



## PhytoMulti™ with Iron

**Form:** Tablets

**Flavour:** no flavor

**Size:** 60 Tablets

Medicinal Ingredients	Amount	%				
Citrus Bioflavonoids ( <i>Citrus sinensis</i> L., <i>Citrus reticulata</i> ) fruit extract standardized to 45% hesperidin	61 mg		Niacin	6.25 mg	Vitamin B <sub>12</sub> (methylcobalamin)	100 mcg
Vitamin C (ascorbic acid, ascorbyl palmitate)	60 mg		Resveratrol ( <i>Polygonum cuspidatum</i> )	5 mg	Chromium (chromium polynicotinate)	100 mcg
Green Coffee Bean Extract ( <i>Coffea arabica</i> ) containing 45% chlorogenic acid	53 mg		Lycopene	3 mg	Iodine (potassium iodide)	75 mcg
Pomegranate ( <i>Punica granatum</i> ) 9:1 whole fruit extract equivalent to 351 mg of pomegranate	39 mg		Lutein	3 mg	Vitamin K (phytonadione)	60 mcg
Pantothenic Acid (calcium d-pantothenate)	37.5 mg		Artichoke ( <i>Cynara scolymus</i> L.) 10:1 leaf extract equivalent to 25 mg of artichoke	2.5 mg	Selenium (HVP <sup>®</sup> chelate)	50 mcg
Vitamin E (d-alpha tocopheryl succinate)	33.5 mg		Chinese Cinnamon ( <i>Cinnamomum cassia</i> ) (bark)	2.5 mg	Molybdenum (HVP <sup>®</sup> chelate)	25 mcg
Magnesium (magnesium citrate)	20 mg		Rosemary ( <i>Rosmarinus officinalis</i> L.) 9:1 leaf extract equivalent to 22.5 mg of rosemary	2.5 mg	Vitamin D (cholecalciferol)	12.5 mcg
Niacinamide	18.75 mg		Watercress ( <i>Nasturtium officinale</i> ) 4:1 aerial parts extract equivalent to 10 mg of watercress	2.5 mg		
Choline (choline bitartrate)	12.5 mg		Prune ( <i>Prunus domestica</i> ) 40:1 skin extract equivalent to 100 mg of prune	2.5 mg	<b>Non-Medicinal Ingredients:</b> Cellulose, croscarmellose sodium, stearic acid (veg), silicon dioxide, and coating (hypromellose, hydroxypropylcellulose, medium-chain triglycerides, and sodium copper chlorophyllin).	
Inositol	12.5 mg		Bitter Melon ( <i>Momordica charantia</i> ) 10:1 fruit extract equivalent to 25 mg of bitter melon	2.5 mg	<b>Recommended Use:</b> To provide antioxidants, vitamins and minerals for the maintenance of good health.	
Vitamin B <sub>6</sub> (pyridoxine HCl)	12.5 mg		Indian Gum-Arabic-Tree ( <i>Acacia nilotica</i> ) 4:1 bark & heartwood extract equivalent to 10 mg of <i>Acacia nilotica</i>	2.5 mg	<b>Recommended Dose:</b> Adults take 2 tablets daily with food or as directed by your healthcare practitioner. Take a few hours before or after taking other medications.	
Thiamin (thiamin mononitrate)	12.5 mg		Beta-Carotene	1.5 mg	<b>Caution:</b> Do not use if you are pregnant or breastfeeding, or if you are allergic to plants of the Asteraceae/Compositae/Daisy Family. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Consult a healthcare practitioner if taking prescription medications, blood thinners, or if you have a liver disorder or iron deficiency. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally). Hypersensitivity/allergy may occur; in which case, discontinue use. Consult a healthcare practitioner for use beyond 12 weeks. Stop use if you develop symptoms of liver trouble such as yellowing of skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and /or loss of appetite. Keep out of reach of children. There	
Grape ( <i>Vitis vinifera</i> ) seed extract standardized to 90% polyphenols	12.5 mg		Zeaxanthin	1 mg		
Blueberry ( <i>Vaccinium</i> spp.) fruit extract Blueberry ( <i>Vaccinium</i> spp.) fruit extract standardized to 20% polyphenols, 15% anthocyanins	10 mg		Vitamin A (retinyl acetate)	750 mcg		
Iron (iron bisglycinate)	9 mg		Copper (copper citrate)	0.5 mcg		
Green Tea ( <i>Camellia sinensis</i> ) leaf extract standardized to 60% catechins, 40% EGCG	8.3 mg		Folate (calcium L-5-methyltetrahydrofolate)	400 mcg		
Riboflavin	7.5 mg		Manganese (manganese citrate)	0.25 mcg		
Zinc (zinc citrate)	7.5 mg		Biotin	250 mcg		



is enough iron in this package to seriously harm a child. Do not use if perma seal is missing.

**This product is non-GMO and gluten-free.**

\*Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

\*\*HVP=Hydrolyzed Vegetable Protein