



# Essential Multi & Essential Multi with Iron

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# Essential Multi & Essential Multi with Iron

## Comprehensive Micronutrient Support for Health & Longevity\*



\* 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.

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# Essential Multi & Essential Multi with Iron Overview

Take your ordinary multivitamin to the next level with clinically proven bioavailable and pharmaceutical grade micronutrients.\*

## What Makes Essential Multi & Essential Multi with Iron Better Than the Average Multivitamin?

We know eating a healthy and balanced diet is important for maintaining overall health.\* However, it's not always possible to get every critical micronutrient the body needs through food alone.<sup>1</sup> Supplementing with Essential Multi or Essential Multi with Iron helps support micronutrient levels in the body to lower the chances of specific micronutrient deficiencies.\*<sup>2</sup>

Essential Multi and Essential Multi with Iron take your ordinary multivitamin supplement to the next level by using bioavailable forms of key micronutrients so the body can properly utilize them.\* The comprehensive panel of vitamins and minerals are of pharmaceutical grade quality for optimal health and longevity.\*

Unlike most over-the-counter multivitamins, Essential Multi and Essential Multi with Iron also include a comprehensive panel of nutrients with high antioxidant activity to help promote healthy functioning of the brain, circulatory system, and eyes.\*

Essential Multi and Essential Multi with Iron also contain BioFolate®, a patented and metabolically active form of folic acid clinically proven to support proper folate absorption essential for healthy cellular functions such as DNA synthesis and repair.\*<sup>3</sup>

## Unique Proprietary Blend of Phytonutrients to Support Immune Health ONLY Found in Essential Multi and Essential Multi with Iron\*

Plus, Essential Multi and Essential Multi with Iron contain a proprietary phytonutrient blend featuring highly potent herbal extracts rarely found in the diet.\*<sup>4</sup> Phytonutrients play specific biological and pharmacological roles in supporting immune function with antioxidant properties and by supporting healthy inflammatory markers.\*<sup>5,6</sup>

## Essential Multi with Iron ALSO Includes Clinically Proven Ferrochel™ for Healthy Metabolic Function\*

Iron is another common deficiency with a poor bioavailability from food alone.<sup>7</sup> Ferrochel™ is a patented form of ferrous (iron) bisglycinate chelate that is readily absorbed in the intestines and rapidly transported throughout the body.\*

Essential Multi with Iron provides this clinically proven form of iron chelate. Ferrochel™ is highly bioavailable and unlike other iron supplements since it does not interfere with the absorption of other minerals for optimal support of immune function, cardiovascular health, and cognitive function.\*<sup>8</sup>

Multivitamins are not created equal. Essential Multi and Essential Multi with Iron contain clinically proven and highly bioavailable micronutrients to effectively and efficiently support your health and longevity.\*





## Essential Multi

Comprehensive Micronutrient  
Support for Health and Longevity\*

PRACTITIONER EXCLUSIVE

### Essential Multi Supplementation

Vitamins and minerals are key micronutrients required by the body for optimal health and longevity.\* NutriDyn Essential Multi is a comprehensive vitamin, mineral, and herbal extract blend of bioavailable ingredients including Biofolate®.

Research shows that deficiencies in certain vitamins and minerals are a major cause of health concerns.<sup>1,2</sup> A lack of essential micronutrients in the diet can hinder normal growth, repair, and maturation of vital organs and tissues, leading to problems down the road.<sup>3</sup>

Using Essential Multi is a convenient way to meet micronutrient needs on a daily basis.\*<sup>9</sup> Clinical research cited herein suggests the benefits of Essential Multi supplementation may include:

- Supports cognitive function and mood\*
- Provides antioxidants to help support oxidative stress\*
- Supports vibrant, healthy skin\*
- Supports energy production and vitality\*
- Supports healthy immune function\*
- Supports healthy gastrointestinal function\*

### How Essential Multi Works

Essential Multi takes your ordinary “multivitamin” supplement to the next level by using bioavailable forms of key micronutrients so your body can properly utilize them.\* The vitamins and minerals included in the Essential Multi are of pharmaceutical grade quality for optimal health and longevity.\*

Deficiencies in B vitamins and folate are common conditions that may be supported with a quality supplement.\*<sup>5</sup> Biofolate®, a patented ingredient in Essential Multi, contains biologically active folate ensuring proper absorption essential for healthy cellular functions.\*



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The proprietary phytonutrient blend in Essential Multi features highly potent herbal extracts providing beneficial polyphenols and plant compounds rarely found in the diet. Phytonutrients play specific biological and pharmacological roles in supporting immune function.\*<sup>6</sup> Herbal extracts contain numerous bioavailable compounds that may have beneficial outcomes such as antioxidant and anti-inflammatory properties.\*<sup>7,8</sup>

## Why Use Essential Multi?

While eating a healthy and balanced diet is important to maintaining overall health, it is not always possible to obtain all of the critical micronutrients the body needs through food alone.\*<sup>4</sup> Supplementing with Essential Multi may help support micronutrient levels in the body and lower the chances of specific micronutrient deficiencies.\*

Supplement Facts			Ingredients:	Amount	%DV*
Serving Size: 3 Capsules			Lycopene	6 mg	**
Servings Per Container: 30/60			Lutein	6 mg	**
			Zeaxanthin	2 mg	**
			Proprietary Phytonutrient Blend	400 mg	**
			Artichoke Extract (leaf; <i>Cyanara scolymus</i> ; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; <i>Momordica charantia</i> ), Blueberry Extract (fruit; <i>Vaccinium</i> spp.; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; <i>Cinnamomum cassia</i> ), Citrus Extract (fruit; <i>Citrus aurantium</i> ; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; <i>Vitis vinifera</i> ; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; <i>Coffea arabica</i> ; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; <i>Camellia sinensis</i> ; standardized to 98% polyphenols, 75% catechins, and 45% EGCG), Heartwood Extract (wood/bark; <i>Acacia catechu</i> ; standardized to 6% catechins), Prune Extract (fruit; <i>Prunus domestica</i> ; standardized to 50% polyphenols), Pomegranate Extract (fruit; <i>Punica granatum</i> ; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; <i>Rosmarinus officinalis</i> ; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; <i>Nasturtium officinale</i> ).		
Ingredients:	Amount	%DV*	Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, starch, dicalcium phosphate, vegetable magnesium stearate, silica.		
Vitamin A (50% as beta-carotene and as retinyl acetate)	3000 mcg RAE	333%	Biofolate® is a federally registered trademark of MTC Industries, Inc.		
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%	Directions: Take 3 capsules once daily with food or as directed by your healthcare practitioner.		
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%	Caution: If you are taking medication, or other nutritional supplements consult your healthcare practitioner before use. Keep out of reach of children.		
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%	Warning: Do not use if pregnant or nursing. Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day unless directed to do so by a healthcare practitioner.		
Vitamin K (as phytonadione)	120 mcg	100%			
Thiamin (as thiamin mononitrate)	25 mg	2,083%			
Riboflavin	15 mg	1,154%			
Niacin (as niacinamide and niacin)	50 mg NE	313%			
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%			
Folate (as calcium I-5-methyltetrahydrofolate) (Biofolate®)	800 mcg DFE (480 mcg folic acid)	200%			
Vitamin B12 (as methylcobalamin)	200 mcg	8,333%			
Biotin	500 mcg	1,667%			
Pantothenic Acid (as calcium-d-pantothenate)	75 mg	1,500%			
Iodine (as potassium iodide)	150 mcg	100%			
Magnesium (as magnesium citrate)	40 mg	10%			
Zinc (as zinc citrate)	15 mg	136%			
Selenium (as selenium aspartate)	100 mcg	182%			
Copper (as cupric citrate)	1 mg	111%			
Manganese (as manganese citrate)	0.5 mg	22%			
Chromium (as chromium polynicotinate)	200 mcg	571%			
Molybdenum (as molybdenum aspartate)	50 mcg	111%			
Choline (as choline bitartrate)	25 mg	5%			
Inositol	25 mg	**			
Resveratrol (root; <i>Polygonum cuspidatum</i> )	10 mg	**			

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GLUTEN-FREE



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