

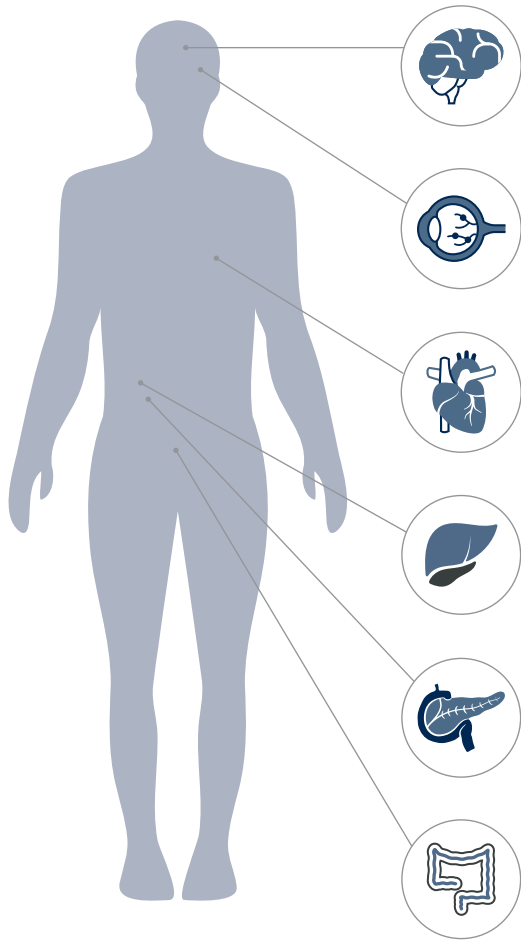
Redefine your health potential

- ✓ Patented formula of high-quality essential vitamins and minerals enhanced with a proprietary blend of 13 concentrated extracts and phytonutrients to protect cells and maintain DNA stability^{1*}
- ✓ Formulated with phytonutrients and essential nutrients that support cellular health and certain cell signaling processes^{1*}
- ✓ Designed to promote healthy genetic expression and healthy aging^{1*}



Key body system support*

With its concentrated, proprietary blend of plant extracts rich in phytonutrients plus the highest-quality vitamins and minerals, the patented formula in PhytoMulti® is designed to promote healthy functioning in multiple systems for healthy aging support.^{1*}



Brain & neurological health

- Folate, niacin, and vitamins B₆ and B₁₂ are crucial nutrients for the healthy function of neurons and other cells^{2*}
- Vitamin B₆, folate (as calcium L-5-methyltetrahydrofolate), and methylcobalamin (B₁₂) are factors in the metabolism of neurotransmitters^{2*}
- Folate and vitamins B₆ and B₁₂ support methylation, including contributions to healthy homocysteine metabolism; elevated homocysteine levels may negatively impact cognitive, cardiovascular, and sensory functions, as well as mood^{1,2-6*}
- Vitamin D provides unique support for wellbeing^{7*}

Eye & vision health maintenance

- Lutein and zeaxanthin have antioxidant function that supports long-term eye health and visual function^{8-12*}
- When combined with essential nutrients such as zinc, B vitamins, and the antioxidant vitamins C and E, lutein and zeaxanthin may help protect eye health and function^{8-12*}

Cardiovascular health

- Grape seed extract may help support healthy circulatory function^{13,14*}
- Lycopene may support cardiovascular health^{15-21*}
- Research suggests resveratrol may benefit cardiovascular function^{22,23*}
- Polyphenols may help in improving cardiovascular function^{24-26*}

Liver health

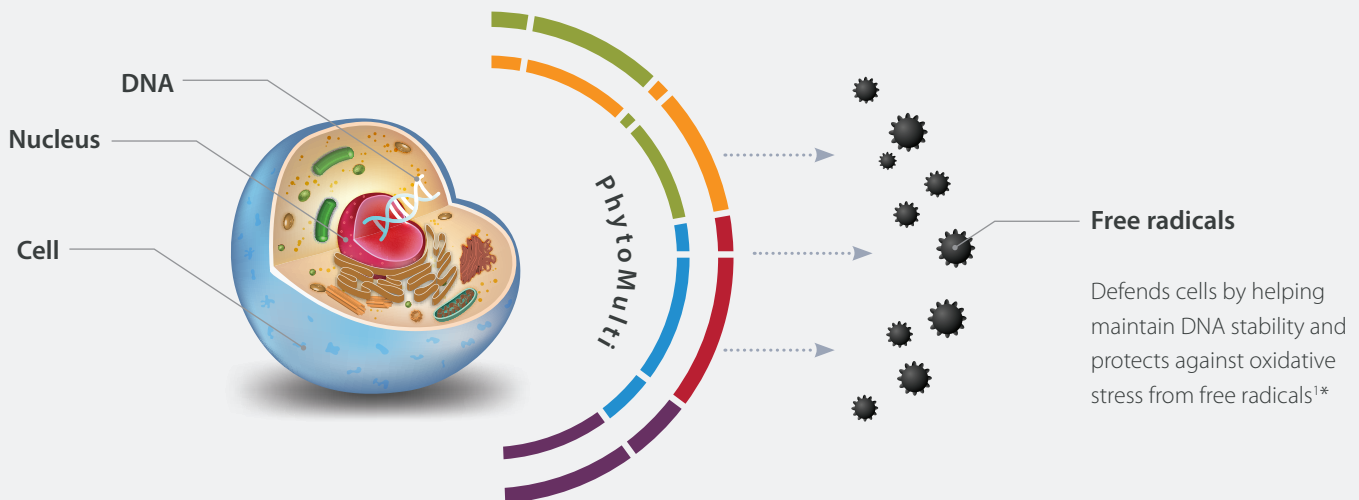
- Research suggests that phytonutrients may support liver health^{27,28*}

Blood sugar metabolism

- Chromium, biotin, and zinc make important contributions to healthy glucose metabolism^{29,30*}
- Some research suggests that resveratrol may have a beneficial impact on carbohydrate metabolism and insulin function^{31-33*}

Immune health

- Zinc and vitamins A, C, D, and E have numerous important roles in maintaining healthy function of the body's complex immune system^{34-37*}
- Vitamin D may provide support for long-term immune function^{34,38*}



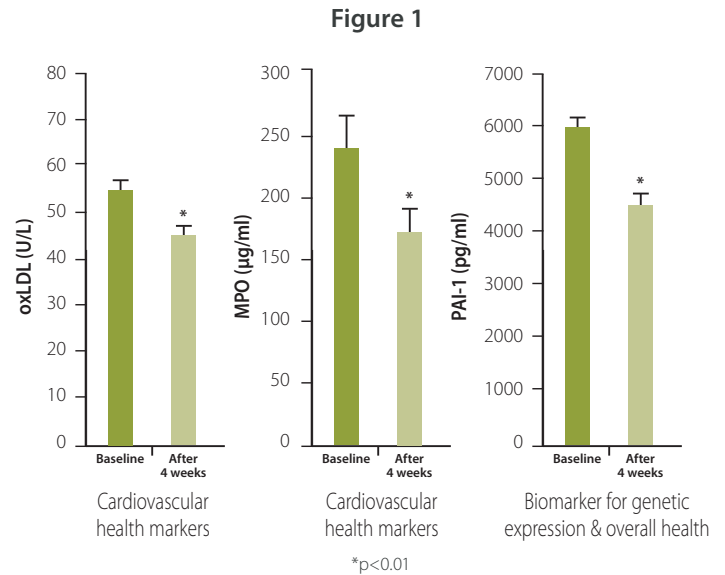
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PhytoMulti is clinically shown to provide antioxidant benefits*

Phytonutrients provide antioxidant protection against potentially damaging free radicals that increase with age, poor lifestyle choices, and pollutants.^{1,4} Antioxidants can help protect cells from oxidative stress, which can be particularly damaging to the immune system.^{39*}

- ✓ Natural mixed carotenoids (lutein, zeaxanthin, lycopene), resveratrol, and tocopherol protect against oxidative stress^{9,40,41*}
- ✓ Vitamin C, copper, selenium, and zinc also support broad antioxidant potential^{42-44*}

In a four-week pilot trial, 15 healthy individuals received PhytoMulti daily to investigate the effects of this novel formulation on biomarkers associated with oxidative stress. See **Figure 1** for changes in biomarkers and blood measures of important vitamins related to health and aging from baseline to 4 weeks.^{1*}



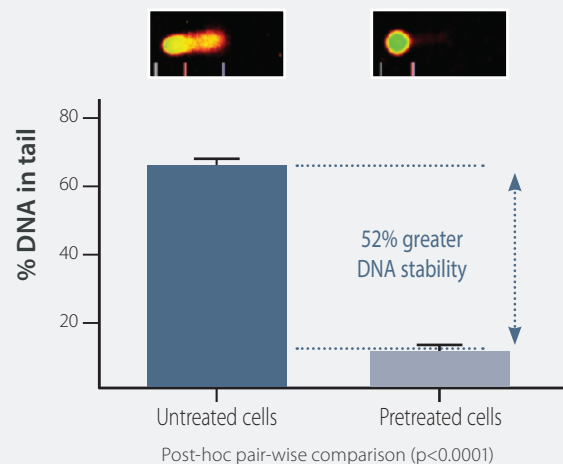
Variable	Baseline	After 4 weeks	P value
Carotenoids (µg/dl)			
cis-lycopene	6.83 ± 1.04	10.81 ± 1.31	<0.001
trans-lycopene	8.71 ± 1.07	11.73 ± 1.24	<0.01
lutein	13.78 ± 1.97	16.32 ± 2.33	<0.05
zeaxanthin	4.56 ± 0.66	16.93 ± 1.66	<0.001
α-carotene	5.48 ± 1.17	7.7 ± 1.51	<0.01
β-carotene	16.77 ± 3.1	40.12 ± 6.04	<0.001
β-cryptoxanthin	8.85 ± 1.22	18.44 ± 1.81	<0.001
Folate (ng/ml)	12.5	20.5	<0.001
Vitamin B ₁₂ (pg/ml)	640.1	738.4	<0.01
Homocysteine (µM/l)	7.8 ± 0.62	8.0 ± 0.74	0.375

PhytoMulti supports healthy aging^{1*}

Genomic stability of cellular DNA is regarded as a measure of functional aging potential. A sophisticated Comet assay demonstrated the potential of PhytoMulti's proprietary phytonutrient blend to promote DNA stability in human immune cells.¹ As shown in **Figure 2**, in this study, cells pretreated with the PhytoMulti phytonutrient blend maintained 52% greater DNA stability when compared to untreated cells.^{1*}

In addition to its cellular health benefits, PhytoMulti is also designed to promote healthy functioning to support multiple systems for additional healthy aging support.^{1*}

Figure 2: DNA stability in phytonutrient-treated human immune cells



Advanced cell signaling support & protection*

PhytoMulti is formulated with phytonutrients and essential nutrients that support cellular health and certain cell signaling processes.¹ PhytoMulti targets cellular communication, which helps mediate the body's response to influences and stressors—including potentially damaging free radicals.*

- ✓ Folate, niacin, and vitamins B₆ and B₁₂ are crucial for a healthy lifecycle in neurons and other cells^{16*}
- ✓ Thiamin, riboflavin, and niacin are important for supporting mitochondrial function, including energetic processes^{45,46*}

Serving Size: 2 Tablets
Servings Per Container: 60

Total Carbohydrate	<1 g
Dietary Fiber	<1 g
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate)	3,000 mcg
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)
Vitamin E (as d-alpha tocopheryl succinate)	67 mg
Vitamin K (as phytonadione)	120 mcg
Thiamin (as thiamin mononitrate)	25 mg
Riboflavin	15 mg
Niacin (as niacinamide and niacin)	50 mg
Vitamin B ₆ (as pyridoxine HCl)	25 mg
Folate (as calcium L-5-methyltetrahydrofolate) [†]	1,360 mcg DFE
Vitamin B ₁₂ (as methylcobalamin)	200 mcg
Biotin	500 mcg
Pantothenic Acid (as calcium D-pantothenate)	75 mg
Choline (as choline bitartrate)	25 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

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 85% oligomeric proanthocyanidins], 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[†] carnosolic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]

Myo-Inositol	25 mg
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg
Lutein	6 mg
Lycopene	6 mg
Zeaxanthin	2 mg

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

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.

Warning: Do not use if pregnant or nursing. Excess vitamin A may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A per day.

Caution: If taking medications consult your healthcare practitioner before use. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

[†]As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

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*Previously the clinical research arm of Metagenics.

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➤ For more information visit [Metagenics.com](https://www.metagenics.com)
or call: 800.692.9400