

Multi + Phyto™



A multivitamin and phytonutrient blend to support foundational health

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Multi + Phyto™ is a first-of-its-kind multivitamin, mineral and phytonutrient blend formulated to mimic the nutrient intakes found in an optimal diet. Humans thrive on a whole food, nutrient-dense diet that supplies adequate energy intake. The ingredients in Multi + Phyto™ have been sourced to be naturally occurring or bioidentical. In addition to key vitamins and minerals, this formula contains select phytonutrient (“phyto”, the Greek word for plant), such as lutein, lycopene, resveratrol, wild blueberry, broccoli seed/sprout, citrus bioflavonoids; which were likely consumed in greater quantities in the past than they are in the modern diet.

SYMPTOMS OF LOW NUTRIENT STATUS

Your athletes and clients might not always present with obvious symptoms of poor nutrient status. Some of the many symptoms could include:

- Difficulty losing body fat
- Fatigue (central and/or peripheral)
- Slowed healing and recovery
- Slow growth (ie: youth + teens)
- Frequent sickness (cold/flu)
- Struggle to add lean body mass
- Muscle cramping
- Restless leg
- Poor skin, hair and/or nail growth and health
- Metabolic Syndrome (overfed and undernourished)

WHY RDI/AI IS NOT ENOUGH

The majority of commercially available multivitamin and mineral formulas are designed to meet 100% of the Recommended Daily Allowance (RDA) or Adequate Intake (AI), or some percentage thereof. RDA/AI values were not derived for the purpose of optimizing health and physiological function, or performance. Rather, these levels represent the minimum intake required to reduce risk for overt debility, manifested by deficiency diseases such as scurvy or pellagra.²

The design of Multi + Phyto™ was guided by the concept of evolutionary adaptation of human physiology. Many researchers believe that human health may be best supported by the types and amounts of nutrients humans were exposed to during the Paleolithic era.

KEY INGREDIENTS

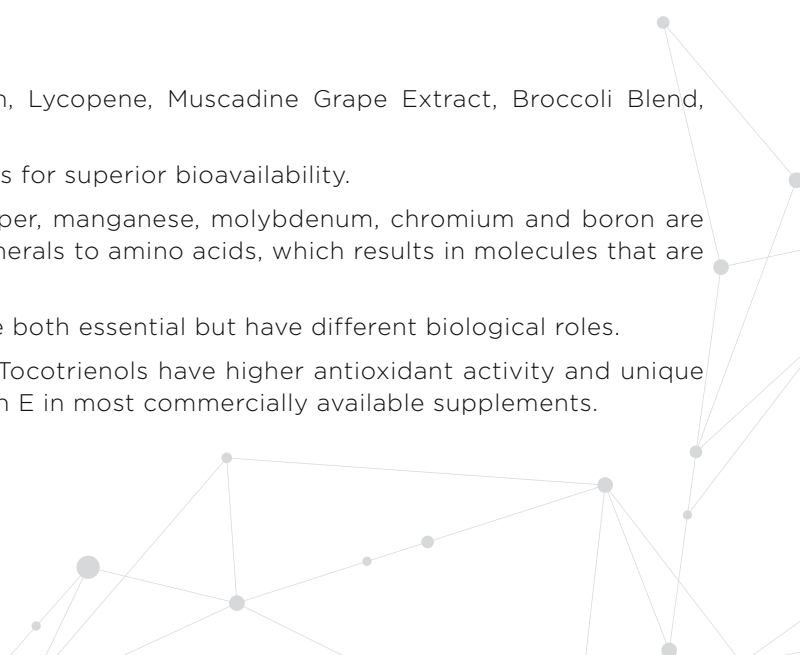
Includes a variety of concentrated Phytonutrients: Lutein, Lycopene, Muscadine Grape Extract, Broccoli Blend, Acerola Cherry, and Citrus bioflavinoids, as well as:

B Vitamins: Provided in their natural and/or activated forms for superior bioavailability.

Albion Chelated Minerals: Calcium, magnesium, zinc, copper, manganese, molybdenum, chromium and boron are provided in chelated forms. Chelation is the bonding of minerals to amino acids, which results in molecules that are more easily absorbed and assimilated by the body.

Vitamin K: Provided in both the K1 and K2 forms, which are both essential but have different biological roles.

Vitamin E: Provided as tocotrienols from annatto extract. Tocotrienols have higher antioxidant activity and unique benefits not observed with tocopherols, the form of vitamin E in most commercially available supplements.





Multi+Phyto™ is the only product designed for athletes that infuses minerals, vitamins and plant-based compounds in one serving, helping to fill the gap where diet leaves off.



Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids from palm tree fruit and Palmitate)	1500 mcg RAE 167%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin C (as Ascorbic Acid and Acerola)	400 mg 444%	Wild Blueberry Blend (Alaska Blueberry (<i>Vaccinium alaskaense</i> How.), Oval-leaf Blueberry (<i>Vaccinium ovalifolium</i> Sm.), Alpine Blueberry (<i>Vaccinium uliginosum</i> L.), Dwarf Bilberry (<i>Vaccinium cespitosum</i> Michx.)(fruit, leaves, stems))	100 mg *
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU) 250%	Muscadine Grape Powder (<i>Vitis rotundifolia</i>)(skin and seeds)	100 mg *
Vitamin K (as K1 Phytanadione, Vitamin K2 Menaquinone-4 and MenaQ7® Full Spectrum MK-6, MK-7, MK-9)	450 mcg 375%	Citrus Bioflavonoids (<i>Vitis rotundifolia</i>)(skin and seeds)	100 mg *
Thiamin (as Thiamin HCl)	2.4 mg 200%	Broccoli Seed Extract (<i>Brassica oleracea italica</i>)(seed)	75 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	4.2 mg 323%	Quercetin	50 mg *
Niacin (as Niacinamide and Niacin)	60 mg NE 375%	Broccoli Sprout Powder (<i>Brassica oleracea italica</i>)(sprout)	25 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	6.7 mg 394%	Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	25 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt 825 mcg)	680 mcg DFE 170%	Trans Resveratrol (<i>Polygonum cuspidatum</i>)(root)	10 mg *
Vitamin B-12 (as Methylcobalamin)	200 mcg 8533%	Pantethine (as Pantesin®)	5 mg *
Biotin (as d-Biotin)	100 mcg 333%	Lutein Esters	3 mg *
Pantothenic Acid (as di-Calcium Pantothenate)	5 mg 100%	Lycopene	3 mg *
Calcium (as di-Calcium Malate)	50 mg 4%	Boron (as Bororganic Glycine)	1 mg *
Magnesium (as di-Magnesium Malate)	150 mg 36%	Benfotiamine	1 mg *
Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%	Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	30 mcg *
Selenium (as SelenoExcell®)	100 mcg 182%		
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg 111%		
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%		
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 571%		

*Daily Value not established

Other Ingredients: cellulose (capsule), microcrystalline cellulose, sunflower lecithin, vegetable stearate, silicon dioxide.



HOW TO TAKE:

As a dietary supplement, take four capsules per day in divided doses, or as directed by your health care practitioner.