

advanced
nutrition by

ZAHLE

multi vitamin

Brainfood

Daily Multivitamin
+Memory & Focus Support
With NeuroFactor™
& Lion's Mane*



Dietary Supplement
60 Capsules

Directions: Take 2 capsules daily, preferably 1 capsule twice a day with food, or as directed by a healthcare practitioner.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	900 mcg	100%
Vitamin C (from PUREWAY-C® Ascorbic Acid)	180 mg	200%
Vitamin D3 (As Cholecalciferol) (From Lichen) (Vegan)	20 mcg	100%
Vitamin E (as D-Alpha Tocopheryl Succinate)	15 mg	100%
Vitamin K2 (as Menaquinone-7)	120 mcg	100%
Thiamin (as Thiamine HCl)	1.2 mg	100%
Riboflavin (as Riboflavin-5-Phosphate Sodium)	1.3 mg	100%
Niacin (as Inositol Hexanicotinate)	16 mg	100%
Vitamin B6 (as Pyridoxal-5-Phosphate)	1.7 mg	100%
Folate (as L-5-Methyltetrahydrofolate Calcium)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	24 mcg	1,000%
Choline (as Choline Bitartrate)	55 mg	10%
Iron (as Ferrous Bisglycinate Chelate) (Ferrochel™)	6 mg	33%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (from Simag™ Magnesium Oxide)	105 mg	25%
Zinc (as Zinc Arginate Chelate) (TRAACS™)	11 mg	100%
Selenium (as Methylselenocysteine)	55 mcg	100%
Copper (as Copper Bisglycinate Chelate) (TRAACS™)	0.45 mg	50%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	1.15 mg	50%
Chromium (as Chrominex® 3+ Chromium stabilized with Capros® Amla Fruit Extract and PrimaVie® Shilajit Gum Resin Extract, Chromium Chloride Hexahydrate)	70 mcg	200%
Molybdenum (as Molybdenum Glycinate Chelate)	22.5 mcg	50%
Organic <i>Hericium erinaceus</i> (Lion's Mane) Mycelium Powder	200 mg	*
Coffee Whole Fruit Extract (as NeuroFactor™)	100 mg	*
Spectra™ Blend	100 mg	*
Coffee Fruit Extract, Green Tea Leaf Extract, Broccoli Sprout, Onion Bulb Extract, Apple Fruit Extract, Quercetin, Acerola Fruit Extract, Tomato Fruit, Broccoli Flower and Stems, Cabbage Palm Fruit, Turmeric Root, Garlic Bulb, Basil Leaf, Oregano Leaf, Cassia Bark, Cinnamon Root, European Elder Fruit, Mangosteen Fruit, Camu Camu Fruit, Black Currant Fruit Extract, Blueberry Fruit Extract, Raspberry Fruit, Blackberry Fruit, Spinach Leaf, Aronia pomifolia Fruit, Collards Leaf, Sweet Cherry Fruit, Bilberry Fruit Extract, <i>Hemerocallis alba</i> Var. <i>perfoliata</i> Sprout.		
Pantethine	20 mg	*
Lutein	3 mg	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (Capsule), Organic Rice Hull Concentrate.

Distributed by: Advanced Nutrition
by Zahler® Brooklyn, NY 11230
www.zahlers.com



Store in a cool,
dry place, away
from direct sunlight.

Multi Brainfood Benefits

Superior Nutrition from Superior Sources Provides a body-ready and bioactive complex of vitamins & minerals (includes methylated, phosphorylated, chelated & coenzyme forms) for maximum absorption & activity.*

Spectra™ - Wholefood Fruit & Veggie Complex Spectra™ is a scientifically created, clinically studied & published, phytonutrient-loaded blend of 29 plant extracts that support cellular health and antioxidant action.*

Cognitive Support from NeuroFactor™, a Coffee Cherry Fruit Extract, & Lion's Mane Mushroom A synergistic complex supporting neurocognitive cellular wellness and optimal function with no known drug interactions.*



Questions?
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Let's Connect!
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KOSHER
PARVE



UNDER THE STRICT
SUPERVISION OF
RABBI SH. STERN &
THE ORTHODOX UNION



Built Clean:
Free of synthetic
binders and fillers.

Feel Better,
Everyday™

In addition to providing a complete body-ready and bioactive multinutrient formula with Spectra™, Multi BrainFood features

NeuroFactor™, a patented coffee cherry fruit extract that has been published for its supportive role in assuring optimal levels of BDNF, a nerve growth factor associated with healthy brain aging, plus **Organic Lion's Mane** mushroom, both of which support and promote*:

- Mental focus and calmness*
- Memory and cognition*
- Optimal brain function and healthy brain aging*

WARNING: 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 doctor or poison control center immediately.

WARNING: Since this product contains Vitamin K2, discontinue use two weeks prior to surgery.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.