



PhytoMulti® with Iron

Activate Your Health Potential



Phytonutrients • Vitamins • Minerals

DIETARY SUPPLEMENT

60 TABLETS

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A [50% as mixed carotenoids and 50% as retinyl acetate].....	10,000 IU.....200%
Vitamin C (as ascorbic acid and ascorbyl palmitate).....	120 mg.....200%
Vitamin D ₃ (as cholecalciferol).....	1000 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.....1667%
Riboflavin.....	15 mg.....882%
Niacin (as niacinamide and niacin).....	50 mg.....250%
Vitamin B ₆ (as pyridoxine HCl).....	25 mg.....1250%
Folate (as calcium L-5-methyltetrahydrofolate).....	800 mcg.....200%
Vitamin B ₁₂ (as methylcobalamin).....	200 mcg.....3333%
Biotin.....	500 mcg.....167%
Pantothenic Acid (as D-calcium pantothenate).....	75 mg.....750%
Iron (as ferrous bis-glycinate).....	18 mg.....100%
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%

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, silica, stearic acid (vegetable), and coating (hypromellose, medium chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin).

Manufactured by: Metagenics, Aliso Viejo, CA 92656 • 800.692.9400 • www.metagenics.com

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Amount Per Serving	% Daily Value
Molybdenum (as molybdenum aspartate complex).....	50 mcg.....67%
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 40% ellagic acid), grape seed extract (standardized to 90% polyphenols), blueberry fruit extract (standardized to 30% total polyphenols, and 12% anthocyanins), green tea leaf extract (standardized to 80% catechins and 40% EGCG), bitter melon fruit extract (standardized to 5% bitter principles), prune skin extract (standardized to 50% polyphenols), watercress herb 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 11% min phenolic diterpenes and 7.6% min sum of carnosol+carosic acid), artichoke leaf extract (containing cynarin and chlorogenic acid)	

* Daily Value not established.

PhytoMulti takes you beyond basic wellness support. It has a proprietary blend of 13 concentrated extracts and phytonutrients with scientifically tested biological activity to protect your cells and maintain DNA stability—activating your health potential like no other supplement.*

***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.**

Directions: Take one to two tablets once daily with food or as directed by your healthcare practitioner.

Warning: Do not use if pregnant or nursing. Excess vitamin A may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day.

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

This product is Gluten Free.

For more information:
www.phytomulti.com



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