Safeguard Your Health with **Multi**

Multi is the ideal supplement to ensure the vitamin and mineral requirements spanning from adolescents to the elderly. Young adults eat junk food to satisfy hunger or cravings, often at the expense of proper nutrition. The dulling of taste buds with aging can also lead to food choices of compromised nutrient value. Atrophy of the small intestine that accompanies advancing age can also cause reduced nutrient absorption of even the most balanced diets.

Multi is formulated to meet vitamin, mineral and nutrient shortcomings, as well as maximize nutrient intake and bioavailability for all. You are more than what you eat; you are what you effectively digest and assimilate from your daily diet.

Supplementation Simply Makes Sense

Consider taking New Roots Herbal's **Multi** to maintain your good health amid other variables often out of your control. Multivitamin supplementation of the elderly has proven to amplify nutrient status, improve memory and mental focus, and reduce the risk of falls that cause fragility fractures.[1] Reducing the risk of infection and disease[2] is perhaps the most valuable benefit from vitamin use. The comprehensive benefits of our **Multi** also help the young adult and middle-aged person alike for needs that vary from meeting baseline nutritional requirements to coping with stress and environmental toxins.

HP1726

Ingredients
Each vegetable capsule contains:

Vitamins:

E	(D-*alpha*-tocopheryl acetate) (20 IU)	13.38 mg AT
C	(from 80 mg calcium ascorbate)	56 mg
B_1	(thiamine hydrochloride)	50 mg
B_2	(riboflavin / riboflavine)	25 mg
B_2	(riboflavin-5′-phosphate)	25 mg
B_3	(inositol hexanicotinate, flush-free)	50 mg
B_5	(calcium D-pantothenate)	50 mg
B_6	(pyridoxal-5′-phosphate)	50 mg
Folate	(from calcium L-5-methyltetrahydrofolate)	1 mg
B_{12}	(methylcobalamin)	1 mg
Biotin		150 mcg
K_2	(menaquinone-4)	25 mcg
D_3	(1000 IU)	25 mcg

Minerals:

Chromium	(from chromium chelate)	50 mcg
Molybdenum	(from molybdenum citrate)	150 mcg
Magnesium	(from magnesium citrate)	35 mg
Zinc	(from zinc citrate)	10 mg
Manganese	(from manganese citrate)	1 mg
Copper	(from copper gluconate)	1 mg
Selenium	(from selenium L-methionine)	10 mcg

Other ingredients: Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

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Ingredients in this formula have been validated for potency and identity, and certified free of heavy metals, pesticides and solvent residues using:
- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration
- Standard Microbiological Assay
- HPLCs with Diode Arrays UV-VIS Detectors / Refractive Index Detectors

Also Available:
Multi-Max, **Multi-Max**Immune,
and Children's**Multi**

Multi
Sold exclusively to finer health food stores
newrootsherbal.com/store

New Roots HERBAL

Multi

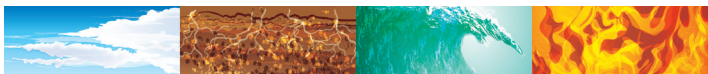
A foundation of nutrients in a single daily capsule

- Optimal nutrient intake and bioavailability
- Free of iron, *beta*-carotene, and vitamin A

ISO 17025
Accredited Laboratory

NON GMO

newrootsherbal.com



An **Iron-, *beta*-Carotene–,** and **Vitamin A–Free** Multi

There exists a growing concern that the animal protein and fortified-food–rich North American diet may not only be meeting our nutritional needs for vitamin A, but potentially exceed those needs. Preformed vitamin A is a common additive to a wide variety of everyday foods that include margarine and many low-fat dairy products. Precursors for vitamin A synthesis that include *beta*-carotene are also plentiful in green and yellow vegetables, not to mention carrots.

A number of studies have found that there was no benefit to supplementation with synthetic vitamin A and *beta*-carotene. In some cases, supplementation has been found to be detrimental, particularly at higher doses and especially in some groups of people such as smokers or former smokers.[3][4]

Multi is Also an Iron-Free Formula

Excess iron can contribute to chronic diseases that include coronary heart disease and cancer. Iron supplementation is generally recommended only for those suffering from anemia or to meet the increased iron demands during pregnancy.

References

1. Grieger, J.A., et al. "Multivitamin supplementation improves nutritional status and bone quality in aged care residents". *European Journal of Clinical Nutrition* Vol. 63, No. 4 (2009): 558–565.
2. Gaziano, J.M., et al. "Multivitamins in the Prevention of Cancer in Men — The Physicians' Health Study II Randomized Controlled Trial". *Journal of the American Medical Association* Vol. 308, No. 18 (2012): 1871–1880.
3. Fawzi, W.W., et al. "A randomized trial of multivitamin supplements and HIV disease progression and mortality". *The New England Journal of Medicine* Vol. 351, No. 1 (2004): 23–32.
4. Bjelakovic, G., et al. "Antioxidant supplements for prevention of mortality in healthy participants and patients with various diseases". *Cochrane Database of Systematic Reviews* Vol. 2 (2008): CD007176.

Many Ingredients for a **Great Multivitamin**

Vitamin B_1 (Thiamine Hydrochloride)
Also known as thiamin, it functions as a coenzyme for energy production from proteins and carbohydrates, and supports nervous system function.

Vitamin B_2 (Riboflavin and Riboflavin-5'-Phosphate)
A critical cofactor for the release of energy from carbohydrates, and is essential for the production of red blood cells.

Vitamin B_5 (Pantothenic Acid)
Part of coenzyme A (CoA), the cofactor in many life-sustaining reactions that include generating energy from fats, carbohydrates, and proteins. Vitamin B_5 is also required for the synthesis of essentials fats, hormones and neurotransmitters.

Vitamin B_6 (Pyridoxal-5'-Phosphate)
The active coenzyme form of vitamin B_6 is necessary for the function of over 60 enzymes. Vitamin B_6 is also involved in the production of hemoglobin and serotonin, and immune system function.

Folic Acid (Calcium L-5-Methyltetrahydrofolate)
A vital factor in the synthesis of DNA, cell growth and division, plus red blood cell production. It has positive effects on memory and overall brain health.

Vitamin B_{12} (Methylcobalamin)
Methylcobalamin is the biologically active, potent form of vitamin B_{12} necessary for the development and maintenance of the circulatory, immune and nervous systems.

Biotin
An important compound for the metabolism of sugar, protein and fat. It is also critical for the health of bones, nerves and red blood cells necessary for oxygen delivery throughout the body.

Vitamin C
Vitamin C is not produced by our bodies and is essential for immune system performance and collagen production.

Vitamin D
Cholecalciferol is the form of vitamin D synthesized with exposure to sunlight and a critical cofactor for calcium absorption.

Vitamin K_2 (Menaquinone-4)
Menaquinone-4 (MK-4) is the premium form of vitamin K_2. MK-4 inhibits the formation of cells (osteoclasts) that cause bone resorption.

Vitamin E (Tocopheryl Acetate)
Serves as a critical antioxidant to protect cells from damage by free radicals.

Chromium (from Chromium Chelate)
The premium, bioavailable form of the trace mineral necessary for insulin to deliver energy to cells.

Copper (from Copper Gluconate)
A component of healthy cell membranes, it actively participates in the storage and release of iron in hemoglobin formation. Copper also strengthens immune system function, and promotes healthy skeletal and nervous systems.

Magnesium (from Magnesium Citrate)
Activates enzymes essential for the metabolism of fats, carbohydrates and amino acids. It also supports cognitive health, calcium absorption for increased bone density, and supports normal blood pressure and heart rate.

Manganese (from Manganese Citrate)
Delivers the trace mineral pivotal for metabolizing amino acids, the maintenance of healthy bones and connective tissue, and protecting cells from oxidative stress.

Molybdenum Citrate
This citrate is a bioavailable form of this essential trace element and functions as a cofactor for enzymes involved in detoxification.

Selenium (from Selenium L-Methionine)
The amino acid form of the robust mineral that exerts antioxidant action. Studies suggest that it may reduce the risk of diseases affecting the breast, prostate, colon, liver, lung, and skin.

Zinc (from Zinc Citrate)
The most easily absorbed form of zinc for the human body. Zinc is a component of many enzymes that regulate amino acid metabolism, protein digestion, energy production, and they also fortify the immune response for protection from harmful free radicals.

Directions of Use
Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.