

Multi-Vitamin Complex



Clinical Applications

- Supports Optimal Health*
- Promotes Healthy Immunity*

A hypoallergenic, once-daily vitamin supplement, Multi-Vitamin Complex has been specifically formulated to exclude minerals for situations where enhancement of vitamin intake only is desired. This formula provides between 100% and 200% of the Recommended Daily Allowance (RDA) for most vitamins, and 300% of the RDA for several B vitamins. For best absorption, Multi Vitamin Complex should be taken with food.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Multi-Vitamin Complex is a high-potency and bio-available formula contains a spectrum of essential vitamins. With iron and copper-free options as well as capsule delivery formats, formula provide options for a range of health needs.

Product features

Multi-Vitamin Complex provides all of the vitamins found in most multivitamin products and includes added amounts of vitamins C, E, D, and B complex. Vitamins E and beta-carotene (vitamin A) are supplied in natural forms.

These product supply active folate as active Metafolin® methylfolate (L-5-MTHF). This form is absorbed and utilized directly by the body, unlike synthetic folic acid.

Vitamin D3 is included at 5 mcg per serving, 25% of the Recommended Daily Value to support bone and tissue health.†

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

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.†

**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.**

Distributed by: Adaptogen Research
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Multi-Vitamin Complex



How Multi-Vitamin Complex works.

The amount as well as the form of each vitamin in our product is selected to ensure efficacy, bioavailability, tolerance, and safety. Multi-Vitamin Complex includes:

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 5 mcg.

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.†

Vitamin C: Crystalline L-ascorbic acid in a convenient and affordable form, free of corn antigen. †

Supplement Facts			
Serving Size 1 Capsule • Servings Per Container 60			
Amount Per Capsule	% Daily Value	Amount Per Capsule	% Daily Value
Vitamin A (50% (2,500 IU.) as vitamin A acetate and 50% (2,500 IU.) as beta carotene from <i>D. salina</i>)	5,000 IU 100%	Folate (as Metafolin®** L-5-methyltetrahydrofolate)	400 mcg 100%
Vitamin C (as L-ascorbic acid USP and calcium ascorbate)	120 mg 200%	Vitamin B ₁₂ (as methylcobalamin)	18 mcg 300%
Vitamin D ₃ (as cholecalciferol)	200 IU 50%	Biotin USP	300 mcg 100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU 100%	Pantothenic Acid (as d-calcium pantothenate)	30 mg 300%
Thiamine (as thiamine hydrochloride)	4.5 mg 300%	<i>para</i> -Aminobenzoic Acid USP	50 mg *
Riboflavin	5.1 mg 300%	Choline (as choline bitartrate)	40 mg *
Niacin (as niacinamide)	60 mg 300%	Inositol	40 mg *
Vitamin B ₆ (55% as pyridoxine hydrochloride and 45% as pyridoxal 5'-phosphate)	11 mg 550%	*Daily Value not established.	

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), L-leucine, L-valine, and cellulose.

**Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany



Suggested Use

1 Capsule daily with food or as directed by a healthcare practitioner.

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

Vitamin C in this product is derived from corn. We removed the protein from it entirely. So there is no allergen present per our allergen training. So for somebody without a true IgE allergy, the product should have no adverse effects.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children. If you have a true IgE allergy to corn, Please Do NOT USE OUR PRODUCT.

References

- Martínez 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.
- Balluz LS, et al. Vitamin and mineral supplement use in the United States. Results from the third National Health and Nutrition Examination Survey. *Arch Fam Med.* 2000 Mar;9(3):258-62.
- 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.

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