



— Your Trusted Source —

Polyphenol Nutrients

With Metafolin® L-5-MTHF

Introduced 2005



What Is It?

Polyphenol Nutrients is a nutrient dense multivitamin and mineral formula containing superior mineral cofactors and activated vitamins for optimal bioavailability and utilization. Furthermore, it is enhanced with an exceptional combination of polyphenols and specialized compounds for extensive physiological protection.*

Uses For Polyphenol Nutrients

Optimal Health: Flavonoids and phenolic compounds from a unique blend of olive fruit, grape seed, pomegranate, green tea, quercetin and blueberry offer powerful protection for vascular, nerve, prostate and immune cell function. 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. It also contains the protector nutrients alpha lipoic acid, NAC, inositol and choline to complement the neural, cognitive, cardiovascular, liver and skin health properties of this diverse profile. Polyphenol Nutrients provides fully chelated minerals for optimal absorption and activated vitamins, including 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.*

What Is The Source?

The nutrients found in Polyphenol Nutrients 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
 Folic acid (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

N-acetyl-L-cysteine: synthetic

Alpha lipoic acid: synthetic

Quercetin: Fava d'anta tree (*Dimorphandra mollis*) pods and Cat's claw (*Uncaria tomentosa*) leaves.

Sources of the mineral chelates include:

Aspartate: synthetic

Citrate: corn dextrose fermentation

Glycinate: synthetic

Picolinate: synthetic

Mixed carotenoid profile typically contains 4,500 mcg beta carotene, 125 mcg lycopene, 250 mcg lutein and 50 mcg zeaxanthin. Blueberry extract is derived from *Vaccinium angustifolium* fruit and standardized to contain 1.5% anthocyanins. Olive extract is derived from *Olea europaea* fruit and is standardized to contain 35% total polyphenols and 1% hydroxytyrosol. Pomegranate extract is derived from *Punica granatum l.* fruit and standardized to contain 5% ellagic acid. Grape seed extract is derived from *Vitis vinifera* and standardized to contain 92% polyphenols. Green tea extract is derived from *Camellia sinensis* leaf and is standardized to provide 90% total tea catechins, 70% epigallocatechin gallate and <0.42 mg caffeine.

Recommendations

Pure Encapsulations recommends 4–6 capsules daily, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In rare cases, alpha lipoic acid may cause skin rash or hypoglycemia. Individuals who are sensitive may experience heartburn. Rare side effects of NAC may include nausea, vomiting, headache, dry mouth, dizziness, or abdominal pain. Large doses of choline may cause nausea, diarrhea or dizziness.

Are There Any Potential Drug Interactions?

Polyphenol nutrients contains vitamin E and grape seed extract which may react with blood thinning and other heart medications. Green tea extract may interfere with the absorption and effectiveness of a number of medications including certain heart, blood thinning, antidiarrheal, and cold or hay fever medications. Consult your physician for more information.

(continued)

*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.

Polyphenol Nutrients

six vegetarian capsules contain  v 00

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
calcium (as calcium citrate)	300 mg
iodine (as potassium iodide)	200 mcg
magnesium (as magnesium citrate)	150 mg
zinc (as zinc picolinate)	15 mg
selenium (as selenomethionine)	200 mcg
copper (as copper glycinate)	2 mg
manganese (as manganese aspartate)	5 mg
chromium (as chromium polynicotinate)	100 mcg
molybdenum (as molybdenum aspartate)	100 mcg
potassium (as potassium aspartate)	99 mg
boron (as boron glycinate)	2 mg
vanadium (as vanadium aspartate)	100 mcg
ascorbyl palmitate (fat-soluble vitamin C)	120 mg
riboflavin 5' phosphate (activated B ₂)	12.5 mg
pyridoxal 5' phosphate (activated B ₆)	12.5 mg
mixed carotenoids (as lutein, lycopene, zeaxanthin)	425 mcg
n-acetyl-L-cysteine (free-form)	100 mg
choline bitartrate	100 mg
inositol	125 mg
alpha lipoic acid (thioctic acid)	100 mg

MacularSynergy Complex

lutein	6 mg
zeaxanthin	1 mg

CellHealth Polyphenols

quercetin	50 mg
blueberry (vaccinium angustifolium) extract (fruit)	100 mg
(standardized to contain 1.5% anthocyanins)	
olive (olea europaea l.) extract (fruit)	50 mg
(standardized to provide 1% hydroxytyrosol)	
pomegranate (punica granatum l.) extract (fruit)	100 mg
(standardized to contain 92% polyphenols)	
grape (vitis vinifera) extract (seed)	50 mg
(standardized to contain 92% polyphenols)	
green tea (camellia sinensis) extract (leaf)	100 mg
(standardized to contain 65% total tea catechins, 23% epigallocatechin (EGCG))	
other ingredients: vegetarian capsule (cellulose, water)	

4-6 capsules daily, in divided doses, with meals.

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LUTEIN  Industries, Inc.

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

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

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