or experience periodic bleeding (such as menstruating women)
- Copper: recommended for those with adequate intake and absorption of iron but who may benefit from additional copper
- Copper and Iron-Free: recommended for postmenopausal females and for men with adequate intakes and absorption of iron and copper

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.