



Multi t/d with Metafolin® L-5-MTHF

Introduced 2005



What Is It?

Multi t/d is a two-per-day multivitamin/mineral formula providing a concentrated core of nutrient essentials as well as advanced mineral delivery systems and active vitamin cofactors for optimal bioavailability and utilization. This product couples fundamental support with convenience in a gentle hypoallergenic formula well tolerated by sensitive individuals.*

Uses For Multi t/d

Optimal Health: Multi t/d provides a profile of free radical scavenging antioxidants important for cardiovascular, immune and cellular health. The vitamins and minerals in this formula also support various physiological functions, including nervous system health, ocular health, bone health, nutrient and hormone metabolism, and glucose utilization.*

Visual Acuity: Lutein and zeaxanthin have been reported in numerous studies to promote healthy macular pigment, lens optical density, and visual acuity.*

Cardiovascular Function: As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B₆ and vitamin B₁₂ may reduce the risk of vascular disease.¹ Folate is provided in this formula as Metafolin®, the naturally occurring universally metabolized form of folate. Metafolin® is chemically identical to the active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF), the predominant, naturally occurring form of folate in food. Through bypassing several enzymatic activation steps, it is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations.*

¹FDA evaluated the above claim and found that while it is known that diets low in saturated fats and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.

What Is The Source?

The nutrients found in Multi t/d are derived from the following:

Ascorbic acid: corn dextrose fermentation

Ascorbyl palmitate: corn dextrose fermentation and palm oil

Vitamin D₃: cholesterol from wool fat (lanolin)

Vitamin E: soy

Vitamin B₁ (thiamin HCl): synthetic

Vitamin B₂ (riboflavin): fermentation of corn

Niacinamide and Niacin: synthetic

Vitamin B₆ (pyridoxal HCl): synthetic

Folate (Metafolin®, L-5-MTHF): synthetic

Vitamin B₁₂ (methylcobalamin): fermentation of corn

Biotin: synthetic

Vitamin B₅ (calcium pantothenate): synthetic

Minerals: naturally derived from lime of rock

Beta carotene: *Blakeslea trispora*

Lycopene: natural tomato concentrate

Lutein: marigold flower extract

Zeaxanthin: synthetic

Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin.

Recommendations

Pure Encapsulations® recommends 2 capsules daily, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?


At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

(continued)


Are There Any Potential Drug Interactions?

Multi t/d contains vitamin E, which may react with blood thinning medications. Consult your physician for more information.

Multi t/d

two vegetarian capsules contain	 v O
vitamin A (as beta carotene)	7,500 iu
vitamin C (as ascorbic acid)	500 mg
vitamin D (as cholecalciferol) (D ₃)	800 iu
vitamin E (as d-alpha tocopherol succinate)	100 iu
thiamin (as thiamin HCl) (B ₁)	50 mg
riboflavin (vitamin B ₂)	25 mg
niacin (as niacin and 67% niacinamide)	75 mg
vitamin B ₆ (as pyridoxine HCl)	12.5 mg
folate (as Metafolin [®] , L-5-MTHF)	800 mcg
vitamin B ₁₂ (as methylcobalamin)	500 mcg
biotin	800 mcg
pantothenic acid (as calcium pantothenate) (B ₅)	50 mg
iodine (as potassium iodide)	200 mcg
zinc (as zinc picolinate)	15 mg
selenium (as selenomethionine)	200 mcg
chromium (as chromium polynicotinate)	100 mcg
riboflavin 5' phosphate (activated B ₂)	12.5 mg
pyridoxal 5' phosphate (activated B ₆)	12.5 mg
proprietary mixed carotenoid blend	425 mcg
(as lutein, lycopene, zeaxanthin)	
MacularSynergy Complex	
lutein	6 mg
zeaxanthin	1 mg
other ingredients: ascorbyl palmitate, vegetarian capsule (cellulose, water)	

2 capsules daily, in divided doses, with meals.

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Zeaxanthin is sourced from OPTISHARP[™] brand. OPTISHARP[™] is a trademark of DSM Nutritional Products, Inc.

CHROMEMATE[®] ChromeMate[®] brand niacin-bound chromium. ChromeMate[®] is a registered trademark of InterHealth, N.I.

Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.