



## PhytoMulti® with Iron

**Form:** Tablets

**Flavor:**

**Size:** 60 Tablets

**PhytoMulti®** takes you beyond basic wellness support. It has a proprietary blend of 13 concentrated extracts and phytonutrients with scientifically tested biological activity to support cellular health and overall wellness.\*

For more information: [PhytoMulti.com](http://PhytoMulti.com)

Ingredient	Amount Per Serving	% Daily Value
Serving Size	2 Tablets	
Servings Per Container	30	
Vitamin A (50% from mixed carotenoids and 50% as retinyl acetate)	10,000 IU	200%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	200%
Vitamin D (as cholecalciferol)	1,000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K (as phytonadione)	120 mcg	150%
Thiamin (as thiamin mononitrate)	25 mg	1,667%
Riboflavin	15 mg	882%
Niacin (as niacinamide and niacin)	50 mg	250%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	25 mg	1,250%
Folate (as calcium L-5-methyltetrahydrofolate)	800 mcg	200%
Vitamin B <sub>12</sub> (as methylcobalamin)	200 mcg	3,333%
Biotin	500 mcg	167%
Pantothenic Acid (as D-calcium pantothenate)	75 mg	750%
Iron (as ferrous bis-glycinate)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	40 mg	10%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as selenium aspartate)	100 mcg	143%
Copper (as copper citrate)	1 mg	50%

Manganese (as manganese citrate)	0.5 mg	25%
Chromium (as chromium polynicotinate)	200 mcg	167%
Molybdenum (as molybdenum aspartate complex)	50 mcg	67%
Choline (as choline bitartrate)	25 mg	*
Inositol	25 mg	*
Lycopene	6 mg	*
Zeaxanthin	2 mg	*
Lutein	6 mg	*
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg	*

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</i> 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 ( <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], artichoke leaf extract [containing cynarin and chlorogenic acid]	400 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 intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU 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.

\*Daily Value not established.

<sup>†</sup>As Metafolin<sup>®</sup>. Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt Germany

**WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.**