

# Anatomy of a High Potency Multiple

## With MORE than 37 HEALTH building nutrients!



CERTIFIED



I'm Gold Medallion!

1. Antioxidant. Maintains skin, vision, mucous membranes of respiratory & GI systems.

2. Major antioxidant for connective tissues, immunity, blood vessels & adrenal function. Vital for carnitine & norepinephrine synthesis.

3. Active form essential for calcium absorption for bones and teeth, neuromuscular and immune function. Helps protect breast, colon & prostate. Helps reduce inflammation.

5. Cofactor for blood clotting. Required by calcium for bone building.

7. Essential for bones & teeth, muscle contraction, heart rhythm & nervous system.

11. Supports CoQ10. Antioxidant for prostate, heart muscles & cell membranes. Critical roles in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage and infection.

12. Zinc balancer. Iron metabolite. Part of SOD\* & ATP cycles.

13. Key mitochondria SOD\* antioxidant. Enzyme activator. Vital for cartilage & bone.

15. Essential trace element for life; critical cofactor to 4 enzymes required for health.

17. Part of Krebs cycle, vital for energy.

18. Bioflavonoids with antioxidant activity; supports Vit C & immunity.

20. Potent antioxidant. Recycles C & E. Assists blood sugar regulation. Strengthens liver.

21. Moves fats out of liver & blood for use or disposal. Betaine supports digestion.

\* Superoxide dismutase

Supplement Facts		
Serving Size: 3 Capsules Servings Per Container: 40		
Amount Per Serving		% Daily Value
Vitamin A (as mixed carotenoids and acetate)	1,500 mcg RAE	167%
Vitamin C (as Magnesium Ascorbate (Fibro C™) and Ascorbyl Palmitate)	180 mg	200%
Vitamin D3 (as Cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 mg	200%
Vitamin K (as Phytonadione (K1) and Menaquinone (K2))	65 mcg	54%
Thiamin B1 (as Thiamin HCl)	20 mg	1,666%
Riboflavin B2	20 mg	1,528%
Niacin B3 (as Niacinamide)	20 mg NE	125%
Vitamin B-6 (as Pyridoxine HCl)	20 mg	1,176%
Folic Acid	750 mcg DFE	187%
Vitamin B-12 (as Methylcobalamin and Cyanocobalamin)	60 mcg	2,500%
Biotin (as D-biotin)	100 mcg	333%
Pantothenic Acid (as D-Calcium Pantothenate)	25 mg	500%
Choline (as Choline Bitartrate)	25 mg	4%
Calcium (as Di-Calcium Malate)	100 mg	8%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (as Di-Magnesium Malate) (Magnesium Ascorbate)	100 mg	23%
Zinc (as Zinc Bisglycinate) (TRAACS™)	10 mg	91%
Selenium (as Selenium Glycinate Complex)	100 mcg	182%
Copper (as Copper Bisglycinate Chelate)	1 mg	111%
Manganese (as Manganese Citrate Chelate)	2 mg	86%
Chromium (as Chromium Glycinate Chelate)	50 mcg	143%
Molybdenum (as Molybdenum Glycinate Chelate)	50 mcg	111%
Potassium (as Potassium Glycinate Complex)	25 mg	< 1%
Malic Acid (as Di-Magnesium Malate and Di-Calcium Malate)	370 mg	*
Fruit Extract Blend (as Pomegranate Extract (Fruit) (40% Ellagic Acid), Organic Acal (Euterpeoleraea) (Fruit, Skin and Pulp), and Mangosteen Extract (Fruit Peel)(Garcinia mangostana)	100 mg	*
CoQ10 (Coenzyme Q10)	15 mg	*
Alpha Lipoic Acid	15 mg	*
Betaine (as Betaine HCl)	25 mg	*
Inositol	25 mg	*
Aloe Vera (Leaf) (200:1 Concentrate)	25 mg	*
Lycopene (from Natural Tomato Extract)	500 mcg	*

Other ingredients: Cellulose Capsule, Microcrystalline Cellulose, Magnesium Stearate, Silica

4. Bio-active antioxidant. Fights oxidative damage that contributes to disease & aging.

6. Works as a team to convert food into energy. Vital for nerve signals, brain function, healthy cells, tissues, skin & hair. Co-enzymes for hormones (adrenals, sex). Folic Acid protects RNA & DNA against birth defects. B6, B-12 & Folic Acid control homocysteine to protect heart. Niacin helps lower cholesterol.

8. Essential component of T3 & T4 thyroid hormones which synthesize protein, enzyme & metabolic activity.

9. Required for energy, heart muscle & nervous system. Cofactor in more than 300 enzyme systems to regulate biochemistry of sugar, bone structure, energy, nerve conduction, muscle contraction & more.

10. Vital for immunity, tissue repair & 100 enzyme reactions. Required as not stored in body. Balances copper.

14. Enhances insulin activity & directly involved in metabolism and storage of carbs, fats & proteins in body. May aid glucose/lipid control & improve body composition.

16. Electrolyte essential for fluid balance, heart electrical energy & blood pressure. Assists carb metabolism.

19. Antioxidant. Required for mitochondrial energy in every cell. Supports heart & neurodegenerative disorders.

22. Mild antioxidant and aids absorption of nutrients.

23. Carotenoid. Antioxidant against free radicals. Supports immunity.

**What's YOUR Multi-Gold™ Daily Dose?** NEW easy dose of 3 a day! One with each meal for optimal daily dosing for 40 days (10 extra per bottle!) The best nutrient coverage for max energy, antioxidant and body replenishing needs. With more than 37 health building nutrients, Multi-Gold™ has you covered!



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