

Multi t/d

Twice-daily multivitamin/mineral complex for daily wellness[†]

INDICATIONS

- Ages 18 and up
- Provides a concentrated core of nutrient essentials supporting various physiological functions and daily wellness[†]

BENEFITS

- Supports ocular, nervous system and cardiovascular health[†]
- Provides free-radical-scavenging antioxidants to promote cellular health[†]
- Supports immune health[†]

FEATURES

- Twice-daily multivitamin and mineral complex with active vitamin cofactors and chelated minerals for optimal bioavailability
- Convenient two-per-day dosing
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Multi t/d is a two-per-day multivitamin/mineral formula providing a concentrated core of nutrient essentials supporting various physiological functions, including nervous system health, ocular health, bone health, nutrient and glucose metabolism. The vitamins and minerals in this formula also provide free radical scavenging antioxidants that play a role in cardiovascular, immune and cellular health.¹⁻³ Enhanced with lutein and zeaxanthin, this formula also maintains healthy vision. Lutein and zeaxanthin have been reported in numerous studies to promote healthy macular pigment, lens optical density and visual acuity.⁴ As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B₆ and vitamin B₁₂ may reduce the risk of vascular disease. FDA evaluated the above claim and found that while it is known that diets low in saturated fats and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.⁵ Folate is provided in this formula as Metafolin[®], the naturally occurring universally metabolized form of folate. Metafolin[®] is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF), the predominant, naturally occurring form of folate in

food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations.^{6†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 2 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Ascorbic acid: corn dextrose fermentation
- Ascorbyl palmitate: corn dextrose fermentation and palm oil
- Vitamin D₃: cholesterol from wool fat (lanolin)
- Vitamin E: soy
- Vitamin B₁ (thiamin HCl): synthetic
- Vitamin B₂ (riboflavin): fermentation of corn
- Niacinamide and Niacin: synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Folate (Metafolin[®], L-5-MTHF): synthetic
- Vitamin B₁₂ (methylcobalamin): fermentation of corn
- Biotin: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Minerals: naturally derived from lime of rock
- Beta carotene: *Blakeslea trispora*
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin

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NOTES

Size 00 caps
Bottle counts 60, 120
Order codes MTD26, MTD21
Bottle sizes 190 cc, 190 cc

REFERENCES

1. Girodon F, et al. *J Am Coll Nutr.* 1997 Aug;16(4):357-65.
2. Hercberg S, et al. *Arch Intern Med.* 2004 Nov 22;164(21):2335-42.
3. Bunout D, et al. *PEN J Parenter Enteral Nutr.* 2004 Sep-Oct;28(5):348-54.
4. Hammond BR, et al. *Invest Ophthalmol Vis Sci.* 2014 Dec 2;55(12):8583-9.
5. Bleie Ø, et al. *Coron Artery Dis.* 2011 Jun;22(4):270-8.
6. Lamers Y, et al. *Am J Clin Nutr.* 2006 Jul;84(1):156-61.

SUPPLEMENT FACTS

1 capsule, 2 times daily, with meals.

One (size 0) vegetarian capsule contains:

Vitamin A (as beta carotene)	675 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D ₃)	12.5 mg (500 IU)
Vitamin E (as d-alpha tocopherol succinate)	34 mg
Thiamin (as thiamin HCl) (B ₁)	25 mg
Riboflavin (as vitamin B ₂ and 28% as riboflavin 5' phosphate (activated B ₂))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B ₆ (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B ₆))	10.4 mg
Folate (as Metafolin [®] , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B ₁₂ (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg
Iodine (as potassium iodide)	100 mcg
Zinc (as zinc picolinate)	7.5 mg
Selenium (as selenomethionine)	50 mcg
Chromium (as chromium polynicotinate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg
FloraGLO [®] lutein	3 mg
Zeaxanthin	500 mcg
Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate	

Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

[®]FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP[®] brand. OPTISHARP[®] is a trademark of DSM.

ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] & logo are trademarks of Lonza or its affiliates.



Multi t/d	Quantity	Order Code
	120	MTD21
	60	MTD26

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.