

### Framework for Optimal Nutrition

You are an individual, different from your spouse, neighbor, and even your sibling. What works for one person's diet may not work for all. However, certain universal nutritional elements are vital for all of us. A solid foundation of vitamins, minerals, and nutrients can provide you with the best framework to build an effective supplement plan to meet your individual needs.

MultiPlex from 4Life® provides you with an array of nutrients for your daily fundamental vitamin and mineral requirements. Rich in B-complex vitamins, herbal extracts such as Hawaiian spirulina and rose hips, trace minerals, PABA, and citrus bioflavonoids, MultiPlex sets you firmly on the right track to optimal health and wellness.

### Key Points

- Key Vitamin and Mineral Needs:** MultiPlex features a wide range of essential vitamins and minerals for general health and wellness support, including a wealth of B vitamins, vitamin A, vitamin C, vitamin E, riboflavin, folic acid, iron, and iodine. Certain vitamins and minerals, such as B vitamins, niacin, biotin, manganese, magnesium, calcium, selenium, zinc, and boron, have been found to be especially important in supporting the brain and nervous system of the body.
- Trace Minerals:** Trace minerals play an important role in making sure our bodies assimilate and utilize the vitamins and minerals we consume. They also support a healthy digestive system. MultiPlex includes trace minerals such as chromium, vanadium, and boron to support the overall health of the body.
- Herbal Extracts and Citrus Bioflavonoids:** Hawaiian spirulina provides a super-concentrated source of beta carotene, as well as vitamin B12. It also promotes proper hair and nail growth, and supports healthy energy levels. Rose hips, powerful bioflavonoids, are a concentrated source of vitamin C.

### Did you know?

The *Journal of the American Medical Association* published an article in June 2002 that encouraged all adults to take vitamin supplements to provide for their complete nutritional needs.

### Technical Point

- Hawaiian spirulina is a blue-green algae and the richest wholefood source of chlorophyll, the green pigment in plants that plays a vital role in photosynthesis.
- Boron is a trace mineral found to be important in supporting healthy joints and bones. It also supports muscle strength, healthy bone density, and normal calcium absorption.
- PABA, abbreviated for para-aminobenzoic acid, is an amino acid that has been shown to be important for healthy hair and skin.



**DIRECTIONS:** Take one (1) capsule twice daily with 8 oz of fluid.

**Serving Size:** One (1) Capsule  
**Servings Per Container:** 60

### Supplement Facts

Amount Per Serving		%DV
Vitamin A	2,500 IU	50%
<i>(beta carotene &amp; retinyl acetate)</i>		
Vitamin C (as ascorbic acid)	125 mg	208%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E	75 IU	250%
<i>(as d-alpha tocopheryl succinate)</i>		
Thiamin (as thiamine mononitrate)	15 mg	1000%
Riboflavin (vitamin B2)	17 mg	1000%
Niacin (as niacinamide)	33 mg	165%
Vitamin B6 (as pyridoxine hydrochloride)	8 mg	400%
Folic Acid	300 mcg	75%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%
Biotin	300 mcg	100%
Pantothenic Acid	22 mg	220%
<i>(as calcium pantothenate)</i>		
Calcium (as calcium carbonate)	50 mg	5%
Iron (as amino acid chelate)	6 mg	33%
Iodine (as potassium iodide)	75 mcg	49%
Magnesium (as magnesium malate)	20 mg	5%
Zinc (as amino acid chelate)	10 mg	67%
Selenium (as selenomethionine)	35 mcg	86%
Copper (as copper amino acid chelate)	1 mg	50%
Manganese (as amino acid chelate)	1 mg	50%
Chromium (as amino acid chelate)	60 mcg	50%
Boron (as boron citrate)	1 mg	**
Vanadium (as vanadyl sulfate)	10 mcg	**
Hawaiian Spirulina Pacifica	20 mg	**
Citrus Bioflavonoids (from citrus fruits)	40 mg	**
para-Aminobenzoic Acid (PABA)	25 mg	**
Rose Hips (fruit)	5 mg	**

\*Reference Daily Intakes (RDI)

\*\*Daily Value (DV) not established

Other Ingredients: gelatin, microcrystalline cellulose, silicon dioxide, magnesium stearate.

### Ordering Information

Item # 28039 - 60 ct/bottle

Item # 28040 - 12 for the price of 11