



Multi t/d

Now with Metafolin® L-5-MTHF

INTRODUCED 2005

What Is It?

Multi t/d is a two-per-day multivitamin/mineral formula providing a concentrated core of nutrient essentials as well as advanced mineral delivery systems and active vitamin cofactors for optimal bioavailability and utilization. This product couples fundamental support with convenience in a gentle hypoallergenic formula well tolerated by sensitive individuals.*

Uses For Multi t/d

Optimal Health: Multi t/d provides a profile of free radical scavenging antioxidants important for cardiovascular, immune and cellular health. The vitamins and minerals in this formula also support various physiological functions, including nervous system health, ocular health, bone health, nutrient and hormone metabolism, and glucose utilization.*

Visual Acuity: Lutein and zeaxanthin have been reported in numerous studies to promote healthy macular pigment, lens optical density, and visual acuity.*

Cardiovascular Function: As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B₆ and vitamin B₁₂ may reduce the risk of vascular disease.[†] Folate is provided in this formula as Metafolin®, the naturally occurring universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF), the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations.*

[†]FDA evaluated the above claim and found that while it is known that diets low in saturated fats and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.

What Is The Source?

The nutrients found in Multi t/d are derived from the following:

- Ascorbic acid: corn dextrose fermentation
- Ascorbyl palmitate: corn dextrose fermentation and palm oil
- Vitamin D₃: cholesterol from wool fat (lanolin)
- Vitamin E: soy
- Vitamin B₁ (thiamine HCl): synthetic
- Vitamin B₂ (riboflavin): fermentation of corn
- Niacinamide and Niacin: synthetic
- Vitamin B₆ (pyridoxal HCl): synthetic
- Folate (Metafolin®, L-5-MTHF): synthetic
- Vitamin B₁₂ (methylcobalamin): fermentation of corn
- Biotin: synthetic
- Vitamin B₅ (calcium pantothenate): synthetic
- Minerals: naturally derived from lime of rock
- Beta carotene: *Blakeslea trispora*
- Lycopene: natural tomato concentrate
- Lutein: marigold flower extract
- Zeaxanthin: synthetic

Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin.



is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

Recommendations

Pure Encapsulations recommends 2 capsules per day, in divided doses, with meals.

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Multi t/d contains vitamin E, which may react with blood thinning medications. Consult your physician for more information.

Multi t/d

two vegetable capsules contain



ascorbic acid.....	500 mg.
ascorbyl palmitate (fat-soluble vitamin C)	40 mg.
vitamin D ₃	800 i.u.
d-alpha tocopherol succinate (vitamin E).....	100 i.u.
thiamine HCl (B ₁).....	50 mg.
riboflavin (B ₂)	25 mg.
riboflavin 5' phosphate (activated B ₂).....	12.5 mg.
niacin.....	25 mg.
niacinamide	50 mg.
pyridoxine HCl (B ₆).....	12.5 mg.
pyridoxal 5' phosphate (activated B ₆)	12.5 mg.
folate (as Metafolin®, L-5-MTHF).....	800 mcg.**
methylcobalamin (B ₁₂).....	500 mcg.
biotin.....	800 mcg.
pantothenic acid (calcium pantothenate) (B ₅).....	50 mg.
iodine (potassium iodide).....	200 mcg.
zinc (picolinate)	15 mg.
selenium (selenomethionine).....	200 mcg.
chromium (polynicotinate)	100 mcg.
mixed carotenoids	7,500 i.u.

(providing beta carotene, lycopene, lutein and zeaxanthin)

MacularSynergy Complex

lutein	6 mg.
zeaxanthin.....	1 mg.

**Provides the recommended dose for pregnant or lactating women.

2 capsules per day, in divided doses, with meals.



— Your Trusted Source —

490 Boston Post Road, Sudbury, MA 01776 USA

P: 800-753-2277 • F: 888-783-2277 www.PureCaps.com • csservice@purecaps.com