

Multi-Complex

with Vitamin K



Clinical Applications

- Supports Optimal Health*
- Promotes Healthy Immunity*
- Supports Bone Health & Promotes Normal Blood Clotting*

This comprehensive multiple vitamin/mineral supplement retains the important balance of fat and water-soluble antioxidants, B-complex vitamins, and other nutrients of a sound nutritional foundation. Activated forms of folate (Metafolin[®] L-5-methyltetrahydrofolate) and vitamin B₁₂ (Methylcobalamin) are used for enhanced absorption and bioactivity.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Abundant scientific and clinical literature indicates that dietary supplements have an important role to play in promoting health. The need for supplements is ever more apparent given frequent nutritional inadequacies of the Standard American Diet, where low consumption of fruits and vegetables is paired with energy-dense, “empty calorie” processed foods.¹ A growing proportion of the general public now embraces dietary supplements as an integral part of a daily health program. National surveys report that approximately one-half of adult Americans use supplements on a daily basis, and of these, multivitamin and mineral supplements are the most commonly used.^{2,3} In addition to encouraging healthier food choices, supplementation is often recommended when an individual’s dietary nutrient intake is inadequate or unbalanced. Nutrient intake at the official Recommended Dietary Allowances (RDA) may be adequate to help individuals achieve a more complete and balanced intake of vitamins, minerals, and trace elements. However, higher amounts in excess of the RDAs (though well below tolerable upper limits) may be needed to meet individual requirements that vary with age, level of physical activity, stress, genetic factors, medication usage, environmental exposures, or health status.* Increased, safe intake of vitamins and minerals may assist optimal functioning of interrelated enzyme systems, cellular energy metabolism, hormonal regulation, and detoxification pathways critical to maintaining health.*

The amount as well as the form of each nutrient in **Multi-Complex** products is selected to ensure efficacy, bioavailability, tolerance, and safety. Some of the primary distinguishing characteristics of **Multi-Complex** ingredients include:

- **Vitamin A:** Provided as a mixture of retinol and natural carotenes to ensure more complete vitamin A nutrition and to support individuals who may insufficiently convert beta-carotene to vitamin A.† Mixed, natural-source carotenoids are used instead of synthetic versions.
- **Vitamin E:** Delivered as a complex of naturally occurring mixed tocopherol isomers (RRR-alpha, RRR-beta, RRR-gamma, and RRR-delta)
- **Vitamin D:** Natural source vitamin D3 is included at 25 mcg (1,000 IU), a higher amount than what is typically found in multivitamin formulas.*
- **Vitamin K:** Two forms of vitamin K are included in Multi-Complex formulas to support optimal vitamin K intake. Vitamin K1 (phytonadione) promotes normal blood clotting and supports bone health.* Vitamin K2 (as menaquinone-7) also supports bone health as well as normal vascular function.*
- **B vitamins:** B-complex vitamins are included along with folate (Metafolin®, L-5-methyltetrahydrofolate) in active forms. The bioactive form of folate is easily absorbed and readily usable by cells.* Compared to folic acid, the form most commonly used in fortified foods and supplements, methylfolate is the predominant form in the body and can cross the blood-brain barrier to support health throughout the body.*
- **Calcium and Magnesium:** Multi-Complex formulas contain calcium citrate-malate, a readily soluble form of calcium with superior bioavailability and GI tolerance compared to other forms, such as calcium carbonate. Magnesium is also provided in well-absorbed and tolerated forms. Elevated amounts of these minerals are included to support optimal levels in the body.* The majority adults in the U.S. average intake is below recommended levels for these nutrients.^{4,5}

***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.**

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625 Barksdale Road, Suite 113
Newark, DE 19711

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- Minerals and trace elements: Amino acid chelates, clinically demonstrated to have superior bioavailability and tolerance, are used in Multi-Complex formula.

Supplement Facts

Serving Size 6 Capsules • Servings Per Container 30

Amount Per 6 Capsules	% Daily Value	Amount Per 6 Capsules	% Daily Value		
Vitamin A (64% (1,600 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 36% (750 mcg RAE) as vitamin A palmitate)	2,250 mcg RAE	250 %	Iodine (as potassium iodide)	150 mcg	100%
Vitamin C (as L-ascorbic acid)	750 mg	833%	Magnesium (75% as dimagnesium malate and 25% as TRAACS® magnesium bisglycinate chelate††)	250 mg	60%
Vitamin D ₃ (as cholecalciferol)	25 mcg	125%	Zinc (as zinc aiginate chelate††)	15 mg	136%
Vitamin E (as RRR-alpha tocopheryl acid succinate, RRR-alpha-tocopherol††)	268 mg	1,787%	Selenium (as L-selenomethionine)	200 mcg	364%
Vitamin K (67% as vitamin K ₁ (phytonadione) and 33% as vitamin K ₂ (menaquinone-7))	60 mcg	50%	Copper (as copper bisglycinate chelate††)	2 mg	222%
Thiamin (as thiamin HCl)	50 mg	4,167%	Manganese (as manganese bisglycinate chelate††)	2 mg	87%
Riboflavin	25 mg	1,923%	Chromium (as chromium nicotinate glycinate chelate††)	200 mcg	571%
Niacin (75% as niacinamide, 25% as niacin)	100 mg NE	625%	Molybdenum (as molybdenum glycinate chelate††)	150 mcg	333%
Vitamin B ₆ (as pyridoxine HCl)	25 mg	1,471%	Boron (as boron aspartate-citrate)	2 mg	*
Folate (as Metafolin®† L-5-methyltetrahydrofolate)	1360 mcg DFE (800 mcg)	340%	Vanadium (as bisglycinate oxovanadium)	100 mcg	*
Vitamin B ₁₂ (as methylcobalamin)	200 mcg	8,333%	Inositol	25 mg	*
Biotin	300 mcg	1,000%	para-Aminobenzoic Acid	50 mg	*
Pantothenic Acid (as calcium D-pantothenate)	150 mg	3,000%	Citrus Bioflavonoid Complex (85 mg as citrus bioflavonoid extract (<i>Citrus aurantium</i>) (fruit/peel) (standardized to 50% hesperidin bioflavonoids) and 15 mg as hesperidin methyl chalcone (derived from <i>Citrus aurantium</i> extract) (fruit))	100 mg	*
Choline (as choline bitartrate)	100 mg	18%	Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma)††	8 mg	*
Calcium (91% as calcium citrate-malate complex and 9% as calcium D-pantothenate)	188 mg	14%	Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	30 mcg	*

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, L-leucine, and natural citrus flavor.

Vegetarian capsules made of plant cellulose are used for Multi-Complex Formula.

Multi-Complex is well suited for those who prefer capsules or have difficulty swallowing, as the capsules may be pulled apart and the contents mixed with food if desired.

Suggested Use

Adults: 6 capsules with food or as directed by a healthcare professional.

Children 4 to 14 years: Take up to 3 capsules daily or as directed by a healthcare professional.

Children less than 4 years of age: As directed by a healthcare professional.

Allergy Statement

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, and wheat. Contains no artificial colors, flavors, or preservatives.

Caution

If you are pregnant, nursing, have a medical condition, taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

References

- Martinez Steele E, et al. The share of ultra-processed foods and the overall nutritional quality of diets in the US: evidence from a nationally representative cross-sectional study. *Popul Health Metr.* 2017 Feb 14;15(1):63.
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- Slesinski MJ, et al. Trends in use of vitamin and mineral supplements in the United State: the 1987 and 1992 National Health Interview Surveys. *J Am Diet Assoc.* 1995 Aug;95(8):921-3.
- Ford ES, Mokdad AH. Dietary magnesium intake in a national sample of US adults. *J Nutr.* 2003 Sep;133(9):2879-82.
- Bailey RL, et al. Estimation of total usual calcium and vitamin D intakes in the United States. *J Nutr.* 2010 Apr;140(4):817-22.

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