# Multi t/d

Twice daily multivitamin/mineral complex for daily wellness



### DESCRIPTION

- Multivitamin and mineral formula
- Convenient two-per-day dosing
- Made with hypoallergenic, vegetarian ingredients

Multi t/d is a two-per-day multivitamin and mineral complex. Multi t/d offers essential nutrients that may reduce the risk of vascular disease when taken with a well-balanced diet low in saturated fat, cholesterol, folic acid and vitamin B

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#### DETAILS

Multi t/d is a two-per-day multivitamin/mineral formula providing a concentrated core of nutrient essentials. Enhanced with lutein and zeaxanthin, this formula couples fundamental support with convenience. Furthermore, Multi t/d provides chelated minerals and active vitamin cofactors found in Nutrient 950<sup>®</sup> and UltraNutrient<sup>®</sup> for optimal bioavailability and utilization.

Indications:

- For improved compliance with convenient two-per-day dosing
- For sensitive individuals

Vitamin/Mineral Distinctions:

• Provides core vitamin and mineral support<sup>‡</sup>

Special Features:

MacularSynergy Complex<sup>±</sup>
Enhances the integrity of the macula and retina with lutein and zeaxanthin. Synergistic cofactors include vitamin C, vitamin E, zinc and carotenoids.

## INGREDIENTS

- Amount Per Serving
- one vegetarian capsule contains:

| ٠ | vitamin A (as beta carotene)  |                    | 675 mcg          |
|---|---|--------------------|------------------|
| • | vitamin C (as ascorbic acid)  |                    | 250 mg           |
| • | vitamin D (as cholecalciferol)(D <sub>3</sub> )   |                    | 12.5 mg (500 IU) |
| • | vitamin E (as d-alpha tocopherol succinate)   |                    | 34 mg            |
| • | thiamin (as thiamin HCI) (B1)   |                    | 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          |
| ٠ | vitamin B $_6$ (as pyridoxine HCI and 40% as pyridoxal 5' phosphate (activated B $_6$ ))10.4 mg |                    |                  |
| • | folate (as Metafolin <sup>®</sup> , L-5-MTHF)   | 667 mcg DFE (L-5-M | THF 400 mcg)     |
| • | vitamin B12 (as methylcobalamin)  |                    | 250 mcg          |
| ٠ | biotin  |                    | 400 mcg          |
| • | pantothenic acid (as calcium pantothenate) ( $B_5$ )  |                    | 25 mg            |
| ٠ | iodine (as potassium iodide)  |                    | 100 mcg          |
| • | zinc (as zinc picolinate)   |                    | 7.5 mg           |
| • | selenium (as selenomethionine)  |                    | 50 mcg           |
| ٠ | chromium (as chromium polynicotinate)   |                    | 100 mcg          |
| • | proprietary mixed carotenoid blend  |                    | 212 mcg          |
| 0 | (as lutein, lycopene and zeaxanthin)  |                    |                  |
| • | MacularSynergy Complex  |                    |                  |
| • | FloraGLO® lutein  |                    | 3 mg             |
| • | Zeaxanthin  |                    | 500 mcg          |

- other ingredients: vegetarian capsule (cellulose, water) , ascorbyl palmitate
- Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.
- FloraGLO<sup>®</sup> is a registered trademark of Kemin Industries, Inc.
- Zeaxanthin is sourced from OPTISHARP<sup>™</sup> brand. OPTISHARP<sup>™</sup> is a trademark of DSM Nutritional Products, Inc.
- ChromeMate<sup>®</sup> brand niacin-bound chromium. ChromeMate<sup>®</sup> is a registered trademark of InterHealth, N.I.

#### RECOMMENDED DOSAGE

• 1 capsule, 2 times daily, with meals.