

## Phyto Multivitamin Complete

<sup>1</sup> Nemzer BV, Fink N, Fink B. New insights on effects of a dietary supplement on oxidative and nitrosative stress in humans. *Food Sci Nutr*. 2014 Nov;2(6):828-39. doi: 10.1002/fsn3.178. Epub 2014 Oct 17. PMID: 25493202; PMCID: PMC4256589.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4256589/>

<sup>2</sup> <https://www.verywellhealth.com/can-vitamin-deficiency-cause-insomnia-3014720>

<sup>3</sup> <https://www.webmd.com/drugs/2/drug-155409/stress-b-complex-oral/details>

<sup>4</sup> <https://www.hsph.harvard.edu/nutritionsource/biotin-vitamin-b7/#:~:text=Vitamin%20B7%20and%20Health,benefit%20of%20supplementation%20is%20inconclusive>

<sup>5</sup> <https://www.hsph.harvard.edu/nutritionsource/vitamin-c/>

<sup>6</sup> <https://www.hsph.harvard.edu/nutritionsource/vitamin-d/>

<sup>7</sup> <https://www.hsph.harvard.edu/nutritionsource/zinc/>

<sup>8</sup> <https://www.hsph.harvard.edu/nutritionsource/iron/>

<sup>9</sup> <https://www.hsph.harvard.edu/nutritionsource/folic-acid/>

<sup>10</sup> <https://www.hsph.harvard.edu/nutritionsource/2012/10/10/lycopene-rich-tomatoes-linked-to-lower-stroke-risk/>

<sup>11</sup> <https://www.hsph.harvard.edu/nutritionsource/2014/03/03/lycopene-may-decrease-prostate-cancer-risk/>

<sup>12</sup> <https://sabinsa.com/products-from-sabinsa/131-bioperine>