PhytoMulti®
“The Smart Multi” to Activate Health Potential & Defy Aging*

There’s a new revolution in helping patients eat better and supplement smarter. Epidemiologic studies have found that high consumption of plant-based foods—rich in beneficial phytonutrients, as well as essential vitamins and minerals—is associated with better health and longevity.1-3 But 76% of Americans don’t meet recommended daily fruit intake and 87% don’t meet recommended daily vegetable intake.4 Plus, over 40% of US adults have inadequate intakes of magnesium and vitamins A, C, D, and E.5 A traditional multivitamin/mineral supplement may not provide preferred daily support that complements smart eating habits and promotes wellness and healthy aging.

Now there’s a growing recognition of the value of dietary phytonutrients—which help support antioxidant protection, DNA stability, and cellular communication that in turn influence metabolic pathways and body systems.6-10 And consuming an array of phytonutrients from a variety of fruits and vegetables may increase dietary value due to collective influences on health.11 Phytonutrients can also be provided in supplements when fruit/vegetable intake is less than optimal.*

**Form: 60 Tablets, 120 Tablets**

**Serving size:** 2 Tablets

- 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 D3 (as cholecalciferol) 1000 IU
- Vitamin E (as d-alpha tocopheryl succinate) 100 IU
- Vitamin K (as phytodetoxone) 120 mcg
- Thiamin (as thiamin mononitrate) 25 mg
- Riboflavin 15 mg
- Niacin (as niacinamide and niacin) 50 mg
- Vitamin B6 (as pyridoxine HCl) 25 mg
- Folate (as calcium L-5-methyltetrahydrofolate) 800 mcg
- Vitamin B12 (as methylcobalamin) 2 mg
- Biotin 500 mcg
- Pantothenic Acid (as D-calcium pantothenate) 75 mg
- Iodide (as potassium iodide) 150 mcg
- Magnesium (as magnesium citrate) 40 mg
- Zinc (as zinc citrate) 15 mg
- 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
- Lycopene 6 mg
- Zeaxanthin 2 mg
- Lutein 6 mg
- Resveratrol (from Polygonum cuspidatum root extract) 10 mg

**Why PhytoMulti?**
- Intelligent blend of a highly concentrated, full spectrum of phytonutrients with science-based efficacy*
- Demonstrated phytonutrient potential for antioxidant protection to defend cellular health and DNA stability—verified by sophisticated in vitro ORACFN and Comet assays*
- Optimized with 20+ essential vitamins & minerals for multidimensional health support*
- Available in tablets (with or without iron), capsules, and chewables

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

**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 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 or other nutritional supplements, consult your healthcare practitioner before use. Keep out of the reach of children.

* 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.
Scientific Rationale
PhytoMulti represents an entirely new class of “smart” daily nutritional supplementation that goes beyond basic wellness support to recharge, nourish, and defend cells like no other foundation nutrition formula—activating health potential like no other supplement.*

It’s specifically formulated to target cellular health with a novel combination of essential vitamins and minerals, plus a proprietary blend of concentrated phytonutrients with scientifically tested biological activity designed to protect cells and maintain DNA stability.*

In an experimental research study conducted at the Functional Medicine Research Center® (FMRC, the clinical research arm of Metagenics, Inc.), PhytoMulti’s proprietary phytonutrient blend exhibits high antioxidant capacity that supports DNA stability. As demonstrated in the Comet assay, the phytonutrient blend reduces DNA damage at the individual cell level following the exposure to oxidative damage (Figure 1).*

In a 4-week open-label study conducted at the FMRC, the effects of 2 daily PhytoMulti tablets on multiple biomarkers were evaluated in 15 healthy adults:**

- PhytoMulti was well absorbed, as indicated by the significant increase in plasma levels of carotenoids, folate, and vitamin B₁₂.* (Figure 2)

- Serum levels of oxidized LDL (oxLDL), plasminogen activator inhibitor-1 (PAI-1), and myeloperoxidase (MPO)—markers of oxidative stress, cardiovascular health, and overall health—were significantly reduced* (Figure 3)

References:

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** Talk to your healthcare provider today about PhytoMulti.

www.metagenics.com