

# MultiVitamin™



All-in-one supplement. A lack of one or more vitamins may cause symptoms that may be mild or severely debilitating, depending on the vitamin and the period of deficiency. MultiVitamin™ is a comprehensive tablet that delivers 22 essential vitamins and minerals in two daily doses instead of one large dose to ensure an effective, continuous release of nutrients to your cells.

MultiVitamin is a unique formulation of compounds with high bioavailability combined with MaxCell™, a patented herbal blend that has been shown to improve nutrient absorption.\*

Vitamins and minerals affect all functions in the body from promoting good vision to proper functioning of the heart and nervous system.

- ▶ Promotes total body health and well being\*
- ▶ Supports brain health\*
- ▶ Immune system support\*

|            | ITEM   | RETAIL  | ACP     | ACP PTS |
|------------|--------|---------|---------|---------|
| 60 tablets | 102135 | \$28.95 | \$25.95 | 18      |

## STEPHEN'S TIP

On June 19, 2002, an article in the Journal of the American Medical Association (JAMA) recommended that "all adults take a multi-vitamin daily."

## Supplement Facts

| Serving Size One Tablet   |         | Servings Per Container 60 |  |
|---|---------|---------------------------|--|
| Amount Per Serving  |         | % Daily Value             |  |
| Vitamin A<br>(50% palmitate/50% beta carotene)  | 2500 IU | 50%                       |  |
| Vitamin C<br>(as ascorbic acid, calcium ascorbate)  | 125 mg  | 208%                      |  |
| Vitamin D (as cholecalciferol)  | 200 IU  | 50%                       |  |
| Vitamin E<br>(as d-alpha-tocopherol acetate)  | 30 IU   | 100%                      |  |
| Thiamin<br>(vitamin B1; as thiamin mononitrate)   | 5 mg    | 333%                      |  |
| Riboflavin (vitamin B2)   | 5 mg    | 294%                      |  |
| Niacinamide   | 8 mg    | 40%                       |  |
| Vitamin B6 (as pyridoxine HCl)  | 10 mg   | 500%                      |  |
| Folate (folic acid)   | 200 mcg | 50%                       |  |
| Vitamin B12<br>(as cyanocobalamin)  | 25 mcg  | 417%                      |  |
| Biotin  | 100 mcg | 33%                       |  |
| Panthenic acid<br>(as calcium pantothenate)   | 8 mg    | 80%                       |  |
| Calcium (as calcium ascorbate and citrate)  | 75 mg   | 8%                        |  |
| Iron (as glycinate)   | 5 mg    | 28%                       |  |
| Iodine (as potassium iodide)  | 75 mcg  | 50%                       |  |
| Magnesium (as magnesium citrate)  | 50 mg   | 13%                       |  |
| Zinc (as monomethionine)  | 8 mg    | 53%                       |  |
| Selenium (as sodium selenite)   | 13 mcg  | 19%                       |  |
| Copper (as amino acid chelate)  | 1 mg    | 50%                       |  |
| Manganese (amino acid chelate)  | 3 mg    | 150%                      |  |
| Chromium (as yeast)   | 25 mcg  | 21%                       |  |
| Molybdenum<br>(as amino acid chelate)   | 25 mcg  | 33%                       |  |
| Potassium (as citrate)  | 38 mg   | 1%                        |  |
| Choline (as bitartrate)   | 25 mg   | †                         |  |
| Betaine (as HCl)  | 13 mg   | †                         |  |
| Inositol  | 10 mg   | †                         |  |
| Bioflavonoid complex  | 18 mg   | †                         |  |
| MaxCell™ Proprietary Blend  | 60 mg   | †                         |  |
| Jujube extract (fruit), Black pepper extract (fruit),<br>Aloe vera (dried gel), Chinese licorice (root) |         | †                         |  |

† Daily Value not established.

**Other ingredients:** Stearic acid, magnesium stearate, cellulose gum, silica.

**Suggested Use:** Take one tablet in the morning and one tablet in the evening with food.

**Warning:** Not intended for pregnant or lactating women. As with all nutritional products, consult your physician before using this product if you are taking medications.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a physician or poison control center immediately.

\* 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.

