



## PhytoMulti®

Practitioner-grade multivitamin with phytonutrients for cellular health and healthy aging.

**Product Name:** PhytoMulti®

**Product Flavor:** -

**Product Size:** 120 Tablets

**Product Forms:** Tablets

### Supplement Facts

Ingredient	Amount Per Serving	% Daily Value
Serving Size	2 Tablets	
Servings Per Container	60	
Total Carbohydrate	<1 g	<1%*
Dietary Fiber	<1 g	2%*
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%
Vitamin D (as cholecalciferol)	1000 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	313%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	25 mg	1,471%
Folate (as calcium L-5-methyltetrahydrofolate) <sup>†</sup>	1,360 mcg DFE	340%
Vitamin B <sub>12</sub> (as methylcobalamin)	200 mcg	8,333%
Biotin	500 mcg	1,667%
Pantothenic Acid (as calcium D-pantothenate)	75 mg	1,500%
Choline (as choline bitartrate)	25 mg	5%
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 copper citrate)	1 mg	111%
Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	.200 mc	571%
Molybdenum (as molybdenum aspartate complex)	50 mcg	111%
Proprietary Phytonutrient Blend of:	400 mg	**

#### Other Ingredients:

Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating [hypromellose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)].

#### Directions:

Take one to two tablets once daily with food or as directed by your healthcare practitioner.

**This product is non-GMO and gluten-free.**

#### Warning:

Do not use if pregnant or nursing. Excess vitamin A may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A per day.

#### Caution:

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

#### Storage:

Keep tightly closed in a cool, dry place.

**\*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.**

\*\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*\*Daily Value not established.

<sup>†</sup>As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

aspartate complex)

Proprietary Phytonutrient Blend of:	400 mg	**
Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 43.2 mg gallic acid equivalents (GAE)], grape seed extract [standardized to 85% oligomeric proanthocyanidins], blueberry ( <i>Vaccinium</i> spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon ( <i>Cinnamomum cassia</i> ) bark powder, Indian gum Arabic tree bark and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 7.6% min sum of carnosol+carnosic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]		

Myo-Inositol	25 mg	**
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Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg	**
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Lutein	6 mg	**
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Lycopene	6 mg	**
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Zeaxanthin	2 mg	**
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**URL:** <https://www.metagenics.com/item/phy120/phytomulti/1.html>

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