



MultiThera 1™

MultiThera 1™ contains high-potency amounts of vitamins, minerals, trace elements, antioxidants, and natural carotenoids and is recommended as a daily supplement to provide a comprehensive foundation of essential micronutrients. MultiThera 1™ supplies 30 important nutrients in well-absorbed forms and amounts that meet or exceed recommended dietary intake levels, thus supporting many biological processes crucial to maintaining optimal health.

- **More comprehensive than regular multiple vitamins:** MultiThera 1™ provides all of the vitamins found in regular multivitamin products but also includes extra amounts of vitamins C, E, D, and B-complex vitamins plus calcium, magnesium, and other crucial minerals and trace elements. Vitamins E and beta-carotene are supplied in their natural forms, whereas most common brands contain synthetic forms that are not as effective.
- **Four products in one:** MultiThera 1™ is really four products in one. It is a multivitamin, an extra vitamin C supplement, an extra vitamin E supplement, and an extra calcium supplement. These four supplement categories are considered to be necessary, integral components of a healthy diet by nutrition experts. Iron is excluded from the formula as it is unnecessary for most people and may be potentially harmful as excessive amounts have been associated with heart disease, arthritis, and cellular damage.
- **More complete “families” of nutrients:** MultiThera 1™ contains 100% natural vitamin E complex supplying all of the mixed tocopherols (d-alpha, d-beta, d-gamma, and d-delta) to provide broader antioxidant protection. Both preformed vitamin A (retinol) and its carotene precursor extend more complete vitamin A nutrition. All-natural mixed carotenoids, including alpha- and beta-carotenes, lutein, zeaxanthin, and beta-cryptoxanthin, offer more diverse benefit and are safer than synthetic beta-carotene alone. A complete array of B vitamins supports many metabolic functions and includes significant amounts of specific B vitamins most crucial to helping maintain normal homocysteine metabolism.
- **Activated folate and vitamin B₁₂:** This product supplies Metafolin®** L-5-methyltetrahydrofolate (L-5-MTHF), an active form of folate. Unlike folic acid, this active form is absorbed and utilized directly and is the most beneficial form for patients with elevated homocysteine resulting from compromised utilization of folate.
- **Extra vitamin D₃:** Natural vitamin D₃ is included at 1,000 IU daily, a higher amount than typically found in daily multivitamins, to help achieve optimal intakes now recognized to support bone health as well as its numerous roles in tissues throughout the body.
- **Bioavailable minerals and trace elements:** Because many common forms of minerals used in supplements are not efficiently absorbed, MultiThera 1™ contains mineral compounds that are easy to digest and absorb. Mineral amino acid chelates used in MultiThera are fully-reacted, low molecular weight mineral compounds with exceptional tolerance and documented bioavailability. Calcium citrate-malate is a well-studied calcium compound with higher absorption and effectiveness than many other calcium sources. Organically-bound chromium and vanadium complexes offer high physiological activity.

MultiThera 1™ can be taken by anyone who wishes to establish a protective core foundation of high-potency nutrients. It is free of common allergens (milk, gluten, eggs, yeast), artificial flavors, preservatives, and colorings.

Suggested Use: 3 tablets twice daily with food.

This product was made in a GMP and ISO 9001:2008 registered facility.

Supplement Facts

Serving Size 6 Tablets • Servings Per Container 30

Amount Per 6 Tablets	% Daily Value	Amount Per 6 Tablets	% Daily Value
Vitamin A (86% (15,000 I.U.) as natural carotenes (alpha, beta, beta-cryptoxanthin, zeaxanthin, and lutein) from <i>D. salina</i> and 14% (2,500 I.U.) as vitamin A palmitate)	17,500 I.U. 350%	Iodine (from kelp)	150 mcg 100%
Vitamin C (as calcium ascorbate and magnesium-potassium ascorbate complex)	1,200 mg 2000%	Magnesium (75% as magnesium aspartate-ascorbate complex and 25% as magnesium glycinate chelate***)	500 mg 125%
Vitamin D ₃ (as cholecalciferol)	1,000 I.U. 250%	Zinc (as zinc glycinate chelate***)	20 mg 133%
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-beta, d-delta, d-gamma) from soy	400 I.U. 1333%	Selenium (as L-selenomethionine)	200 mcg 286%
Vitamin K (67% as vitamin K ₁ phytonadione and 33% as vitamin K ₂ menaquinone-7)	60 mcg 75%	Copper (as copper glycinate chelate***)	2 mg 100%
Thiamine (as thiamine hydrochloride USP)	100 mg 6667%	Manganese (as manganese glycinate chelate***)	2 mg 100%
Riboflavin USP	50 mg 2941%	Chromium (as chromium nicotinate glycinate chelate***)	200 mcg 167%
Niacin (75% as niacinamide USP and 25% as niacin USP)	200 mg 1000%	Molybdenum (as molybdenum glycinate chelate***)	150 mcg 200%
Vitamin B ₆ (as pyridoxine hydrochloride USP)	50 mg 2500%	Potassium (as potassium aspartate-ascorbate complex)	99 mg 3%
Folate (as Metafolin®** L-5-methyltetrahydrofolate)	800 mcg 200%	Boron (as boron aspartate-citrate)	2 mg *
Vitamin B ₁₂ (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	200 mcg 3333%	Vanadium (as bisglycinato oxovanadium)	100 mcg *
Biotin USP	300 mcg 100%	Choline (as choline bitartrate)	150 mg *
Pantothenic Acid (as d-calcium pantothenate USP)	400 mg 4000%	Inositol	50 mg *
Calcium (76% as calcium citrate-malate and 24% as calcium ascorbate)	500 mg 50%	para-Aminobenzoic Acid USP	50 mg *
		Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoid, and 15 mg as hesperidin methylchalcone)	100 mg *

Other ingredients: Cellulose, carboxymethylcellulose sodium, silicon dioxide, vegetable stearine, vegetable gum, magnesium stearate, natural citrus flavor, and cellulose coating.

**Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany
 ***Albion® Laboratories



These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.