



Essential Multi with Iron

Comprehensive Micronutrient Support for Health and Longevity*

Essential Multi with Iron Supplementation

Vitamins and minerals are key micronutrients required by the body for optimal health and longevity.* NutriDyn Essential Multi with Iron is a comprehensive vitamin, mineral, and herbal extract blend of bioavailable, patented ingredients, including BioFolate® and Ferrochel®.

Research shows that deficiencies in certain vitamins and minerals are a major cause of health concerns.^{1,2} A lack of essential micronutrients in the diet can hinder normal growth, repair, and maturation of vital organs and tissues, leading to problems down the road.³

Using Essential Multi with Iron is a convenient way to meet micronutrient needs on a daily basis.*⁹ Clinical research cited herein suggests the benefits of Essential Multi with Iron supplementation may include:

- Supports cognitive function and mood*
- Provides antioxidants to help support oxidative stress*
- Supports vibrant, healthy skin*
- Supports energy production and vitality*
- Supports healthy immune function*
- Supports healthy gastrointestinal function*

How Essential Multi with Iron Works

Essential Multi with Iron takes your ordinary “multivitamin” supplement to the next level by using bioavailable forms of key micronutrients so your body can properly utilize them.* The vitamins and minerals included in the Essential Multi with Iron are of pharmaceutical-grade quality for optimal health and longevity.*

Deficiencies in iron and folate are common conditions that may be supported with a quality supplement.*⁵ The inclusion of iron in this multivitamin provides extra support for essential metabolic functions.* Ferrochel®, a patented form of ferrous (iron) bisglycinate chelate, is readily absorbed in the intestines.*

BioFolate®, another patented ingredient in the Essential Multi with Iron, contains biologically active folate to ensure proper absorption essential for healthy cellular functions.*



How Essential Multi with Iron Works Continued

The proprietary phytonutrient blend in Essential Multi with Iron features highly potent herbal extracts providing beneficial polyphenols and plant compounds rarely found in the diet. Phytonutrients play specific biological and pharmacological roles in supporting immune function.*⁶ Herbal extracts contain numerous bioavailable compounds that may have beneficial outcomes, such as antioxidant and anti-inflammatory properties.*^{7,8}

Why Use Essential Multi with Iron?

While eating a healthy and balanced diet is important to maintaining overall health, it is not always possible to obtain all of the critical micronutrients the body needs through food alone.*⁴ Supplementing with Essential Multi with Iron may help support micronutrient levels in the body and lower the chances of specific micronutrient deficiencies.*

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

	Amount	%DV*
Vitamin A (50% as mixed carotenoids and as retinyl palmitate)	3000 mcg RAE	333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg	133%
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	82 mg	547%
Vitamin K (as phytonadione)	120 mcg	100%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	15 mg	1,154%
Niacin (as niacinamide and niacin)	50 mg NE	313%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,471%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	1,360 mcg DFE	340%
Vitamin B12 (as methylcobalamin)	200 mcg	8,333%
Biotin	500 mcg	1,667%
Pantothenic Acid (as calcium-d-pantothenate)	75 mg	1,500%
Choline (as choline bitartrate)	25 mg	5%
Iron (as ferrous bisglycinate chelate) (Ferrochel®)	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	40 mg	10%
Zinc (as zinc citrate)	15 mg	136%
Selenium (as selenium chelate)	100 mcg	182%
Copper (as copper citrate)	1 mg	111%
Manganese (as manganese citrate)	0.5 mg	22%
Chromium (as chromium polynicotinate)	200 mcg	571%
Molybdenum (as molybdenum amino acid chelate)	50 mcg	111%
Inositol	25 mg	**
Resveratrol Extract (root; <i>Polygonum cuspidatum</i>)	10 mg	**

Ingredients:

	Amount	%DV*
Lycopene	6 mg	**
Lutein	6 mg	**
Zeaxanthin	2 mg	**
Proprietary Phytonutrient Blend	400 mg	**

Citrus Fruit Extract (*pericarp*; Citrus spp.; standardized to 25% bioflavonoids), Green Coffee Bean Extract (seed; *Coffea arabica*; standardized to 50% chlorogenic acid), Pomegranate Extract (hull; *Punica granatum*; standardized to 40% ellagic acid), Grape Seed Extract (seed; *Vitis vinifera*; standardized to 95% polyphenols), Bilberry Powder (fruit; *Vaccinium myrtillus*), Green Tea Extract (leaf; *Camellia sinensis*; standardized to 98% polyphenols, 75% catechins, and 45% EGCG), Bitter Melon Extract (fruit; *Momordica charantia*; standardized to 5% charantins), Prune Extract (fruit; *Prunus salicina*), Watercress Extract (whole herb; *Nasturtium officinale*), Cinnamon Extract (bark; *Cinnamomum zeylanicum*), Black Catechu Extract (heartwood; *Acacia catechu*; standardized to 65% catechins), Rosemary Leaf Extract (leaf; *Rosmarinus officinalis*), Artichoke Extract (aerial parts; *Cynara scolymus*; standardized to 5% cynarin).

Other Ingredients: Capsule (hypromellose, sodium copper chlorophyllin), vegetable magnesium stearate, silica.

BioFolate® is a federally registered trademark of MTC Industries, Inc.
Ferrochel® is a registered trademark of Balchem Corporation or its subsidiaries.

Directions: Take 3 capsules once daily with food or as directed by your healthcare practitioner.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Do not use if pregnant or nursing. Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg RAE (10,000 IU) of preformed vitamin A (retinyl palmitate) per day unless directed to do so by a healthcare practitioner.

Caution: If you are taking medication or other nutritional supplements consult your healthcare practitioner before use. Keep out of reach of children.

References:

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* 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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