



# Daily Multi

Comprehensive Multivitamin & Antioxidants

## Why Daily Multi?

- Daily Multi is an essential phytonutrient-rich multivitamin mineral formula which supports healthy brain function and vision, immunity, blood sugar levels, liver detoxification, skin health, gastrointestinal function, kidney, muscle and cardiovascular health.

**Form:** 20 Tablets

**Serving Size:** 1 Tablet

### Ingredient

Ingredient	Amount per serving
Total Carbohydrate	<1 g
Dietary Fibre	<1 g
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate)	1500 mcg
Vitamin C (ascorbic acid and ascorbyl palmitate)	600 mg
Vitamin D (as cholecalciferol)	500 IU
Vitamin E (as d-alpha tocopheryl succinate)	33 mg
Vitamin K (as phytadione)	60 mcg
Thiamin (as thiamin mononitrate)	12.5 mg
Riboflavin	7.5 mg
Niacin (as niacinamide and niacin)	25 mg
Vitamin B6 (as pyridoxine HCl)	12.5 mg
Folate (as calcium L-5-methyltetrahydrofolate†)	680 mcg DFE
Vitamin B12 (as methylcobalamin)	100 mcg
Biotin	250 mcg
Pantothenic Acid (as calcium D-pantothenate)	36.5 mg
Choline (as choline bitartrate)	12.5 mg
Iodine (as potassium iodide)	75 mcg
Magnesium (as magnesium citrate)	20 mg
Zinc (as zinc citrate)	12.5 mg
Selenium (as selenium aspartate)	50 mcg
Copper (as copper citrate)	0.5 mg
Manganese (as manganese citrate)	0.25 mg
Chromium (as chromium polynicotinate)	100 mcg
Molybdenum (as molybdenum aspartate complex)	25 mcg
Proprietary Phytonutrient Blend of: Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 43.2 mg gallic acid equivalents (GAE)], grape seed extract [standardized to 85% oligomeric proanthocyanidins], blueberry ( <i>Vaccinium spp.</i> ) fruit extract [standardized to 20% total polyphenols and 15% antho-cyanins], green tea leaf extract [standar-dized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% poly-phenols], watercress aerial parts 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 7.6% min sum of carnosol+carnosic acid], ar-tichoke leaf extract [containing cynarin and chlorogenic acid]	200 mg
Myo-Inositol	12.5 mg
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	5 mg
Lutein	3 mg
Lycopene	3 mg

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

**Directions:** Take 1 tablet daily with food.

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

**Warning:** Do not use if pregnant or nursing. Excess vitamin A intake may be toxic, may increase the risk of birth defects, and may contribute to osteoporosis. Pregnant women and women who may become pregnant should not exceed 3000 mcg of preformed vitamin A (retinyl acetate) per day unless instructed to do so by a healthcare practitioner.

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

†As Metafolin U.S. Patent Nos. 5,997,915; 6,254,904..

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