

Abundant Multi

40 Essential Nutrients Protect Heart, Body, and Brain

WHY YOU NEED ABUNDANT MULTI

Abundant Multi is a unique, comprehensive, 40-essential nutrient formula that provides you four products in one:

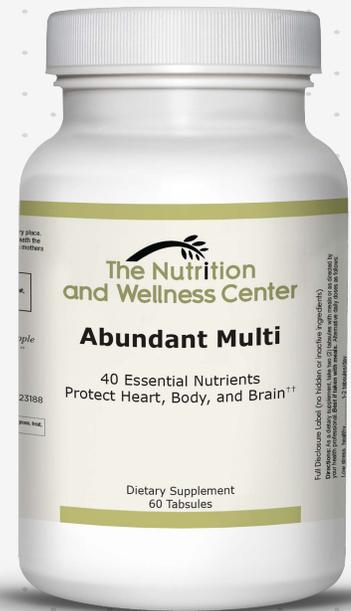
- 1) **Super potency B complex plus** (14 vitamins)
- 2) **Minerals** (10 fully available elemental forms)
- 3) **Mixed vitamins E, selenomethionine, and tocotrienols** (enough to lower cardiovascular risk by 60%)*
- 4) **Cell alkalinizers and energizers** (16 for complete effect)

Abundant Multi provides:

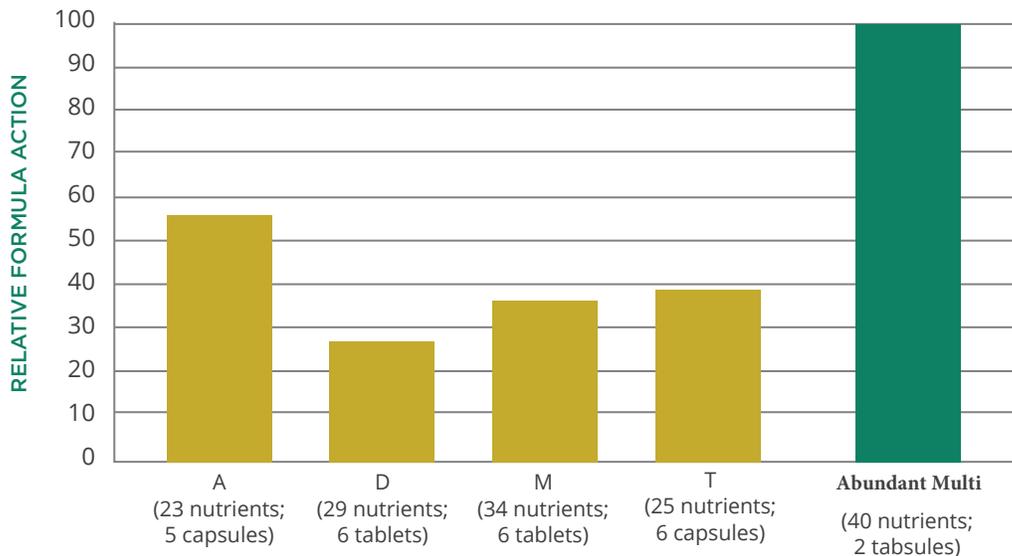
- 5) Purer, more active nutritives
- 6) No oxidants (like iron and copper that compete with and degrade antioxidants when they are mixed and stored together in a bottle).

Due to its unique formulation and using only fully active components, **Abundant Multi** tabsules provide the advantages of capsules and the convenience and enhanced shelf stability of tablets.

PLACEBO-CONTROLLED
PROVEN RESULTS
40 ESSENTIAL NUTRIENTS



Abundant Multi's Relative Formula Potency Compared to Four "Best of the Best" Brands**



Product comparison ** Analysis based on total active amount of nutrients in each formula.

YOUR ADVANTAGE

In a placebo-controlled study, **Abundant Multi** was assessed on physically active men in a high-stress environment. After 12 weeks, participants had significant and sustained increases in measured nutrients [thiamine (B-1), riboflavin (B-2), pyridoxal phosphate (B-6), cobalamin (B-12), pantothenate, and biotin]. All showed full uptake of label potency. At the end of the study, increases were as high as the beginning. This means the body needed the higher nutrient levels and did not “adapt back” to lower levels.

ABUNDANT MULTI SHOWS ITS POTENCY

Healthy urine is sunshine bright yellow. Most Americans have marginal or deficient B vitamins. This shows in a clear, colorless urine (if we are dehydrated the urine may be cloudy or muddy colored, which is a sign we need to drink more water and, maybe, less caffeinated drinks). One of the ways **Abundant Multi** shows its high potency is that it is able to supply the nutrients our body needs and provide enough to protect our kidneys and bladder from the effects of toxins being excreted. Compared to other formulas, **Abundant** keeps our urine a healthy, bright yellow longer.

References:

1. Singh A, Moses FM, Deuster PA: Vitamin and mineral status in physically active men: Effects of a high-potency supplement. *Am J Clin Nutr* 1992; 55(1): 1-7.
2. Stephen AI, Avenell AA systematic review of multivitamin and multiminer supplementation for infection. *Hum Nutr Diet* 2006 Jun;19(3):179-90.
3. Traynor NJ, McKenzie RC, Beckett GJ, Gibbs NK Selenomethionine inhibits ultraviolet radiation-induced p53 transactivation Photodermatol Photoimmunol Photomed 2006 Dec;22(6):297-303.
4. Venkateswaran V, Fleshner NE, Klotz LH. Modulation of cell proliferation and cell cycle regulators by vitamin E in human prostate carcinoma cell lines. *J Urol* 2002 Oct;168(4 Pt 1):1578-82.

*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.

Two Abundant Multi Tabsules PROVIDES	
ENERGIZED NUTRIENTS	
Vitamins:	
Vitamin A (beta-carotene)	5,000 IU
Vitamin B-1 (thiamine HCl)	100 mg.
Vitamin B-2 (riboflavin 40 mg: riboflavin 5'-phosphate, 10 mg).....	50 mg.
Vitamin B-3 (niacin)	25 mg.
Vitamin B-3 (niacinamide)	75 mg.
Vitamin B-5 (calcium d-pantothenate).....	100 mg.
Vitamin B-6 (pyridoxine HCl, 160 mg. pyridoxol 5'-phosphate, 40 mg	200 mg.
Vitamin B-12 (hydroxocobalamin)	200 mcg
Folate (as calcium folinate).....	200 mcg
(6S)-5-Methyltetrahydrofolate (as Quatrefolic™).....	200 mcg
PABA (para-aminobenzoic acid)	30 mg.
Biotin (pure crystalline)	500 mcg
Vitamin C (100% l-ascorbate, fully reduced, corn free)	150 mg.
Vitamin D-3 (cholecalciferol)	400 IU
Vitamins E (from mixed natural tocopherols)**.	200 IU
Vitamin K-1 (phyloquinone).....	500 mcg
Elemental Minerals:	
Potassium (as citrate)	99 mg.
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate)	50 mg.
Magnesium Magnesium (as C16 and C18 alkyls)† ...	100 mg.
Zinc (as picolinate).....	25 mg.
Boron (as ascorbate).....	2 mg.
Chromium (as picolinate 50%, ascorbate 50%) ...	200 mcg
Manganese (as ascorbate)	15 mg.
Molybdenum (as ascorbate)	100 mcg
Selenium (as l-selenomethionine)	50 mcg
Vanadium (as ascorbate)	100 mcg
Active Cofactors:	
Quercetin dihydrate (water-soluble bioflavonoid)	100 mg.
L-aspartic acid (magnesium aspartate)	50 mg.
Trimethylglycine (betaine HCl).....	50 mg.
Tocotrienols:	
Triacantanol (polycosanol)	774 mcg
Hexacosanol (polycosanol)	33 mcg
Tetracosanol (polycosanol).....	193 mcg
Octacosanol (polycosanol).....	500 mcg
Citrate	59 mg.
Fumarate	59 mg.
Malate	59 mg.
Succinate.....	59 mg.
Vegetable fiber (organic croscarmellose)	170 mg.
Natural Vanilla	120 mg.
**Vitamins E is stated to reinforce the fact that the alpha, beta, gamma, and delta forms of natural tocopherols is used. † From whole, untreated palm fruit and leaf.	
OTHER INGREDIENTS: NONE	
WARNING Pregnant and nursing mothers need to check with their health professional before taking supplements	Typical Dosage As a dietary supplement, take 2 tabsules per day with meals or as directed by your health professional. Alternative daily dosing as follows: Low stress, healthy 1-2 tabsules/day Moderate stress, unwell 3-4 tabsules/day High stress, training 5-6 tabsules/day Best taken with meals
Available in bottles of 60 and 180 tabsules	



THE ABUNDANT GUARANTEE

Like every other **Abundant** product, **Abundant Multi** comes with a 100%, unconditional, money-back guarantee – the strongest guarantee in the natural health industry. This unique guarantee provides the assurance that:

- Every **Abundant** product provides 100% potency and activity for its entire shelf life.
- Every ingredient used in a **Abundant** product is pharmaceutical-grade or better.
- All **Abundant** products dissolve rapidly (usually within 20 minutes), eliminating digestive irritation often found with other brands.
- Full label disclosure is provided for all **Abundant** products — no hidden ingredients.
- Every **Abundant** product is activated with the same transporters that are used by nature and in food to ensure full bioavailability. The biologically preferred form of an ingredient is always used for enhanced activity.
- Free of citrus, MSG, wheat/gluten, corn/zein/starch, dairy/casein/whey/ milk derivatives, yeast, soy, sulfate, phosphates (other than coenzymes), and preservatives.
- No genetically modified organisms (GMOs).
- Unique post-production assays and clinical bioassays assure product integrity.

YOUR QUALITY ASSURANCE

Every **Abundant** product is produced following or exceeding the FDA's pharmaceutical GMP (Good Manufacturing Practices) regulations.