



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

Ingredient	Amount Per Serving	% Daily Value
Serving Size	2 Tablets	
Servings Per Container	30	
Vitamin A (from mixed carotenoids and retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%
Vitamin D (as cholecalciferol)	1,000 IU	125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	447%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (as niacinamide and niacin)	50 mg	313%
Vitamin B ₆ (as pyridoxine HCl)	25 mg	1,471%
Folate (as calcium L-5-methyltetrahydrofolate) [†]	1,360 mcg DFE	340%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg	8,333%
Biotin	500 mcg	1,667%
Pantothenic Acid (as D-calcium pantothenate)	75 mg	1,500%
Choline (as choline bitartrate)	25 mg	5%
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	136%
Selenium (as selenium aspartate)	100 mcg	182%
Copper (as copper citrate)	1 mg	111%

Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum aspartate complex)	50 mcg	111%
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+arnosic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]	400 mg	*
Myo-inositol	25 mg	*

Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg	*
Lutein	6 mg	*
Lycopene	6 mg	*
Zeaxanthin	2 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 may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl acetate) per day.

Caution: If you are taking medication, or other nutritional supplements consult your healthcare practitioner before use. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

*Daily Value not established.

[†]As Metafolin®. Metafolin® 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.