

# Multivitamin/Minerals Overview



Pure Encapsulations® offers many high-quality multivitamin formulations to support a wide range of health needs and promote overall wellness. Like all our supplements, our multivitamins are made with high-quality ingredients and **FREE FROM** GMOs, magnesium stearate, unnecessary additives, artificial colors, flavors, sweeteners and many common allergens—including wheat, egg, peanuts and tree nuts.†

## Multivitamins

PRODUCT	INDICATIONS	KEY FEATURES	DAILY RECOMMENDATIONS
<a href="#">Athletic Nutrients</a>	Daily support for training and performance for ages 18 and up†	ATP cofactors, l-carnosine, açai, NAC and more	2 capsules, 2 times daily, with meals
<a href="#">Junior Nutrients</a>	Daily support for children ages 4 and up†	Comprehensive multivitamin/mineral formula with Metafolin®(L-5-MTHF) for children and teens Delivered in a small capsule size	Ages 4 to 13 years: 2 capsules daily, with a meal Ages 14 years and up: 2 capsules, 2 times daily, with meals
<a href="#">LiquiNutrients</a>	Daily support for adults and children ages 4 and up†	Liquid multivitamin/mineral complex enhanced with organic fruits and vegetables for daily wellness†	Ages 4 to 13 years: 1 teaspoon daily, with a meal Ages 14 and up: 2 teaspoons daily, with a meal
<a href="#">Men's Nutrients</a>	Daily support targeting endurance, prostate and cardiovascular health for men over 40†	Saw palmetto, pygeum, lycopene, green tea, maca and more	3 capsules, 1-2 times daily, with meals
<a href="#">Longevity Nutrients</a>	Daily support targeting cellular energy, cognitive performance and healthy aging for men and women over 40†	Adenosylcobalamin, citicoline, CoQ <sub>10</sub> , curcumin, lutein/zeaxanthin, vitamins K <sub>1</sub> , K <sub>2</sub> , vitamin D <sub>3</sub> and folic acid provided as Metafolin®, 5-methyltetrahydrofolate (L-5-MTHF)	2 capsules, 2 times daily, with meals
<a href="#">Multi t/d</a>	Twice-daily multivitamin and mineral complex for daily wellness that supports ocular, nervous system, cardiovascular and cellular health for ages 18 and up†	Enhanced with 3 mg lutein and 500 mcg zeaxanthin (in one capsule), folate as Metafolin® (L-5-MTHF) and core nutrient essentials	1 capsule, 2 times daily, with meals
<a href="#">Nutrient 950®</a>	Daily support for men and women 18 and up†	Nutrient 950® is a complete hypo-allergenic, highly bioavailable multivitamin, multi-mineral and trace element supplement. Nutrient 950® is also available in the following formulas: <ul style="list-style-type: none"> <li>• without iron</li> <li>• without iron and copper</li> <li>• without copper, iron, &amp; iodine</li> <li>• with vitamin A, but without copper and iron                             <ul style="list-style-type: none"> <li>• with vitamin K</li> </ul> </li> <li>• with vitamin A, without copper and iron                             <ul style="list-style-type: none"> <li>• with N-acetyl-L-cysteine (NAC)</li> </ul> </li> </ul>	3 capsules, 1-2 times daily, with meals
<a href="#">O.N.E.™ Multivitamin</a>	Daily support for men and women 18 and up†	Comprehensive once daily multivitamin/mineral includes bioavailable vitamins including Metafolin (L-5-MTHF) and 50 mcg (2,000 IU) vitamin D, fully chelated minerals, lutein and zeaxanthin, antioxidants lycopene, alpha lipoic acid and sustained release CoQ <sub>10</sub>	1 capsule daily, with a meal

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

## Multivitamins (continued)

PRODUCT	INDICATIONS	KEY FEATURES	DAILY RECOMMENDATIONS
<a href="#">Polyphenol Nutrients</a>	Multivitamin/mineral formula with added polyphenols, for advanced cellular protection†	Blueberry, pomegranate, green tea, quercetin, olive fruit, grape seed, choline, inositol, lutein, zeaxanthin, and provides nutrients to support cellular, macular, cardiovascular and nerve health†	3 capsules, 1-2 times daily, with meals
<a href="#">PreNatal Nutrients</a>	Multivitamin/mineral complex for pregnancy and lactation†	Metafolin® L-5-MTHF, vitamin K, choline, and increased vitamin D for enhanced nutritional support during pregnancy and lactation†	2 capsules daily, with a meal
<a href="#">PureGenomics® Multivitamin</a>	Daily support targeting common genetic polymorphisms for ages 18 and up†	Convenient once-daily dosing; enhanced methylation support with activated B vitamins, choline and more†	1 capsule daily, with a meal
<a href="#">PureGenomics® UltraMultivitamin</a>	Comprehensive multivitamin/mineral formula to support daily wellness with enhanced support for common genetic polymorphisms, for ages 18 and up†	Provides highly bioavailable vitamins including activated B vitamins. Also includes ALA, CoQ10, vitamin C and NAC, DIM, lithium and an innovative microencapsulated form of magnesium	3 capsules daily, with a meal
<a href="#">PureLean® Nutrients</a>	Daily support targeting healthy glucose metabolism and lipid utilization for ages 18 and up†	Contains activated vitamins and mineral chelates combined with cinnamon, alpha lipoic acid and L-carnosine, and green tea	3 capsules, 1-2 times daily, with meals
<a href="#">PureNutrients Gummy</a>	Daily support for adults and children ages 3 and up†	Comprehensive, great tasting chewable multivitamin/mineral complex enhanced with organic berries and fruits†	Children ages 3: 2 gummies daily, with a meal Children ages 4 and up: 4 gummies daily, with a meal
<a href="#">PurePals</a> (chewable tablet)	Daily support for children ages 3 and up†	Chewable tablet with natural cherry flavor and no added sugar or fructose  Options available: • standard formula without iron • with iron	Children ages 3: 1 chewable tablet daily, with a meal Children ages 4 and up: 2 chewable tablets daily, with a meal
<a href="#">PureResponse® Multivitamin</a>	Daily support targeting key pivot points in immune function for ages 18 and up†	Enhanced levels of fat-soluble vitamins, zinc, reishi mushroom, eleuthero and more	2 capsules daily, with a meal
<a href="#">UltraNutrient®</a>	Daily support targeting cardiovascular and liver health for ages 18 and up†	CoQ10, alpha lipoic acid, reduced glutathione, hawthorn, ginger, milk thistle, turmeric and more	3 capsules, 1-2 times daily, with meals
<a href="#">VisionPro Nutrients†</a>	Daily support targeting healthy vision and eye integrity ages 18 and up†	Researched levels of vitamins C and E, zinc, and copper; lutein, zeaxanthin and lycopene	3 capsules daily, with a meal
<a href="#">Women's Nutrients</a>	Daily support for women over 40 with nutrients to support breast cell health, hot flashes, macular support, urinary health and more†	Lignans, calcium-D-glucarate, curcumin, cranberry, rhodiola and more	3 capsules, 1-2 times daily, with meals

†Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise

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## Multivitamins and Minerals

PRODUCT	INDICATIONS	KEY FEATURES	DAILY RECOMMENDATIONS
<a href="#">B-Complex Plus</a>	Comprehensive B vitamin supplement for ages 18 and up	Blend of B vitamins including Metafolin® L-5-MTHF, pyridoxal-5-phosphate and methylated vitamin B <sub>12</sub>	1 capsule, 1-2 times daily, with meals
<a href="#">Mineral 650®</a>	Chelated-mineral formula that provides comprehensive mineral support for daily wellness for ages 18 and up†	Highly bioavailable form of minerals essential to support optimal physiologic function† Options available: <ul style="list-style-type: none"> <li>• standard formula with iron and copper</li> <li>• without iron &amp; copper</li> </ul>	3 capsules, 1-2 times daily, with meals
<a href="#">Trace Minerals</a>	Daily support for cellular function and wellness for ages 18 and up†	Highly bioavailable forms of trace minerals essential to support optimal physiologic function†	1 capsule, 1-2 times daily, with meals

## Pure Packs

PRODUCT	INDICATIONS	KEY FEATURES	DAILY RECOMMENDATIONS
<a href="#">Athletic Pure Pack</a>	Daily support for training and performance for ages 18 and up†	Metafolin®, l-carnosine, açai, green tea, chromium, fish oil, NAC and more	1 packet; 9 capsules with a meal
<a href="#">Detox Pure Pack</a>	Daily gentle detoxification support for ages 18 and up†	Metafolin®, chromium, EPA/DHA, CoQ <sub>10</sub> , ginger, turmeric and more	1 packet; 8 capsules with a meal
<a href="#">Energize Plus Pure Pack</a>	Daily support for energy production and nutrient metabolism†	Fish oil, l-Carnitine, lutein, B vitamins and more	1 packet; 7 capsules with a meal
<a href="#">Men's Pure Pack</a>	Daily support for cardiovascular, macular, and prostate health for men over 40†	Magnesium, vitamin D, omega-3 fatty acids, CoQ <sub>10</sub> , saw palmetto, green tea and more	1 packet; 8 capsules with a meal
<a href="#">NeuroMood Pure Pack†</a>	Daily support for healthy neurotransmitter function, positive mood and emotional wellness†	Comprehensive multivitamin, EPA/DHA, magnesium, amino acids, taurine and more	1 packet; 5 capsules with a meal
<a href="#">PureLean® Pure Pack</a>	Daily support for healthy glucose and lipid metabolism†	GlucoPhenol®, lutein, green tea, alpha lipoic acid, fish oil and more	1 packet; 7 capsules with a meal
<a href="#">UltraDetox 10-Day Pure Pack</a>	Enhanced support for healthy detoxification†	Core nutrients, broccoli, taurine, NAC, DIM, modified citrus pectin, chlorella and more	1 packet; 9 capsules with a meal
<a href="#">Ultra Pure Pack</a>	Daily support for cardiovascular, liver and cellular health for ages 18 and up†	Core nutrients with omega-3 fatty acids, CoQ <sub>10</sub> , hawthorn, polyphenols, antioxidants, curcumin and milk thistle	1 packet; 7 capsules with a meal
<a href="#">Women's Pure Pack</a>	Daily support for bone, cardiovascular, macular, breast and emotional health†	Omega-3 fatty acids, extra calcium and vitamin D <sub>3</sub> , CoQ <sub>10</sub> , antioxidants and more	1 packet; 9 capsules with a meal

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 ChromeMate® brand niacin-bound chromium complex. ChromeMate® is a Lonza trademark.  
 Tolerase® G is a trademark of DSM.  
 5-LOXIN® is a registered trademark of PL Thomas – Laila Nutra, LLC and is used under license. International Patents Pending.  
 GlucoPhenol® is a registered trademark used under license by Pure Encapsulations.  
 Tolerase® G is not intended to replace a gluten-free diet. Tolerase® G is not intended to treat or prevent celiac disease.

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