



**form** | naturally advanced  
plant based nutrition

## Multi, your daily nutrient peace of mind

Multi covers your daily vitamin and mineral requirements and more. With vegan DHA and Choline for brain health, and Vitamin D3 from Vita-algae D® for immunity, Multi is more than a multivitamin, it's your daily nutrient peace of mind.

- Daily vitamin and mineral coverage
- Vegan DHA from algae sources for brain health
- Vegan, sustainable source of Vitamin D3 from Vita-algae D®
- AstraGin® increases absorption of many vital nutrients and helps promote a healthy gut environment
- Essential nutrient Choline from VitaCholine™
- BioPerine® for superior absorption



**Nutrition can be complicated, Multi makes it simple.**

Ensuring you have no nutritional gaps can be hard work. Multi takes your daily vitamin and mineral requirements, covers them and more.

Formulated for vegans but suitable for everyone, Multi includes vegan sources of the omega-3 fatty acid DHA and the essential nutrient Choline.

With high strength sources of Vitamin D3, Iron and B12 it's perfect for vegans or those reducing animal protein and dairy.

Take 2 capsules a day for your nutritional peace of mind.



**A-Z vitamin and mineral coverage**

All the vitamins and minerals you need – in their highest strengths and most bioavailable forms.



**Essential nutrient Choline**

Choline is critical for a number of bodily functions, including helping to metabolise fats, looking after cells, & healthy brain function. We use VitaCholine®, one of the highest quality sources available.



**Sustainable, vegan source of Vitamin D3**

Vitamin D supplements are rarely vegan. Sourced 100% from algae, Vita-algae D® is an algae source of Vitamin D3. Deficiencies in Vitamin D are associated with decreased immunity and increased susceptibility to infection. Vitamin D contributes to the normal function of the immune system, maintenance of bones and muscle function.



**High strength sources of Iron and Vitamin B12**

Vegans are at higher risk of deficiencies in Iron and B12, we include the highest strength Iron Bisglycinate which offers superior absorption vs standard Iron forms and is also easier on the gut. Vitamin B12 is included in the superior, more absorbable form of Methylcobalamin.



**Immune system support**

Multi supports healthy immune system function with Vitamins B6, B12 & Iron as well as an effective dose of Vitamin D3.



**Source of Omega 3 Fatty Acids**

We've included 40mg vegan DHA from algae sources. Omega 3 fatty acids and in particular DHA play a vital part in brain health comprising over 90% of the omega-3 fatty acids in your brain.



**AstraGin® & BioPerine® to improve absorption and help a healthy gut**

You aren't what you eat, you are what you absorb, and much of the goodness from food and supplementation can be lost through poor nutrient absorption. We ensure you get maximum benefits with an effective dose of BioPerine®, an extract from black pepper proven to increase bioavailability (absorption of nutrients) and AstraGin®, a plant derived compound extracted from Panax notoginseng and Astragalusa shown to improve absorption of vitamins and fatty acids as well as help promote a healthy gut.

**Usage:**

Two capsules a day with food. Swallow with water or a cold drink. Do not exceed the recommended dose. Not to be chewed.

**Nutritionals**

Ingredient	Per serving (2 caps)	% NRV
Vitamin A (as Beta Carotene)	800ug	100%
Vitamin D3 (as Vita Algae™)	25ug	500%
Vitamin E (as Natural D-Alpha Tocopheryl Succinate)	12mg	100%
Vitamin K (as Menaquinone-7 (MK7) Trans)	75mg	100%
Vitamin B1 (as Thiamin Hcl)	1.1mg	100%
Vitamin B2 (as Riboflavin)	1.4mg	100%
Niacin (as Nicotinamide)	16mg	100%
Pantothenic Acid (as Calcium Pantothenate)	6mg	100%
Vitamin B6 (as Pyridoxine-5-Phosphate)	1.4mg	100%
Folic Acid (as Pteroyl Glutamic Acid)	200ug	100%
Vitamin B12 (as Methylcobalamin)	50ug	2000%
Biotin (as D-Biotin)	50ug	100%
Vitamin C (Ascorbic Acid)	80mg	100%
Calcium (as Calcium Carbonate)	120mg	15%
Iron (as Iron Bisglycinate)	28mg	200%
Copper (as Copper Bisglycinate)	1000ug	100%
Iodine (as Potassium Iodide)	22.5ug	15%
Zinc (as Zinc Bisglycinate)	1.5mg	15%
Manganese (as Manganese Bisglycinate)	2mg	100%
Potassium (as Potassium Chloride)	132.6mg	6.63%
Selenium (as Selenomethioine)	55ug	100%
Chromium (as Chromium Picolinate)	40ug	100%
Molybdenum (as Sodium Molybdate Dihydrate)	50ug	100%
Chloride (as Potassium Chloride)	120mg	15%
Choline (as VitaCholine®)	100mg	-
AstraGin™	50mg	-
Docosahexaenoic acid (DHA) (Algal)	40mg	-
BioPerine™ (Black Pepper Extract 95% Piperine)	5mg	-

Other ingredients: Magnesium Stearate (anti-caking agent), Silicon Dioxide (anti-caking agent) Vegetable capsule shell: Hydroxypropyl Methyl Cellulose



VEGAN



DAIRY FREE



GLUTEN FREE



GMO FREE



SOY FREE



GLASS JAR