



# PhytoMulti

The Smart Multi to Activate Health Potential and Defy Aging

PhytoMulti goes beyond basic wellness support with a proprietary blend of concentrated plant extracts and phytonutrients with scientifically tested biological activity to protect cells and maintain DNA stability—activating health potential like no other supplement. Intelligent blend of a highly-concentrated, full spectrum of phytonutrients with science-based efficacy.

## Why PhytoMulti?

- Phytonutrient potential for cell protection and DNA stability verified by sophisticated in vitro Total ORACFN and Comet assays
- Phytonutrients impact cell signaling to communicate healthy messages throughout the body
- Enhanced with select bioactive plant compounds—including lutein, zeaxanthin, lycopene, and resveratrol
- Optimized with essential vitamins and minerals for multidimensional health support
- Recharges, nourishes, and defends cells like no other foundation nutrition formula

**Form:** 30 / 60 Tablets  
**Serving Size:** 2 Tablets

Ingredient:	Amount Per Serving
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate)	10 000 IU
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg
Vitamin D (as cholecalciferol)	1000 IU
Vitamin E (as d-alpha tocopheryl succinate)	100 IU
Vitamin K (as phytonadione)	120 mcg
Thiamin (as thiamin mononitrate)	25 mg
Riboflavin	15 mg
Niacin (as niacinamide and niacin)	50 mg
Vitamin B6 (as pyridoxine HCl)	25 mg
Folate (as calcium L-5-methyltetrahydrofolate)	800 mcg
Vitamin B12 (as methylcobalamin)	200 mcg
Biotin	500 mcg
Pantothenic Acid (as D-calcium pantothenate)	75 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium citrate)	40 mg
Zinc (as zinc citrate)	15 mg
Selenium (as selenium aspartate)	100 mcg
Copper (as copper citrate)	1 mg
Manganese (as manganese citrate)	0.5 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum aspartate complex)	50 mcg
Choline (as choline bitartrate)	25 mg
Inositol	25 mg
Lycopene	6 mg
Zeaxanthin	2 mg
Lutein	6 mg
Resveratrol (from Polygonum cuspidatum root extract)	10 mg
Proprietary Phytonutrient Blend of:	400 mg
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 90% polyphenols], blueberry (Vaccinium spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon (Cinnamomum cassia) 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], artichoke leaf extract [containing cynarin and chlorogenic acid]	

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

**Directions:** Take one to two tablets once daily with food or as directed by your healthcare practitioner.

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

**Caution:** If you are taking medication, consult your healthcare practitioner before use.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.



# PhytoMulti with Iron

The Smart Multi with Iron

PhytoMulti with Iron provides the same proprietary phytonutrient blend and select bioactive plant compounds in PhytoMulti. For additional targeted support, the quality blend of vitamins and minerals in this "smart multi" also includes iron.

## Why PhytoMulti with Iron?

- Intelligent blend of a highly-concentrated, full spectrum of phytonutrients with science-based efficacy
- Phytonutrient potential for cell protection and DNA stability verified by sophisticated in vitro ORACFN and Comet assays
- Phytonutrients impact cell signaling to communicate healthy messages throughout the body
- Enhanced with select bioactive plant compounds—including lutein, zeaxanthin, lycopene, and resveratrol
- Optimized with essential vitamins and minerals for multidimensional health support.
- Recharges, nourishes, and defends cells like no other foundation nutrition formula

**Form:** 30 / 60 Tablets  
**Serving Size:** 2 Tablets

Ingredient:	Amount Per Serving
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Vitamin D (as cholecalciferol)	1000 IU
Vitamin E (as d-alpha tocopheryl succinate)	100 IU
Vitamin K (as phytonadione)	120 mcg
Thiamin (as thiamin mononitrate)	25 mg
Riboflavin	15 mg
Niacin (as niacinamide and niacin)	50 mg
Vitamin B6 (as pyridoxine HCl)	25 mg
Folate (as calcium L-5-methyltetrahydrofolate)	800 mcg
Vitamin B12 (as methylcobalamin)	200 mcg
Biotin	500 mcg
Pantothenic Acid (as D-calcium pantothenate)	75 mg
Iron (as ferrous bis-glycinate)	18 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium citrate)	40 mg
Zinc (as zinc citrate)	15 mg
Selenium (as selenium aspartate)	100 mcg
Copper (as copper citrate)	1 mg
Manganese (as manganese citrate)	0.5 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum aspartate complex)	50 mcg
Choline (as choline bitartrate)	25 mg
Inositol	25 mg
Lycopene	6 mg
Zeaxanthin	2 mg
Lutein	6 mg
Resveratrol (from Polygonum cuspidatum root extract)	10 mg
Proprietary Phytonutrient Blend of:	400 mg
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 90% polyphenols], blueberry (Vaccinium spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon (Cinnamomum cassia) 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], artichoke leaf extract [containing cynarin and chlorogenic acid]	

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