



Essential 8's Multi Vitamin

Multi Vitamin Supplementation

Vitamins and minerals are key micronutrients required by the body for optimal health and longevity.* Multi Vitamin is a comprehensive vitamin, mineral, and herbal extract blend of bioavailable ingredients including Biofolate®.

Research shows that deficiencies in certain vitamins and minerals are a major cause of health concerns.^{1,2} A lack of essential micronutrients in the diet can hinder normal growth, repair, and maturation of vital organs and tissues, leading to problems down the road.³

Using Multi Vitamin is a convenient way to meet micronutrient needs on a daily basis.*⁹ Clinical research cited herein suggests the benefits of Multi Vitamin supplementation may include:

- Supports cognitive function and mood*
- Provides antioxidants to help support oxidative stress*
- Supports vibrant, healthy skin*
- Supports energy production and vitality*
- Supports healthy immune function*
- Supports healthy gastrointestinal function*

How Multi Vitamin Works

Multi Vitamin takes your ordinary “multivitamin” supplement to the next level by using bioavailable forms of key micronutrients so your body can properly utilize them.* The vitamins and minerals included in Multi Vitamin are of pharmaceutical grade quality for optimal health and longevity.*

Deficiencies in B vitamins and folate are common conditions that may be supported with a quality supplement.*⁵ Biofolate®, a patented ingredient in Multi Vitamin, contains biologically active folate ensuring proper absorption essential for healthy cellular functions.*

The proprietary phytonutrient blend in Multi Vitamin features highly potent herbal extracts providing beneficial polyphenols and plant compounds rarely found in the diet. Phytonutrients play specific biological and pharmacological roles in supporting immune function.*⁶ Herbal extracts contain numerous bioavailable compounds that may have beneficial outcomes such as antioxidant and anti-inflammatory properties.*^{7,8}

Why Use Multi Vitamin?

While eating a healthy and balanced diet is important to maintaining overall health, it is not always possible to obtain all of the critical micronutrients the body needs through food alone.*⁴ Supplementing with Multi Vitamin may help support micronutrient levels in the body and lower the chances of specific micronutrient deficiencies.*



Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30/60

Ingredients:	Amount	%DV*
Vitamin A (50% as beta-carotene and as retinyl acetate)	3000 mcg RAE	333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (as niacinamide and niacin)	50 mg NE	313%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%
Folate (as calcium I-5-methyltetrahydrofolate) (Biofolate®)	800 mcg DFE (480 mcg folic acid)	200%
Vitamin B12 (as methylcobalamin)	200 mcg	8,333%
Biotin	500 mcg	1,667%
Pantothenic Acid (as calcium-d-pantothenate)	75 mg	1,500%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	40 mg	10%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenium aspartate)	100 mcg	182%
Copper (as cupric citrate)	1 mg	111%
Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum aspartate)	50 mcg	111%
Choline (as choline bitartrate)	25 mg	5%
Inositol	25 mg	**
Resveratrol (root; <i>Polygonum cuspidatum</i>)	10 mg	**

Ingredients:

Ingredients:	Amount	%DV*
Lycopene	6 mg	**
Lutein	6 mg	**
Zeaxanthin	2 mg	**
Proprietary Phytonutrient Blend	400 mg	**

Artichoke Extract (leaf; *Cyanara scolymus*; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; *Momordica charantia*), Blueberry Extract (fruit; *Vaccinium* spp.; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; *Cinnamomum cassia*), Citrus Extract (fruit; *Citrus aurantium*; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; *Coffea arabica*; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; *Camellia sinensis*; standardized to 98% polyphenols, 75% catechins, and 45% EGCG), Heartwood Extract (wood/bark; *Acacia catechu*; standardized to 6% catechins), Prune Extract (fruit; *Prunus domestica*; standardized to 50% polyphenols), Pomegranate Extract (fruit; *Punica granatum*; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; *Rosmarinus officinalis*; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; *Nasturtium officinale*).

Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, starch, dicalcium phosphate, vegetable magnesium stearate, silica.

Biofolate® is a federally registered trademark of MTC Industries, Inc.

Directions: Take 3 capsules once daily with food or as directed by your healthcare practitioner.

Caution: If you are taking medication, or other nutritional supplements consult your healthcare practitioner before use. Keep out of reach of children.

Warning: Do not use if pregnant or nursing. Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day unless directed to do so by a healthcare practitioner.

References:

- Ames, B. N. (2001). DNA damage from micronutrient deficiencies is likely to be a major cause of cancer. *Mutation Research/Fundamental and Molecular Mechanisms of Mutagenesis*, 475(1), 7-20.
- Hu, R. (2015). Vitamin B12 deficiency. *European Journal of General Medicine*, 12(3).
- Wilson, J. D. (1998). Vitamin deficiency and excess. *Harrisons Principles of Internal Medicine*, 480-488.
- Ward, E. (2014). Addressing nutritional gaps with multivitamin and mineral supplements. *Nutrition Journal*, 13(72).
- Moll, R., & Davis, B. (2017). Iron, vitamin B12 and folate. *Medicine*, 45(4), 198-2003.Gupta, C., & Prakash, D. (2014). Phytonutrients as therapeutic agents. *Journal of Complementary and Integrative Medicine*, 11(3).
- Gupta, C., & Prakash, D. (2014). Phytonutrients as therapeutic agents. *Journal of Complementary and Integrative Medicine*, 11(3).
- Kris-Etherton, P. et al. (2002). Bioactive compounds in foods: their role in the prevention of cardiovascular disease and cancer. *The American Journal of Medicine*, 113(9), 71-88.
- Craig, W. J. (1999). Health-promoting properties of common herbs. *America Journal of Clinical Nutrition*, 70(suppl), 491-499.
- Black, R. (2003). Micronutrient deficiency—an underlying cause of morbidity and mortality. *Bulletin of the World Health Organization*, 81(2).

* 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.



NON-GMO



GLUTEN-FREE



DAIRY-FREE



PRODUCED IN A cGMP FACILITY

For more information, visit: nutribest.us