

Serving size: 2 Tablets

Vitamins & Minerals	
Vitamin A [50% as mixed carotenoids and 50% as retinyl acetate]	10,000 IU
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg
Vitamin D <sub>3</sub> (as cholecalciferol)	1000 IU
Vitamin E (as d-alpha tocopheryl succinate)	100 IU
Vitamin K (as phytonadione)	120 mcg
Thiamin (as thiamin mononitrate)	25 mg
Riboflavin	15 mg
Niacin (as niacinamide and niacin)	50 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl)	25 mg
Folate (as calcium L-5-methyltetrahydrofolate)	800 mcg
Vitamin B <sub>12</sub> (as methylcobalamin)	200 mcg
Biotin	500 mcg
Pantothenic Acid (as D-calcium pantothenate)	75 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium citrate)	40 mg
Zinc (as zinc citrate)	15 mg
Selenium (as selenium aspartate)	100 mcg
Copper (as copper citrate)	1 mg
Manganese (as manganese citrate)	0.5 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum aspartate complex)	50 mcg
Choline (as choline bitartrate)	25 mg
Inositol	25 mg
Phytonutrients & Plant Extracts	
Lycopene	6 mg
Zeaxanthin	2 mg
Lutein	6 mg
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg
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 40% ellagic acid] Grape Seed Extract [standardized to 90% polyphenols] Blueberry Fruit Extract [standardized to 30% total polyphenols, and 12% anthocyanins] Green Tea Leaf Extract [standardized to 60% catechins and 40% EGCG] Bitter Melon Fruit Extract [standardized to 5% bitter principles] 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 11% min phenolic diterpenes and 7.6 % min sum of carnosol+carnosic acid] Artichoke Leaf Extract [standardized to 0.3% cynarins and 1% chlorogenic acid]	

**Other Ingredients:** Microcrystalline cellulose, cellulose, croscarmellose sodium, silica, stearic acid (vegetable), and coating (water, hypromellose, medium chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin).

**This product is Gluten Free.**

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

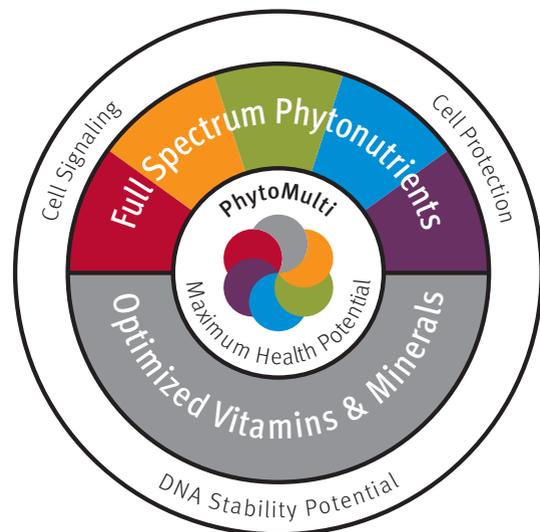
**Form:** 60 Tablets, 120 Tablets

**Warning:** Do not use if pregnant or nursing. Excess vitamin A may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day.

**Caution:** If you are taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

**PhytoMulti™ with Iron also available in a 60 tablet bottle.**

## PhytoMulti: Activate Your Health Potential



The “Smart Multi” designed to help you reach your maximum potential for health.\*

- **Recharge** cellular communication in favor of good health\*
- **Nourish** cells with a full spectrum of phytonutrients and essential vitamins and minerals to support multiple body systems\*
- **Defend** cells by helping maintain DNA stability and protecting against oxidative stress from free radicals\*

## The PhytoMulti Difference

Unlike other supplements, PhytoMulti provides an optimized blend of daily nutrients with scientifically tested biological activity to activate your health potential.\*

	PhytoMulti	Popular Multi V/M
Scientific blend of concentrated extracts rich in phytonutrients with established health benefits*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Comet assay supports DNA stability potential*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Total ORAC <sub>FN</sub> test demonstrates exceptional antioxidant capacity*	<input checked="" type="checkbox"/>	<input type="checkbox"/>
High density of phytonutrients plus essential vitamins and minerals in a single tablet	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Impacts cell signaling to communicate healthy messages throughout the body*	<input checked="" type="checkbox"/>	<input type="checkbox"/>

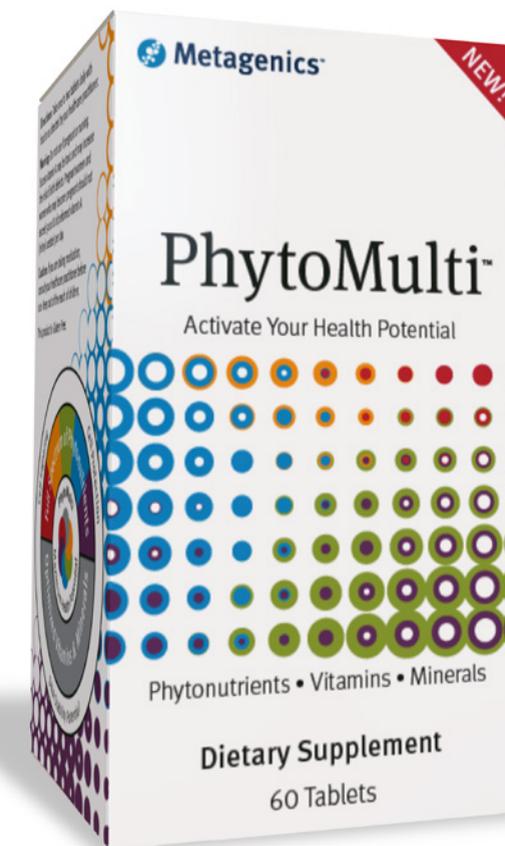
Learn more at [PhytoMulti.com](http://PhytoMulti.com).

Triple GMP Certified



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

## Introducing the Breakthrough Smart Multi



Activate Your Health Potential

**Metagenics**

Genetic Potential Through Nutrition

PhytoMulti™ is the “Smart Multi” that takes you beyond basic wellness support to help you reach your best health possible.\*



Unlike ordinary multivitamin/mineral supplements, PhytoMulti provides a proprietary, concentrated blend of plant extracts rich in phytonutrients—

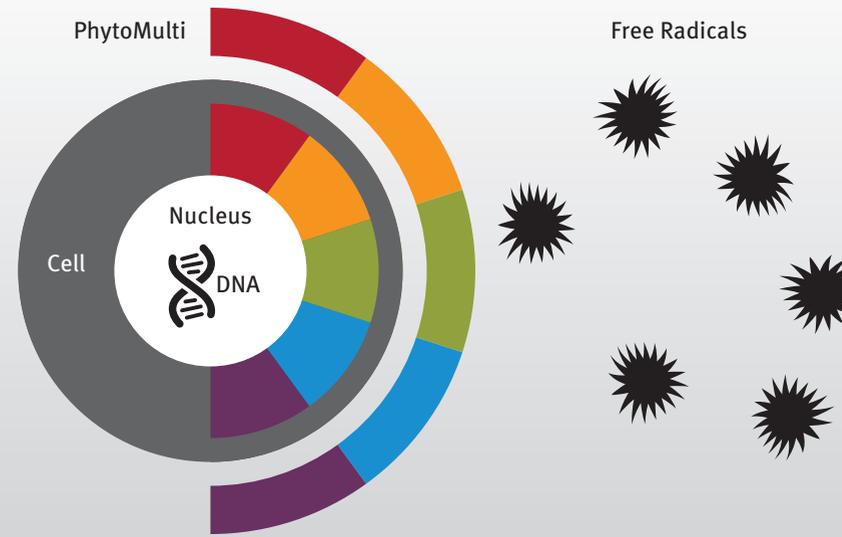
bioactive secondary metabolites in plants with scientifically established health benefits.\*

PhytoMulti’s science-based spectrum of phytonutrients—enhanced with quality vitamins and minerals—is designed to recharge, nourish, and defend your cells. It’s intelligently designed support for well-being and the health of multiple body systems:\*

- Brain & nervous system health
- Eye health & vision
- Cardiovascular health
- Liver health
- Immune system health
- Energy metabolism

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PhytoMulti has shown the potential to protect the cell from damaging free radicals and support DNA stability\*



#### Why is it smart to take PhytoMulti?

PhytoMulti reflects extensive research on the diverse phytonutrients found in a healthy Mediterranean diet, rich in a colorful variety of fruits, vegetables, herbs, and other plant foods. Phytonutrients provide important nourishment to promote healthy cellular function and communication in the body. They also provide antioxidant protection against potentially damaging free radicals that increase with age, poor lifestyle choices, and pollutants. That’s why health experts recommend eating more phytonutrient-rich foods to help you thrive.\*

#### PhytoMulti is intelligently designed

For a revolutionary approach, our scientists created a proprietary blend of carefully selected plant extracts known for their complex phytonutrient content. Standardized extracts offer a more concentrated source than simple food powders. And lab tests verify the presence of key phytonutrients in each extract, along with the presence of other naturally occurring factors that may positively influence health. PhytoMulti also includes other superior phytonutrients—including lutein, lycopene, and resveratrol—to provide targeted support for healthy eyes, heart, and more.\*

#### Delivering support for cellular protection & overall health

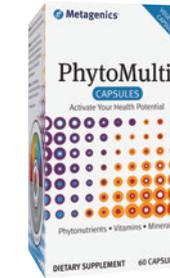
PhytoMulti is uniquely designed to protect the cell—to help the cell send signals in favor of good health throughout the body. Recent clinical research demonstrated potential to support the body’s antioxidant and detoxification mechanisms, as well as to improve certain markers of oxidative stress and cardiovascular health. A sophisticated Comet test has demonstrated the phytonutrient blend’s potential to maintain DNA stability in human immune cells. And an advanced Total ORAC<sub>FN</sub> assay has shown PhytoMulti’s superior potential for protection against oxidative stress caused by free radicals.\*

#### A smart choice for a super-charged dose of nutrients

PhytoMulti goes beyond daily nutritional supplementation with an optimized blend of health-supporting nutrients. This research-based formulation delivers focused, multidimensional support for healthy aging with the power of concentrated phytonutrients—in just 1 to 2 tablets daily.\*

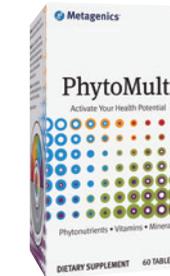
## The PhytoMulti Family of Daily Foundation Nutrition

3 Ways to Activate Your Health Potential



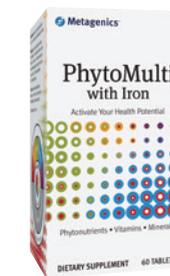
#### NEW! PhytoMulti Capsules

- Ideal for those who prefer capsules
- Only 1-3 capsules daily
- 60 capsule bottle



#### PhytoMulti

- Just 1-2 tablets daily
- 60 & 120 tablet bottles



#### PhytoMulti with Iron

- Just 1-2 tablets daily
- 60 tablet bottle

➔ Talk to your healthcare provider today about **PhytoMulti** formulas from Metagenics.

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