

PureGenomics® Multivitamin

Multivitamin/mineral formula targeting common genetic polymorphisms to support daily wellness[†]

INDICATIONS

- Ages 18 and up
- Daily wellness[†]
- Formula targeting common genetic polymorphisms[†]

BENEFITS

- Supports optimal nutrient intakes for individuals with common genetic variations[†]
- Supports methylation, which maintains healthy neurotransmission, DNA synthesis and gene regulation²
- Promotes macular and retinal health[†]
- Supports overall wellness[†]

FEATURES

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Includes Metafolin®, the naturally occurring, universally metabolized form of folate
- Offers vitamin B₁₂ as a unique blend of the two active isomers (adenosylcobalamin and hydroxycobalamin)
- Part of the PureGenomics® product line
- Convenient one-capsule-per-day dosing
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

PureGenomics® Multivitamin is a once-daily multivitamin/mineral formula designed to address the nutrient requirements associated with common genetic variations. Activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate and the enhanced-retention thiamin derivative, benfotiamine. Methylation plays many roles including neurotransmission, DNA synthesis and gene regulation.^{1,2} Riboflavin is an essential cofactor for MTHFR, a genetically polymorphic enzyme that supports the methylation of homocysteine and other substrates as part of the methylation pathway. Individuals with the rs1801133 TT variant exhibited enhanced cardiovascular benefits from supplemental riboflavin in multiple clinical trials.^{3,4} Since the MTHFR T allele

also reduces the activation of folate to L-5-methyltetrahydrofolate (L-5-MTHF), this formula provides 800 mcg of Metafolin® (L-5-MTHF), a naturally occurring, universally metabolized form of folate that does not require MTHFR for activation.⁵ PureGenomics® Multivitamin provides vitamin B₁₂ as a blend of adenosylcobalamin and hydroxycobalamin to support both mitochondrial function and methylation.^{1,6} Choline is a critical methyl donor that plays important roles in neuronal maintenance and cognitive function.¹ Certain genetic variations in MTHFR and PEMT, enzymes that play critical roles in methylation and choline synthesis, respectively, have been associated with increased dietary choline needs.⁷⁻⁹ Since many genetic variations influence vitamin D metabolism, transport and receptor function, PureGenomics® Multivitamin provides 25 mcg (1,000 IU) vitamin D to support optimal dietary intakes.¹⁰ Pre-formed vitamin A is also included to allow efficient assimilation of retinol in individuals with BCMO1 polymorphisms, which may reduce the conversion of beta-carotene to active vitamin A.¹¹ Lutein and zeaxanthin are included to support macular and retinal health.^{12†}

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal.

STORAGE

Store in a cool, dry place.

WARNING

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, or have any health condition, or are taking any medication, consult your health professional before use.

SOURCE

- Vitamin A: synthetic
- Mixed carotenoids: *Blakeslea trispora*
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Ascorbyl palmitate: corn dextrose fermentation and palm oil

PureGenomics® Multivitamin

Multivitamin/mineral formula targeting common genetic polymorphisms to support daily wellness[†]

- Vitamin D3: cholesterol from wool fat (lanolin)
- Vitamin E: purified soybean oil
- Vitamin K₁: synthetic
- Vitamin K₂ (menaquinone-7): geraniol and farnesol flower extracts
- Vitamin B₁ (thiamin HCl): synthetic
- Vitamin B₂ (riboflavin): corn dextrose fermentation
- Niacinamide: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Vitamin B₁₂ (hydroxycobalamin and adenosylcobalamin): corn dextrose fermentation
- Folate (Metafolin®, L-5-MTHF): synthetic
- Biotin: synthetic
- Choline: synthetic
- Minerals: naturally derived from elemental ore

Sources of the mineral chelates include:

- Citrate: corn dextrose fermentation
- Glycinate and Orotate: synthetic

9. Kohlmeier M, et al. *Proc Natl Acad Sci U S A*. 2005; 102(44):16025–30.
10. Wang TJ et al. *Lancet (London, England)* 2010;376:180-8.
11. Leung WC, et al. *FASEB J*. 2009;23(4):1041–53.
12. Hammond BR, et al. *Invest Ophthalmol Vis Sci*. 2014;55(12):8583-9.

NOTES

Size 00 caps

Bottle count 60

Order code PGM26

Bottle size 190 cc

REFERENCES

1. Glier MB, et al. *Mol Nutr Food Res*. 2014;58(1):172-82.
2. Gropper SS, Smith JL, Groff JL. *Advanced Nutrition and Human Metabolism*. 5th ed. Belmont, CA: Wadsworth; 2009.
3. McNulty H, et al. *Mol Aspects Med*. 2017;53:2-9.
4. Horigan G, et al. *J Hypertens*. 2010;28(3):478-86.
5. Prinz-Langenohl R, et al. *Br J Pharmacol*. 2009; 158(8): 2014–21.
6. Kok, D.E.G., et al. *Clin Epigenet*. 2015;7, 121.
7. Zeisel SH et al. *J Nutr*. 2011;141(3):531-4.
8. Ivanov A, et al. *J Am Diet Assoc*. 2009;109(2):313-8.

PureGenomics® Multivitamin

Multivitamin/mineral formula targeting common genetic polymorphisms to support daily wellness[‡]

SUPPLEMENT FACTS

1 capsule daily, with a meal.

Each (size 00) vegetarian capsule contains:

Vitamin A (as vitamin A acetate and 27% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D ₃)	25 mcg (1,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Vitamin K (as vitamin K ₁)	60 mcg
Thiamin (as thiamin HCl) (B ₁)	3 mg
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	4 mg
Folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)
Vitamin B ₁₂ (as adenosylcobalamin and 50% hydroxycobalamin)	1,000 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg
Choline (as choline bitartrate)	56 mg
Iodine (as potassium iodide)	150 mcg
Zinc (as zinc citrate)	25 mg
Selenium (as selenomethionine)	70 mcg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
Vitamin K ₂ (as menaquinone-7)	20 mcg
BenfoPure® benfotiamine	3 mg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg

Other ingredients: vegetarian capsule (cellulose, water), trimagnesium citrate, 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.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

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

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Vitamin K may be contraindicated with Coumadin (Warfarin). If you are taking blood thinning medication, consult your health professional before use.



PureGenomics® Multivitamin	Quantity	Order Code
	60	PGM26

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.

