



Multi t/d

What Is It?

Multi t/d is a two-per-day multivitamin/mineral formula providing a concentrated core of nutrient essentials as well as advanced mineral delivery systems and active vitamin cofactors for optimal bioavailability and utilization. This product couples fundamental support with convenience in a gentle hypoallergenic formula well tolerated by sensitive individuals.*

Uses For Multi t/d

Optimal Health: Multi t/d provides a profile of free radical scavenging antioxidants important for cardiovascular, immune and cellular health. 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.*

Visual Acuity: Lutein and zeaxanthin have been reported in numerous studies to promote healthy macular pigment, lens optical density, and visual acuity.*

Cardiovascular Function: As part of a well-balanced diet that is low in saturated fat and cholesterol, folic acid, vitamin B₆ and vitamin B₁₂ may reduce the risk of vascular disease.*

*FDA evaluated the above claim and found that while it is known that diets low in saturated fats and cholesterol reduce the risk of heart disease and other vascular diseases, the evidence in support of the above claim is inconclusive.

What Is The Source?

The nutrients found in Multi t/d 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 (thiamine HCl): synthetic
Vitamin B₂ (riboflavin): fermentation of corn
Niacinamide and Niacin: synthetic
Vitamin B₆ (pyridoxal HCl): synthetic
Folic acid: synthetic
Vitamin B₁₂ (methylcobalamin): fermentation of corn
Biotin: synthetic
Vitamin B₅ (calcium pantothenate): synthetic
Minerals: naturally derived from lime of rock
Mixed carotenoids: D. salina (algae)
Lutein: derived from marigold flower extract
Zeaxanthin: synthetic



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

Recommendations

Pure Encapsulations recommends 2 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

Are There Any Potential Drug Interactions?

Multi t/d contains vitamin E, which may react with blood thinning medications. Consult your physician for more information.

Multi t/d

two vegetable capsules contain



ascorbic acid	500 mg.
vitamin C (as ascorbyl palmitate).....	40 mg.
vitamin D ₃	400 i.u.
d-alpha tocopherol succinate (vitamin E).....	100 i.u.
thiamine HCl (B ₁).....	50 mg.
riboflavin (B ₂)	25 mg.
riboflavin 5' phosphate (activated B ₂).....	12.5 mg.
niacin	25 mg.
niacinamide.....	50 mg.
pyridoxine HCl (B ₆)	12.5 mg.
pyridoxal 5' phosphate (activated B ₆).....	12.5 mg.
folic acid.....	800 mcg.**
methylcobalamin (B ₁₂).....	500 mcg.
biotin.....	800 mcg.
pantothenic acid (calcium pantothenate) (B ₅)	50 mg.
iodine (potassium iodide)	200 mcg.
zinc (picolinate)	15 mg.
selenium (selenomethionine)	200 mcg.
chromium (polynicotinate)	100 mcg.
mixed carotenoids	7,500 i.u.
providing:	
beta carotene	4,284 mcg
alpha carotene.....	135 mcg
zeaxanthin	27 mcg
lutein	21 mcg
cryptoxanthin	33 mcg
lutein ^{††}	6 mg.
zeaxanthin	1 mg.
other ingredients: gelatin beadlet	

**Provides the recommended dose for pregnant or lactating women.

2 capsules per day, in divided doses, with meals.