



# Polyphenol Nutrients

Now with Metafolin® L-5-MTHF

## INTRODUCED 2005

### What Is It?

Polyphenol Nutrients is a nutrient dense multivitamin and mineral formula containing superior mineral cofactors and activated vitamins for optimal bioavailability and utilization. Furthermore, it is enhanced with an exceptional combination of polyphenols and specialized compounds for extensive physiological protection.\*

### Uses For Polyphenol Nutrients

**Optimal Health:** Flavonoids and phenolic compounds from a unique blend of olive fruit, grape seed, pomegranate, green tea, quercetin and blueberry offer powerful protection for vascular, nerve, prostate and immune cell function. 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. It also contains the protector nutrients alpha lipoic acid, NAC, inositol and choline to complement the neural, cognitive, cardiovascular, liver and skin health properties of this diverse profile. Polyphenol Nutrients provides fully chelated minerals for optimal absorption and activated vitamins, including 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.\*

### What Is The Source?

The nutrients found in Polyphenol Nutrients are derived from the following:

Ascorbic acid: corn dextrose fermentation  
Ascorbyl palmitate: corn dextrose fermentation and palm oil.

Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)  
Vitamin E: soy  
Vitamin B<sub>1</sub> (thiamine HCl): synthetic  
Vitamin B<sub>2</sub> (riboflavin): fermentation of corn  
Niacinamide and Niacin: synthetic  
Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic  
Folic acid (Metafolin®, L-5-MTHF): synthetic  
Vitamin B<sub>12</sub> (methylcobalamin): fermentation of corn  
Biotin: synthetic  
Vitamin B<sub>5</sub> (calcium pantothenate): synthetic  
Minerals: naturally derived from lime of rock  
Beta carotene: *Blakeslea trispora*  
Lycopene: natural tomato concentrate  
Lutein: marigold flower extract  
Zeaxanthin: synthetic  
N-acetyl-L-cysteine: derived from protein and extensively purified  
Alpha lipoic acid: synthetic  
Quercetin: Japanese pagoda tree (*Sophora Japonica*) flower buds

Sources of the mineral chelates include:

Aspartate: synthetic  
Citrate: corn dextrose fermentation  
Glycinate: synthetic  
Picolinate: synthetic

Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin. Blueberry extract is derived from *Vaccinium angustifolium* fruit and standardized to contain 1.5% anthocyanins. Olive extract is derived from *Olea europaea* fruit and is standardized to contain 35% total polyphenols and 1% hydroxytyrosol. Pomegranate extract is derived from *Punica granatum l.* fruit and standardized to contain 5% ellagic acid. Grape seed extract is derived from *Vitis vinifera* and standardized to contain 92% polyphenols. Green tea extract is derived from *Camellia sinensis* leaf and is standardized to provide 90% total tea catechins,

(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.

70% epigallocatechin gallate and <0.42 mg caffeine.



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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 4-6 capsules per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In rare cases, alpha lipoic acid may cause skin rash or hypoglycemia. Individuals who are sensitive may experience heartburn. Rare side effects of NAC may include nausea, vomiting, headache, dry mouth, dizziness, or abdominal pain. Large doses of choline may cause nausea, diarrhea or dizziness.

## Are There Any Potential Drug Interactions?

Polyphenol nutrients contains vitamin E and grape seed extract which may react with blood thinning and other heart medications. Green tea extract may interfere with the absorption and effectiveness of a number of medications including certain heart, blood thinning, antidiarrheal, and cold or hay fever medications. Consult your physician for more information.

## Polyphenol Nutrients

six vegetable capsules contain  V 00

ascorbic acid.....	500 mg
vitamin C (as ascorbyl palmitate) .....	120 mg
calcium (citrate) .....	300 mg
vitamin D <sub>3</sub> .....	800 i.u.
d-alpha tocopherol succinate (vitamin E) .....	100 i.u.
thiamine HCl (B <sub>1</sub> ) .....	50 mg
riboflavin (B <sub>2</sub> ) .....	25 mg
riboflavin 5' phosphate (activated B <sub>2</sub> ) .....	12.5 mg
niacin.....	25 mg
niacinamide .....	50 mg
pyridoxine HCl (B <sub>6</sub> ) .....	12.5 mg
pyridoxal 5' phosphate (activated B <sub>6</sub> ) .....	12.5 mg
folate (as Metafolin®, L-5-MTHF).....	800 mcg
methylcobalamin (B <sub>12</sub> ).....	500 mcg
biotin.....	800 mcg
pantothenic acid (calcium pantothenate) (B <sub>5</sub> ).....	50 mg
iodine (potassium iodide).....	200 mcg
magnesium (citrate) .....	150 mg
zinc (picolinate) .....	15 mg
selenium (selenomethionine).....	200 mcg
copper (glycinate) .....	2 mg
manganese (aspartate).....	10 mg
chromium (polynicotinate) .....	100 mcg
molybdenum (aspartate) .....	100 mcg
potassium (aspartate) .....	99 mg
boron (glycinate).....	2 mg
vanadium (aspartate) .....	100 mcg
mixed carotenoids .....	7,500 i.u.
(providing beta carotene, lycopene, lutein and zeaxanthin)	
n-acetyl-l-cysteine (free-form) .....	100 mg
choline (bitartrate) .....	100 mg
inositol .....	125 mg
alpha lipoic acid (thioctic acid).....	100 mg
<b>MacularSynergy Complex</b>	
lutein .....	6 mg
zeaxanthin.....	1 mg
<b>CellHealth Polyphenols</b>	
quercetin .....	50 mg
blueberry (Vaccinium angustifolium) extract (fruit) .....	100 mg
(standardized to contain 1.5% anthocyanins).....	
olive (Olea europaea l.) extract (fruit) .....	50 mg
providing:	
total polyphenols (min.) 35% .....	17.5 mg
hydroxytyrosol 1% .....	0.5 mg
pomegranate (Punica granatum l.) extract (fruit).....	100 mg
(standardized to contain 5% ellagic acid).....	
grape (Vitis vinifera) extract (seed).....	50 mg
(standardized to contain 92% polyphenols) .....	
green tea (Camellia sinensis) extract (leaf) .....	100 mg
providing:	
total tea catechins 65%.....	65 mg
epigallocatechin gallate (EGCG) 23%.....	23 mg
caffeine 7%.....	7 mg

4-6 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.PureEncapsulations.com • csservice@pureencapsulations.com