

# MultiComplex Plus

## Comprehensive multivitamin/mineral formulations

MultiComplex Plus is a full-spectrum multivitamin/mineral with chelated minerals for enhanced absorption and bioavailability. It is available in three varieties to suit a range of individual needs: a formula free of copper and iron, a formula that contains copper, and one that contains both copper and iron. This powerhouse multivitamin was designed to augment a healthy diet and supplies supportive nutrients not normally found in regular multis, such as delta and gamma tocotrienols, and fruit bioflavonoids. It also contains natural mixed carotenoids, a full spectrum of vitamin K forms, and levels of B vitamins based on evolutionary intake of these nutrients.

These specially designed products include select minerals in chelated form. Chelation is the bonding of minerals to amino acids, which results in molecules that are more bioavailable and better absorbed and assimilated by the body. The chelated iron in MultiComplex Plus will not result in constipation or GI upset as may be experienced from other forms of supplemental iron.

### Highlights

**B Vitamins:** B vitamins are essential for numerous biochemical reactions in the body, including those involved in converting food into energy, producing neurotransmitters such as dopamine and serotonin, and supporting healthy neurological and cognitive function.\* These B vitamins are provided in their natural and/or activated forms for superior bioavailability.

**Folate:** provided as a naturally occurring folate, an easily absorbed form that helps to support healthy plasma folate levels. (Most mass-marketed supplements contain folic acid, which may have undesirable effects.)

**Vitamins K1 and K2:** provided as vitamin K1 and vitamin K2 (as MK-4 and MenaQ7® Full Spectrum as MK-6, MK-7, MK-9). Vitamin K is best known for its role in proper blood clotting, which is the principal role of K1, as well as provided by K2. The K2 form, however, is specifically needed for healthy bones and teeth, as well as proper blood vessel integrity and function.\*

**Vitamin E:** provided as gamma- and delta-tocotrienols, which are more potent antioxidants and have other beneficial properties beyond those of the alpha-tocopherol fraction of vitamin E typically contained in commercial supplements.

**Vitamin C:** provided as ascorbic acid, at higher levels than in most multivitamins. This generous amount may help support numerous roles for vitamin C such as a healthy immune system, skin and blood vessels, synthesis of collagen, aiding in iron absorption and metabolism of catecholamines such as dopamine and adrenaline.\*

**Hesperidin, Rutin, Quercetin:** bioflavonoids and antioxidants found in citrus fruits (hesperidin) and various other foods regarded for their health benefits, such as olives, raspberries, plums, currants, grapes and asparagus (rutin), and apples, red onion, cranberries, kale (quercetin).



#### Benefits of MultiComplex Plus:

- Provides a broad range of essential vitamins and minerals
- Contains beneficial ingredients not commonly found in conventional multivitamins
- Provides fruit bioflavonoids for antioxidant support
- Minerals provided in chelated or complexed form for superior bioavailability

#### Recommended Use:

Take four capsules per day with meals, or as directed by your health care practitioner.

\*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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