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**PhytoMulti**® takes you beyond basic wellness support. It has a proprietary blend of 13 concentrated extracts and phytonutrients with scientifically tested biological activity to support cellular health and overall wellness.\*

**Directions:** Take one to three capsules 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. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day unless instructed to do so by a healthcare practitioner.

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

For more information: [PhytoMulti.com](http://PhytoMulti.com)

Certified



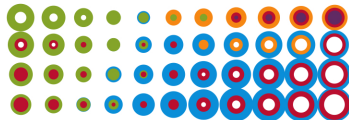
Gluten-Free

\*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.

**Metagenics**

# PhytoMulti® Capsules

Redefine Your Health Potential\*



Phytonutrients • Vitamins • Minerals

**DIETARY  
SUPPLEMENT 60 CAPSULES**

**PRACTITIONER EXCLUSIVE**

## Supplement Facts

Serving Size 3 Capsules†

Servings Per Container 20

| Amount Per Serving                                                     | % Daily Value       |
|------------------------------------------------------------------------|---------------------|
| Vitamin A [50% from mixed carotenoids and 50% as retinyl acetate]..... | 10,000 IU..... 200% |
| Vitamin C (as ascorbic acid and ascorbyl palmitate).....               | 120 mg..... 200%    |
| Vitamin D (as cholecalciferol).....                                    | 1,000 IU..... 250%  |
| Vitamin E (as d-alpha tocopheryl succinate).....                       | 100 IU..... 333%    |
| Vitamin K (as phytonadione).....                                       | 120 mcg..... 150%   |
| Thiamin (as thiamin mononitrate).....                                  | 25 mg..... 1,667%   |
| Riboflavin.....                                                        | 15 mg..... 882%     |
| Niacin (as niacinamide and niacin).....                                | 50 mg..... 250%     |
| Vitamin B <sub>6</sub> (as pyridoxine HCl).....                        | 25 mg..... 1,250%   |
| Folate (as calcium L-5-methyltetrahydrofolate)††.....                  | 800 mcg..... 200%   |
| Vitamin B <sub>12</sub> (as methylcobalamin).....                      | 200 mcg..... 3,333% |
| Biotin.....                                                            | 500 mcg..... 167%   |
| Pantothenic Acid (as calcium D-pantothenate).....                      | 75 mg..... 750%     |
| Iodine (as potassium iodide).....                                      | 150 mcg..... 100%   |
| Magnesium (as magnesium citrate).....                                  | 40 mg..... 10%      |
| Zinc (as zinc citrate).....                                            | 15 mg..... 100%     |
| Selenium (as selenium aspartate).....                                  | 100 mcg..... 143%   |
| Copper (as copper citrate).....                                        | 1 mg..... 50%       |
| Manganese (as manganese citrate).....                                  | 0.5 mg..... 25%     |
| Chromium (as chromium polynicotinate).....                             | 200 mcg..... 167%   |
| Molybdenum (as molybdenum aspartate complex).....                      | 50 mcg..... 67%     |

| Amount Per Serving                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | % Daily Value |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Choline (as choline bitartrate).....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 25 mg..... *  |
| Inositol.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 25 mg..... *  |
| 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 43.2 mg gallic acid equivalents (GAE)], grape seed extract [standardized to 85% oligomeric proanthocyanidins], blueberry ( <i>Vaccinium</i> spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, 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 7.6% min sum of carnosol+carosolic acid], artichoke leaf extract [containing cynarin and chlorogenic acid] |               |

\* Daily Value not established.

Other Ingredients: Microcrystalline cellulose, capsule [hypromellose, sodium copper chlorophyllin (color)], stearic acid (vegetable), and magnesium stearate (vegetable).

**MANUFACTURED BY: METAGENICS, GIG HARBOR, WA 98332 • 800 692 9400 • [METAGENICS.COM](http://METAGENICS.COM)**

†Vegetarian capsule. Not all contents inside the capsule are vegetarian.

††As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany