

TNAWC

THE NUTRITION AND WELLNESS CENTER

Abundant Vitality Multi

40 ESSENTIAL NUTRIENTS
PROTECT HEART, BODY, AND BRAIN

PLACEBO-CONTROLLED
PROVEN RESULTS



WHY YOU NEED ABUNDANT VITALITY MULTI

Abundant Vitality 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 alkalizers and energizers (16 for complete effect)

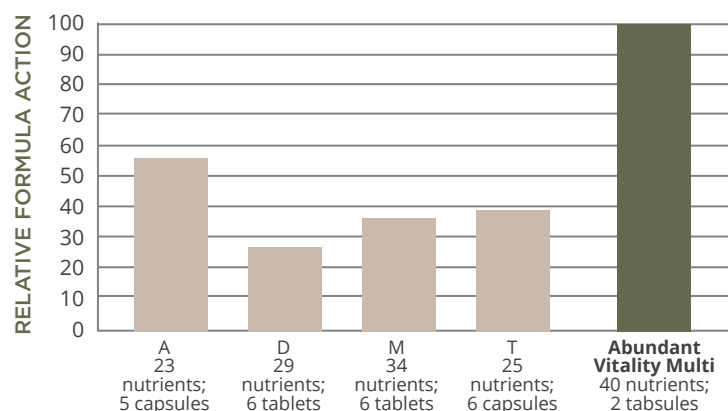
ABUNDANT VITALITY MULTI provides:

- Purer, more active nutritives
- No oxidants (like iron and copper that compete with and degrade antioxidants when they are mixed and stored together in a bottle). Use **Abundant Anemia Protection** (for iron and other anemia-protecting nutrients) and **Abundant Bones** (for copper and other bone/body-building minerals).

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



Abundant Vitality 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 Vitality 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 VITALITY MULTI SHOWS ITS POTENCY

Healthy urine is bright sunshine 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 Vitality 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 Vitality Multi** 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 A.A systematic review of multivitamin and multiminerall 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.

Full Disclosure Label (no hidden or inactive ingredients)

Directions: As a dietary supplement, take two (2) tabsules with meals or as directed by your health professional. **Best if taken with meals.** Alternative daily dose as follows:
 Low stress, healthy.....1-2 tabsules/day
 Moderate stress, unwell3-4 tabsules/day
 High stress, training5-6 tabsules/day

SUPPLEMENT FACTS

Serving size: 2 Tabsules
 Servings per container: 30 or 90

Energized Nutrients	Amount per serving	% Daily Value
Vitamins:		
Vitamin A (beta-carotene)	3,000 mcg.RAE	334
Vitamin C (100% L-ascorbate, fully reduced)	150 mg.	166
Vitamin D3 (cholecalciferol)	10 mcg.	50
Vitamins E (from mixed natural tocopherols)**	134 mg.	894
Vitamin K-1 (phyloquinone)	500 mcg.	416
Vitamin B-1 (thiamine HCl)	100 mg.	8,334
Vitamin B-2 (riboflavin 44 mg; riboflavin 5'-phosphate, 10 mg)	54 mg.	4,246
Vitamin B-3 (niacin 25 mg. NE; niacinamide 75 mg. NE)	100 mg.NE	626
Vitamin B-5 (calcium d-pantothenate)	100 mg.	1,000
Vitamin B-6 (pyridoxine HCl, 160 mg. pyridoxol 5'-phosphate, 40 mg)	200 mg.	11,264
Vitamin B-12 (hydroxocobalamin)	200 mcg.	8,334
Folate (calcium folinate 200 mcg. DFE; (6S)-5-Methyltetrahydrofolate (as Quatrefolic™) 200 mcg. DFE)	400 mcg. DFE	170
Biotin (pure crystalline)	500 mcg.	1,666
Elemental Minerals:		
Potassium (as citrate)	99 mg.	2
Calcium (as ascorbate, pantothenate, citrate, fumarate, malate and succinate)	50 mg.	4
Magnesium (as ascorbate, citrate, fumarate, malate, succinate, aspartate, and C16 and C18 alkyls)	100 mg.	24
Zinc (as picolinate)	25 mg.	228
Chromium (as picolinate)	200 mcg.	572
Manganese (as ascorbate)	15 mg.	652
Molybdenum (as ascorbate)	100 mcg.	222
Selenium (as L-selenomethionine)	50 mcg.	90
Vanadium (as citrate)	100 mcg.	*
Boron (as ascorbate)	2 mg.	*
Active Cofactors:		
PABA (para-aminobenzoic acid)	30 mg.	*
Quercetin dihydrate (water-soluble bioflavonoid)	100 mg.	*
L-aspartic acid (magnesium aspartate)	50 mg.	*
Trimethylglycine (betaine HCl)	50 mg.	*
Triacontanol (policosanol)	147 mcg.	*
Hexacosanol (policosanol)	73.5 mcg.	*
Octacosanol (policosanol)	911.4 mcg.	*
Citrate	59 mg.	*
Fumarate	59 mg.	*
Malate	59 mg.	*
Succinate	59 mg.	*
Vegetable fiber	288 mg.	*
Croscarmellose	46 mg.	*
Natural Vanilla	100 mg.	*
Organic Sunflower Oil	2 mg.	*

*From whole, untreated palm fruit and leaf Daily value not established **Vitamins E is stated to reinforce the fact that alpha, beta, gamma, and delta forms of natural tocopherols are used.

Other Ingredients: None

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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.