



## PhytoMulti™

**Form:** Tablets

**Flavor:**

**Size:** 60 Tablets

### Medical Ingredients

#### Each tablet contains:

Citrus Bioflavonoids ( <i>Citrus sinensis</i> L., <i>Citrus reticulata</i> ) fruit extract standardized to 45% hesperidin	61 mg
Vitamin C (ascorbic acid, ascorbyl palmitate)	60 mg
Green Coffee Bean Extract ( <i>Coffea arabica</i> ) containing 45% chlorogenic acid	53 mg
Pomegranate ( <i>Punica granatum</i> ) 9:1 whole fruit extract equivalent to 351 mg of pomegranate	39 mg
Pantothenic Acid (calcium d-pantothenate)	37.5 mg
Vitamin E (d-alpha tocopheryl succinate)	33.5 mg AT
Magnesium (magnesium citrate)	20 mg
Niacinamide	18.75 mg
Choline (choline bitartrate)	12.5 mg
Inositol	12.5 mg
Vitamin B <sub>6</sub> (pyridoxine HCl)	12.5 mg
Thiamin (thiamin mononitrate)	12.5 mg
Grape ( <i>Vitis vinifera</i> ) seed extract standardized to 90% polyphenols	12.5 mg
Blueberry ( <i>Vaccinium</i> spp.) fruit extract standardized to 20% polyphenols, 15% anthocyanins	10 mg
Green Tea ( <i>Camellia sinensis</i> ) leaf extract standardized to 60% catechins, 40% EGCG	8.3 mg
Riboflavin	7.5 mg
Zinc (zinc citrate)	7.5 mg
Niacin	6.25 mg
Resveratrol ( <i>Polygonum cuspidatum</i> )	5 mg
Lycopene	3 mg
Lutein	3 mg

Artichoke ( <i>Cynara scolymus</i> L.) 10:1 leaf extract equivalent to 25 mg of artichoke	2.5 mg
Chinese Cinnamon ( <i>Cinnamomum cassia</i> ) (bark)	2.5 mg
Rosemary ( <i>Rosmarinus officinalis</i> L.) 9:1 leaf extract equivalent to 22.5 mg of rosemary	2.5 mg
Watercress ( <i>Nasturtium officinale</i> ) 4:1 aerial parts extract equivalent to 10 mg of watercress	2.5 mg
Prune ( <i>Prunus domestica</i> ) 40:1 skin extract equivalent to 100 mg of prune	2.5 mg
Bitter Melon ( <i>Momordica charantia</i> ) 10:1 fruit extract equivalent to 25 mg of bitter melon	2.5 mg
Indian Gum-Arabic-Tree ( <i>Acacia nilotica</i> ) 4:1 bark & heartwood extract equivalent to 10 mg of <i>Acacia nilotica</i>	2.5 mg
Beta-Carotene	2.05 mg
Zeaxanthin	1 mg
Vitamin A (retinyl acetate)	750 mcg
Copper (copper citrate)	0.5 mg
Folate (calcium L-5-methyltetrahydrofolate) <sup>†</sup>	400 mcg
Manganese (manganese citrate)	0.25 mg
Biotin	250 mcg
Vitamin B <sub>12</sub> (methylcobalamin)	100 mcg
Chromium (chromium polynicotinate)	100 mcg
Iodine (potassium iodide)	75 mcg
Vitamin K (phytonadione)	60 mcg
Selenium (selenium aspartate)	50 mcg
Molybdenum (HVP <sup>††</sup> chelate)	25 mcg
Vitamin D (cholecalciferol)	12.5 mcg

**Non-Medicinal Ingredients:** Cellulose, croscarmellose sodium, stearic acid (veg), silicon dioxide, and coating (hypromellose, hydroxypropylcellulose, medium-chain triglycerides, and sodium copper chlorophyllin).

**Recommended Dose:** Adults take 2 tablets daily with food or as directed by your healthcare practitioner. Take a few hours before or after taking other medications or natural health products.

**Recommended Use:** To provide antioxidants, vitamins and minerals for the maintenance of good health.

**Caution:** Do not use if you are pregnant. Consult a healthcare practitioner if you are breastfeeding, have an iron deficiency, or taking blood thinners or prescription medications. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and Internationally). Consult a healthcare practitioner for use beyond 12 weeks. Stop use if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Do not use if perma seal is missing.

**This product is non-GMO and gluten-free.**

<sup>†</sup>Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

<sup>††</sup>HVP=Hydrolyzed Vegetable Protein/††PVH=Protéine Végétale Hydrolysée