



FOUNDATIONS MULTI

Vitamins and minerals are key micronutrients required by the body for optimal health and longevity. Foundations Multi is a comprehensive vitamin, mineral, and herbal extract blend of bioavailable ingredients including Biofolate®.

Research shows that deficiencies in certain vitamins and minerals are a major cause of health concerns. A lack of essential micronutrients in the diet can hinder normal growth, repair, and maturation of vital organs and tissues, leading to problems down the road. Using Foundations Multi is a convenient way to meet micronutrient needs on a daily basis.

Clinical research cited herein suggests the benefits of Foundations supplementation may include:

- Cognitive function and mood support*
- Antioxidants to help support oxidative stress*
- Vibrant, healthy skin*
- Energy production and vitality*
- Healthy immune function*
- Healthy gastrointestinal function*

Foundations Multi takes your ordinary “multivitamin” supplement to the next level by using bioavailable forms of key micronutrients so your body can properly utilize them.* The vitamins and minerals included in the Foundations Multi are of pharmaceutical grade quality for optimal health and longevity.*

Deficiencies in B vitamins and folate are common conditions that may be supported with a quality supplement. Biofolate®, a patented ingredient in Essential Multi, contains biologically active folate ensuring proper absorption essential for healthy cellular functions.*



GLUTEN FREE



VEGETARIAN

Specifications

Serving Size 3 Capsules

Servings Per Container 180

Directions

Take 3 capsules once daily with food or as directed by your healthcare practitioner.



To contact Dr Kathy Health LLC contact
918-274-9111 or www.drkathysays.com

Consult with your health-care practitioner about your
specific circumstances and any questions you may have.

*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.

DrKathy®
Health



FOUNDATIONS MULTI

The proprietary phytonutrient blend in Foundations Multi features highly potent herbal extracts providing beneficial polyphenols and plant compounds rarely found in the diet. Phytonutrients play specific biological and pharmacological roles in supporting immune function.* Herbal extracts contain numerous bioavailable compounds that may have beneficial outcomes such as antioxidant and anti-inflammatory properties.

While eating a healthy and balanced diet is important to maintaining overall health, it is not always possible to obtain all of the critical micronutrients the body needs through food alone. 4 Supplementing with Foundations Multi may help support micronutrient levels in the body and lower the chances of specific micronutrient deficiencies.*

SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 30/60

Ingredients:	Amount	%DV*
Vitamin A (50% as beta-carotene and as retinyl acetate)	3000mcg RAE	333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120mg	133%
Vitamin D3 (as cholecalciferol)	25mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	67mg	447%
Vitamin K (as phytonadione)	120mcg	100%
Thiamin (as thiamin mononitrate)	25mg	2,083%
Riboflavin	15mg	1,154%
Niacin (as niacinamide and niacin)	50mg NE	313%
Vitamin B6 (as pyridoxine HCl)	25mg	1,471%
Folate (as calcium L-5-methyltetrahydrofolate) (Biofolate®)	800mcg DFE (480mcg folic acid)	200%
Vitamin B12 (as methylcobalamin)	200 mcg	8,333%
Biotin	500 mcg	1,667%
Pantothenic Acid (as calcium-d-pantothenate)	75 mg	1,500%
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 cupric citrate)	1 mg	111%
Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum aspartate)	50 mcg	111%
Choline (as choline bitartrate)	25 mg	5%
Inositol	25 mg	**
Resveratrol (root; Polygonum cuspidatum)	10 mg	**

Ingredients:	Amount	%DV*
Lycopene	6 mg	**
Lutein	6 mg	**
Zeaxanthin	2 mg	**
Proprietary Phytonutrient Blend	400 mg	**

Artichoke Extract (leaf; Cynara scolymus; standardized to 5% caffeic acid derivatives), Bitter Melon Extract (fruit; Momordica charantia), Blueberry Extract (fruit; Vaccinium spp.; standardized to 20% polyphenols, 15% anthocyanins), Cinnamon Extract (bark; Cinnamomum cassia), Citrus Extract (fruit; Citrus aurantium; standardized to 50% citrus bioflavonoids, 50% hesperidin), Grape Seed Extract (seed; Vitis vinifera; standardized to 95% polyphenols), Green Coffee Bean Extract (beans; Coffea arabica; standardized to 50% chlorogenic acid), Green Tea Extract (leaf; Camellia sinensis; standardized to 98% polyphenols, 75% catechins, and 45% EGCG), Heartwood Extract (wood/bark; Acacia catechu; standardized to 6% catechins), Prune Extract (fruit; Prunus domestica; standardized to 50% polyphenols), Pomegranate Extract (fruit; Punica granatum; standardized to 40% gallic acid equivalents), Rosemary Extract (leaf; Rosmarinus officinalis; standardized to 7.6% carnosol and carnosic acid), Watercress Extract (leaf/stem; Nasturtium officinale).

Other Ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose, starch, dicalcium phosphate, vegetable magnesium stearate, silica. Biofolate® is a federally registered trademark of MTC Industries, Inc.

Directions:

Take 3 capsules once daily with food or as directed by your healthcare practitioner.

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

Warning: Do not use if pregnant or nursing. Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl acetate) per day unless directed to do so by a healthcare practitioner.

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DrKathy®
Health



FOUNDATIONS MAG

Foundations Mag features the highly absorbable magnesium lysinate glycinate chelate and the patented di-magnesium malate from Albion Laboratories, Inc., the world leader in patented mineral amino acid chelate and organic mineral acid complex research and development.*

Dr Kathy Health has chosen Albion Laboratories, Inc. mineral technology to provide the highest quality minerals for optimal absorption and utilization.* Magnesium is involved in over 300 enzyme-related processes including cardiac, muscle and nerve function and the production of ATP for energy.* Magnesium also plays a role in supporting optimal bone density and maintenance of blood glucose levels.*

Amount Per Serving	
Magnesium (as di-magnesium malate and magnesium lysinate glycinate chelate)†	125 mg
Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silica.	
Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.	
Caution: Keep out of reach of children.	
Storage: Keep tightly closed in a cool, dry place.	
†Albion™, TRAACSTM and the Albion Gold Medallion design are trademarks of Balchem Corporation or its subsidiaries.	

Specifications

Serving Size 1 Vegetable Capsule • Servings Per Container 120

Directions

Take one capsule 2-3 times per day between meals or as directed by your healthcare practitioner.



GLUTEN FREE



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Amount Per Serving	
Magnesium (as di-magnesium malate and magnesium lysinate glycinate chelate)†	125 mg
Other Ingredients: Hydroxypropyl methylcellulose (vegetable capsule), magnesium stearate, silica.	
Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.	
Caution: Keep out of reach of children.	
Storage: Keep tightly closed in a cool, dry place.	
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Specifications

Serving Size 1 Vegetable Capsule • Servings Per Container 240

Directions

Take one capsule 2-3 times per day between meals or as directed by your healthcare practitioner.



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DrKathy[®] Health



FOUNDATIONS — OMEGA —

Foundations Omega is molecularly distilled and independently verified to ensure potency & purity according to the highest worldwide standards. EPA and DHA from fish oil promote cardiovascular health by supporting optimal triglyceride and cholesterol levels and reducing platelet aggregation.* Fish oil has also been shown to promote optimal joint function and overall brain and nervous system function.*

Guaranteed Purity and Potency

Our ultra-pure, molecularly distilled, natural marine lipid concentrate is sourced from fish caught in cold, deep sea waters. These formulas are molecularly distilled and are independently verified to ensure potency and purity according to the highest worldwide standards. Our formulas contain low levels of anisidine and peroxide (the measurements for rancidity) stabilized with vitamin E. The purity assay process includes testing for PCBs, heavy metals and pesticides.

Amount Per Serving	
Vitamin E <i>(as d-alpha tocopherol) (10 IU)</i>	6.70mg
Natural Marine Lipid Concentrate	6g
<i>EPA (eicosapentaenoic acid) (625 mg)</i>	
<i>DHA (docosahexaenoic acid) (245 mg)</i>	
<i>Other Omega-3 Fatty Acids (82 mg)</i>	
Other Ingredients: Gelatin (bovine), vegetable glycerin, purified water, mixed natural tocopherols.	
Contains: Fish (anchovy, mackerel and sardine) ingredients.	
Does Not Contain: Milk, eggs, shellfish, tree nuts, peanuts, wheat, soy, artificial colors, sweeteners or preservatives.	
Caution: Keep out of reach of children.	
Storage: Keep tightly closed in a cool, dry place.	

Specifications
Serving Size 1 Softgel • Servings Per Container 60

Directions
Take one capsule 2-3 times per day between meals or as directed by your healthcare practitioner.



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DrKathy[®] Health



FOUNDATIONS D

Foundations D is a natural, soy-free, bioidentical vitamin D supplement. Vitamin D, considered both a hormone and a vitamin, is manufactured in response to skin's exposure to sunlight and is essential to the body's absorption of calcium. Natural vitamin D3 (cholecalciferol) is four times more potent than synthetic vitamin D2.* In Latin, calciferol means "calcium carrier." Additionally, vitamin D has been the subject of numerous studies for its effect on the immune system by promoting phagocytosis and immunomodulatory functions.*

Amount Per Serving	
Vitamin D3 (as cholecalciferol) (5,000 IU)	125 mg
Other Ingredients: Safflower oil, gelatin (bovine), glycerin, vitamin D3, purified water.	
Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, artificial colors, sweeteners or preservatives.	
Caution: Keep out of reach of children.	
Storage: Keep tightly closed in a cool, dry place.	

Specifications

Serving Size 1 Softgel • Servings Per Container 180

Directions

Take one softgel once per day or as directed by your healthcare practitioner.



GLUTEN FREE



SOY FREE



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FOUNDATIONS D

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Amount Per Serving	
Vitamin D3 (as cholecalciferol) (5,000 IU)	125 mg
Other Ingredients: Safflower oil, gelatin (bovine), glycerin, vitamin D3, purified water.	
Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, artificial colors, sweeteners or preservatives.	
Caution: Keep out of reach of children.	
Storage: Keep tightly closed in a cool, dry place.	

Specifications

Serving Size 1 Softgel • Servings Per Container 90

Directions

Take one softgel once per day or as directed by your healthcare practitioner.



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SOY FREE



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B COMPLETE

B Complete is an advanced B-complex providing the entire spectrum of B vitamins and other complementary nutrients to support healthy homocysteine metabolism, adrenal, energy and neurological function as well as healthy stress response.* B Complete provides activated forms of vitamins B2, B6 and B12, with the addition of benfotiamine, a fat soluble and physiologically active form of thiamin. The 5-MTHF in this formula - Quatrefolic® - is the most biologically active form of folate, allowing rapid uptake into the bloodstream.*

Amount Per Serving

Vitamin C (as ascorbic acid)	30mg
Thiamin (Vitamin B1) (as thiamin hydrochloride)	20mg
Riboflavin (Vitamin B2) (as riboflavin-5'-phosphate)	20mg
Niacin (130 mg niacinamide, 10 mg niacin)	140mg
Vitamin B6 (as pyridoxal-5'-phosphate)	25mg
Folate (as 400 mcg 6(S)-5-methyltetrahydrofolic acid, glucosamine salt)†	680mcg DFE
Vitamin B12 (as methylcobalamin)	800mcg
Biotin	400mcg
Pantothenic Acid (as d-calcium pantothenate)	150mg
Choline (as choline citrate)	30mg
Benfotiamine	20mg
Para-Aminobenzoic Acid (PABA)	15mg

Other Ingredients:

Ascorbyl palmitate, hydroxypropyl methylcellulose (vegetable capsule), microcrystalline cellulose, l-leucine, bamboo silica, silicon dioxide.

Does Not Contain: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy.

Caution: Keep out of reach of children.

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

Specifications

Serving Size 1 Capsule

Servings Per Container 180

Directions

Take one capsule 1-2 times per day or as directed by your healthcare practitioner.



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†Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent number 7,947,662.

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