



# Multi-Vitamin & Mineral

40 ESSENTIAL NUTRIENTS  
PROTECT HEART, BODY, AND BRAIN

PLACEBO-CONTROLLED  
PROVEN RESULTS



## WHY YOU NEED MULTI-VITAMIN & MINERAL

**Multi-Vitamin & Mineral** is a unique, comprehensive, 40-essential nutrient formula that provides you four products in one:

1. Super potency B complex (14 vitamins)
2. Minerals (10 fully available elemental forms)
3. Mixed vitamins E, selenomethionine, and tocotrienols (enough to lower cardiovascular risk by 60%)\*
4. Cell alkalizers and energizers (16 for complete effect)

## MULTI-VITAMIN & MINERAL

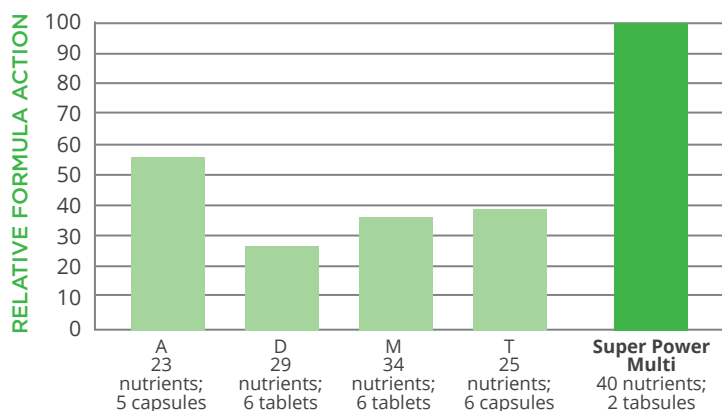
provides:

- Purer, more active nutritives
- No oxidants (like iron and copper that compete with and degrade antioxidants when they are mixed and stored together in a bottle). Use **Iron Max** (for iron and other anemia-protecting nutrients) and **Bone Repair** (for copper and other bone/body- building minerals).

Due to its unique formulation and using only fully active components, **Multi-Vitamin & Mineral** tabsules provide the advantages of cap-sules and the convenience and enhanced shelf stability of tablets.



### Super Power Multi's Relative Formula Potency Compared to Four "Best of the Best" Brands\*\*



**Product comparison** \*\* Analysis based on total active amount of nutrients in each formula.

## YOUR ADVANTAGE

In a placebo-controlled study, **Multi-Vitamin & Mineral** was assessed on physically active men in a high stress environment. After 12 weeks, participants had significant and sustained increases in measured nutrients [thiamine (B-1), riboflavin (B-2), pyridoxal phosphate (B-6), cobalamin (B-12), pantothenate, and biotin]. All showed full uptake of label potency. At the end of the study, increases were as high as the beginning. This means the body needed the higher nutrient levels and did not "adapt back" to lower levels.

## MULTI-VITAMIN & MINERAL SHOWS ITS POTENCY

Healthy urine is bright sunshine yellow. Most Americans have marginal or deficient B vitamins. This shows in a clear, colorless urine (if we are dehydrated the urine may be cloudy or muddy colored, which is a sign we need to drink more water and, maybe, less caffeinated drinks). One of the ways **Multi-Vitamin & Mineral** shows its high potency is that it is able to supply the nutrients our body needs and provide enough to protect our kidneys and bladder from the effects of toxins being excreted. Compared to other formulas, **Multi-Vitamin & Mineral** keeps our urine a healthy, bright yellow longer.

## 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 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 dose as follows:  
Low stress, healthy.....1-2 tabsules/day  
Moderate stress, unwell.....3-4 tabsules/day  
High stress, training.....5-6 tabsules/day

## SUPPLEMENT FACTS

Serving size: 2 Tabsules  
Servings per container: 30 or 90

| Energized Nutrients  | Amount per serving | % Daily Value |
|--|--------------------|---------------|
| <b>Vitamins:</b>   |                    |               |
| Vitamin A (beta-carotene) .....  | 3,000 mcg.RAE      | 334           |
| Vitamin C (100% l-ascorbate, fully reduced) .....  | 150 mg.            | 166           |
| Vitamin D3 (cholecalciferol) .....   | 10 mcg.            | 50            |
| Vitamins E (from mixed natural tocopherols)** .....  | 134 mg.            | 894           |
| Vitamin K-1 (phyloquinone) .....   | 500 mcg.           | 416           |
| Vitamin B-1 (thiamine HCl) .....   | 100 mg.            | 8,334         |
| Vitamin B-2 (riboflavin 44 mg; riboflavin 5'-phosphate, 10 mg) .....                                       | 54 mg.             | 4,246         |
| Vitamin B-3 (niacin 25 mg. NE; niacinamide 75 mg. NE) .....  | 100 mg.NE          | 626           |
| Vitamin B-5 (calcium d-pantothenate) .....   | 100 mg.            | 1,000         |
| Vitamin B-6 (pyridoxine HCl, 160 mg. pyridoxol 5'-phosphate, 40 mg) .....                                  | 200 mg.            | 11,264        |
| Vitamin B-12 (hydroxocobalamin) .....  | 200 mcg.           | 8,334         |
| Folate (calcium folinate 340 mcg. DFE; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™) 340 mcg. DFE) ..... | 680 mcg. DFE       | 170           |
| Biotin (pure crystalline) .....  | 500 mcg.           | 1,666         |
| <b>Elemental Minerals:</b>   |                    |               |
| Potassium (as citrate) .....   | 99 mg.             | 2             |
| Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate) .....                        | 50 mg.             | 4             |
| Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls) .....    | 100 mg.            | 24            |
| Zinc (as picolinate) .....   | 25 mg.             | 228           |
| Chromium (as picolinate) .....   | 200 mcg.           | 572           |
| Manganese (as ascorbate) .....   | 15 mg.             | 652           |
| Molybdenum (as ascorbate) .....  | 100 mcg.           | 222           |
| Selenium (as l-selenomethionine) .....   | 50 mcg.            | 90            |
| Vanadium (as citrate) .....  | 100 mcg.           | *             |
| Boron (as ascorbate) .....   | 2 mg.              | *             |
| <b>Active Cofactors:</b>   |                    |               |
| PABA (para-aminobenzoic acid) .....  | 30 mg.             | *             |
| Quercetin dihydrate (water-soluble bioflavonoid) .....   | 100 mg.            | *             |
| L-aspartic acid (magnesium aspartate) .....  | 50 mg.             | *             |
| Trimethylglycine (betaine HCl) .....   | 50 mg.             | *             |
| Triacanthanol (policosanols) .....   | 147 mcg.           | *             |
| Hexacosanol (policosanols) .....   | 73.5 mcg.          | *             |
| Octacosanol (policosanols) .....   | 911.4 mcg.         | *             |
| Citrate .....  | 59 mg.             | *             |
| Fumarate .....   | 59 mg.             | *             |
| Malate .....   | 59 mg.             | *             |
| Succinate .....  | 59 mg.             | *             |
| Vegetable fiber .....  | 288 mg.            | *             |
| Croscarmellose .....   | 46 mg.             | *             |
| Natural Vanilla .....  | 100 mg.            | *             |
| Organic Sunflower Oil .....  | 2 mg.              | *             |

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

Other Ingredients: None



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\*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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