



# Multi-Vitamin & Mineral Mini

ENERGIZED VITAMIN/MINERAL TRANSPORTER

40 ESSENTIAL NUTRIENTS  
PROTECT HEART, BODY, AND BRAIN



**Multi-Vitamin & Mineral Mini** tabsules provide an advanced, 100% active ingredient formula proven in placebo-controlled studies. They have all of the same proven benefits of **Multi-Vitamin & Mineral Min** in a smaller, easier-to-swallow tabsule for increased dosage control and patient satisfaction.

**Multi-Vitamin & Mineral Min** is formulated using a synergistic combination of vitamins, fully ionized elemental minerals, and active cofactors that enhance uptake. Each of the 40 nutrients packed into this powerful and compact super multi is provided in the optimal and the most functional amounts, using only those mixed nutrient forms found in nature and proven through research to be safe and effective.

## ADVANCED FORMULA

### Vitamins

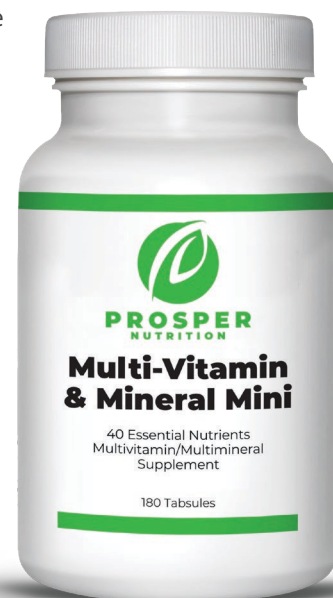
- Vitamin A
- Vitamins B1, B2, B3, B5 & B6
- Vitamin B12 in the biologically preferred hydroxocobalamin form
- Natural folates
- Para-aminobenzoic acid
- Biotin
- Vitamin C in the form of 100% L-ascorbate that's fully reduced and corn free
- Vitamin D3 in the preferred cholecalciferol form
- Vitamins E from mixed, natural tocopherols
- Vitamin K1

### Fully Ionized Elemental Minerals

- Potassium in the citrate form
- Calcium in the form of ascorbate, pantothenate, citrate, fumarate, malate, and succinate
- Magnesium in the form as citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls
- Zinc in the form of picolinate
- Boron in the form of ascorbate
- Chromium in the form of picolinate
- Manganese in the form of ascorbate
- Molybdenum in the form of ascorbate
- Selenium in the form of L-selenomethionine
- Vanadium in the form of citrate

### Active Cofactors

- Quercetin dihydrate
- L-aspartic acid
- Trimethylglycine
- Tocotrienols including hexacosanol, tricontanol, and octacosanol
- Krebs' salts for energy
- Vegetable fiber (croscarmellose)



## KEY BENEFITS

- Improves nutrient deficits
- Supplements essential nutrients and minerals that aren't acquired through diet
- Supports and maintains overall good health
- Includes energizing co-factors and transporters that ensure nutrient uptake by the body
- Half strength allows more dosing flexibility

## NOVEL DELIVERY SYSTEM: TABSULE (TABLET + CAPSULE)

- Proprietary and revolutionary delivery method
- Combines all the advantages and efficacy of a capsule with the convenience and enhanced shelf life of a tablet
- Guarantees 100% bioavailability as proven through a double blind, placebo-controlled clinical trial

## REFERENCES

1. Singh A, Moses FM, Deuster PA: Vitamin and mineral status in physically active men: Effects of a high-potency supplement. *Am J Clin Nutr* 1992; 55(1): 1-7.
2. Stephen AI, Avenell AA: A systematic review of multivitamin and multimineral supplementation for infection. *Hum Nutr Diet* 2006 Jun;19(3):179-90.
3. Traynor NJ, McKenzie RC, Beckett GJ, Gibbs NK: Selenomethionine inhibits ultraviolet radiation-induced p53 transactivation. *Photodermatol Photoimmunol Photomed* 2006 Dec;22(6):297-303.
4. Venkateswaran V, Fleshner NE, Klotz LH. Modulation of cell proliferation and cell cycle regulators by vitamin E in human prostate carcinoma cell lines. *J Urol* 2002 Oct;168(4 Pt 1):1578-82.

**Directions:** As a dietary supplement, take two (2) tabsules with meals or as directed by your health professional. **Best if taken with meals.** Alternative daily doses as follows:  
 Low stress, healthy ..... 2-4 tabsules/day  
 Moderate stress, unwell ..... 6-8 tabsules/day  
 High stress, training ..... 10-12 tabsules/day

## SUPPLEMENT FACTS

Serving size: 2 Tabsules  
 Servings per container: 90

Energized Nutrients	Amount per serving	% Daily Value
<b>Vitamins:</b>		
Vitamin A (beta-carotene).....	1,500 mcg. RAE	167
Vitamin C (100% L-ascorbate, fully reduced).....	75 mg.	83
Vitamin D-3 (cholecalciferol).....	5 mcg.	25
Vitamins E (from mixed natural tocopherols)**.....	67 mg.	447
Vitamin K-1 (phyloquinone).....	250 mcg.	208
Vitamin B-1 (thiamine HCl).....	50 mg.	4,167
Vitamin B-2 (riboflavin 22.6 mg; riboflavin 5-phosphate 5 mg.).....	27.6 mg.	2,123
Vitamin B-3 (niacin 12.5 mg NE; niacinamide 37.5 mg. NE).....	50 mg. NE	313
Vitamin B-5 (calcium d-pantothenate).....	50 mg.	500
Vitamin B-6 (pyridoxine HCl, 80 mg.; pyridoxal 5-phosphate, 20 mg.).....	100 mg.	5,882
Vitamin B-12 (hydroxocobalamin).....	100 mcg.	4,167
Folate (calcium folinate 170 mcg DFE; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™) 170 mcg. DFE).....	340 mcg. DFE	85
Biotin (pure crystalline).....	250 mcg.	833
<b>Elemental Minerals:</b>		
Potassium (as citrate).....	49.5 mg.	1
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate)...	25 mg.	2
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls).....	50 mg.	12
Zinc (as picolinate).....	12.5 mg.	114
Chromium (as picolinate).....	100 mcg.	286
Manganese (as ascorbate).....	7.5 mg.	326
Molybdenum (as ascorbate).....	50 mcg.	111
Selenium (as L-selenomethionine).....	25 mcg.	45
Vanadium (as citrate).....	50 mcg.	*
Boron (as ascorbate).....	1 mg.	*
<b>Active Cofactors:</b>		
PABA (para-aminobenzoic acid).....	15 mg.	*
Quercetin dihydrate (water-soluble bioflavonoid).....	50 mg.	*
L-aspartic acid (magnesium aspartate).....	25 mg.	*
Trimethylglycine (betaine HCl).....	25 mg.	*
Triacanthanol (policosanols).....	73.6 mcg.	*
Hexacosanol (policosanols).....	36.8 mcg.	*
Octacosanol (policosanols).....	455.7 mcg.	*
Citrate.....	29.5 mg.	*
Fumarate.....	29.5 mg.	*
Malate.....	29.5 mg.	*
Succinate.....	29.5 mg.	*
Vegetable fiber.....	114 mg.	*
Croscarmellose.....	88 mg.	*
Natural Vanilla.....	60 mg.	*
Organic Sunflower Oil.....	10 mg.	*

\*from whole untreated palm leaf and fruit  
 \*Daily value not established

\*\*Vitamins E is stated to reinforce the fact that alpha, beta, gamma, and delta forms of natural tocopherols are used.

SF061721



Prosper Nutrition, Houston, TX 77066  
 info@prospernutrition.com • 281-595-8959

\*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.