

advanced  
nutrition by

**ZAHLE®**

# multi vitamin

## Calm

Daily Multivitamin  
+Relaxation Support  
With Ashwagandha &  
L-Theanine\*



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 Hexanicofitate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 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) (Femochel™)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 6 mg               | 33%    |
| Iodine (as Potassium Iodide)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 75 mcg             | 50%    |
| Magnesium (from Simag™ Magnesium Oxide)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 105 mg             | 25%    |
| Zinc (as Zinc Arginate Chelate) (TRAACS™)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 5.5 mg             | 50%    |
| 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 Chromine® 3+ Chromium stabilized with Capros® Arnia Fruit Extract and PrimaVie® Shilajit Gum Resin Extract, Chromium Chloride Hexahydrate)                                                                                                                                                                                                                                                                                                                                                                                                                          | 70 mcg             | 200%   |
| Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 22.5 mcg           | 50%    |
| Ashwagandha Root and Leaf Extract (as Shoden®)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 120 mg             | *      |
| L-Theanine                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 100 mg             | *      |
| Spectra™ Blend                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 100 mg             | *      |
| Coffee Fruit Extract, Green Tea Leaf Extract, Broccoli Sprout, Onion Bulb Extract, Apple Fruit Extract, Quercetin, Amla Fruit Extract, Tomato Fruit, Broccoli Root and Stems, Cabbage Palm Fruit, Turmeric Root, Garlic Bulb, Basil Leaf, Oregano Leaf, Cinnamon Bark, Carrot Root, European Elder Fruit, Mangosteen Fruit, Camu Camu Fruit, Black Currant Fruit Extract, Blueberry Fruit Extract, Raspberry Fruit, Blackberry Fruit, Spinach Leaf, Amla pranfoli Fruit, Collards Leaf, Sweet Cherry Fruit, Bilberry Fruit Extract, Brazilian okraacae Var. ginsengifera Sprout. | 20 mg              | *      |
| Peritelline                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                    |        |

\*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](http://www.zahlers.com)



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

## Multi Calm 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.\*

**Calming-Specific Support with Shoden® Ashwagandha & L-Theanine**  
A synergistic complex that rapidly supports a relaxed and alert state of mind without stimulant or sedative ingredients.\*



Questions?  
**877-ASK-ZAHLE®**  
(877-275-9245)  
[ask@zahlers.com](mailto:ask@zahlers.com)

Let's Connect!  
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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 Calm features **Shoden® Ashwagandha**, a clinically validated highly concentrated extract of the revered Ayurvedic herb, and the amino acid **L-Theanine**. These curated and clinically validated active ingredients support and promote\*:

- Calmness and relaxation\*
- Focus and clarity\*
- An alert and balanced state of mind\*

**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.

**KEEP OUT OF REACH OF CHILDREN.** Do not use if safety seal is damaged or missing. If pregnant, nursing or on medication, consult with your healthcare practitioner.