

# Primal Multi™

*Unique, evolutionarily-based multivitamin & mineral formula to support optimal health\**

Primal Multi™ is a first-of-its-kind multivitamin, mineral and phytonutrient blend specifically formulated to mimic the nutrient intakes found in an optimal evolutionary human diet. The ingredients in Primal Multi™ have been sourced to be naturally occurring or bioidentical. In addition to key vitamins and minerals, this formula contains select phytonutrients that are known to have beneficial effects for health (such as lutein, lycopene, resveratrol, wild blueberry, broccoli seed/sprout, citrus bioflavonoids and more), which were likely consumed in greater quantities in the evolutionary past than they are in the modern diet.

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. However, these values represent the minimum intake required to reduce risk for overt debilitation and deficiency diseases; they were not intended to support optimal health, nor to address common genetic variations in nutrient absorption.

Ideally, most nutrients are obtained from a diet of whole, unprocessed foods. However, even under the best circumstances of a healthy diet, modern agricultural practices may result in foods having lower concentrations of certain nutrients than their wild counterparts, or than these foods had in the distant past. Additionally, the relentless pace of modern life, the ubiquity of compromised metabolic health, and the environmental toxins we're exposed to may mean that many people need higher amounts of various nutrients than we did in the past. Primal Multi™ was formulated taking these issues into account.

## Highlights

- **B Vitamins:** Provided in their natural and/or activated forms for superior bioavailability
- **Mineral chelates:** 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.
- **Concentrated phytonutrients:** Primal Multi™ shines with these unique ingredients not typically found in multivitamin/mineral blends—lutein, lycopene, wild blueberry complex, citrus bioflavonoids and more. These phytochemicals are concentrated in highly nutritious foods and have biological activity that may help support overall health and wellness.

## How to Take:

Take four capsules per day, or as directed by your health care practitioner (divided dosing recommended).



Consult with your healthcare 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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).