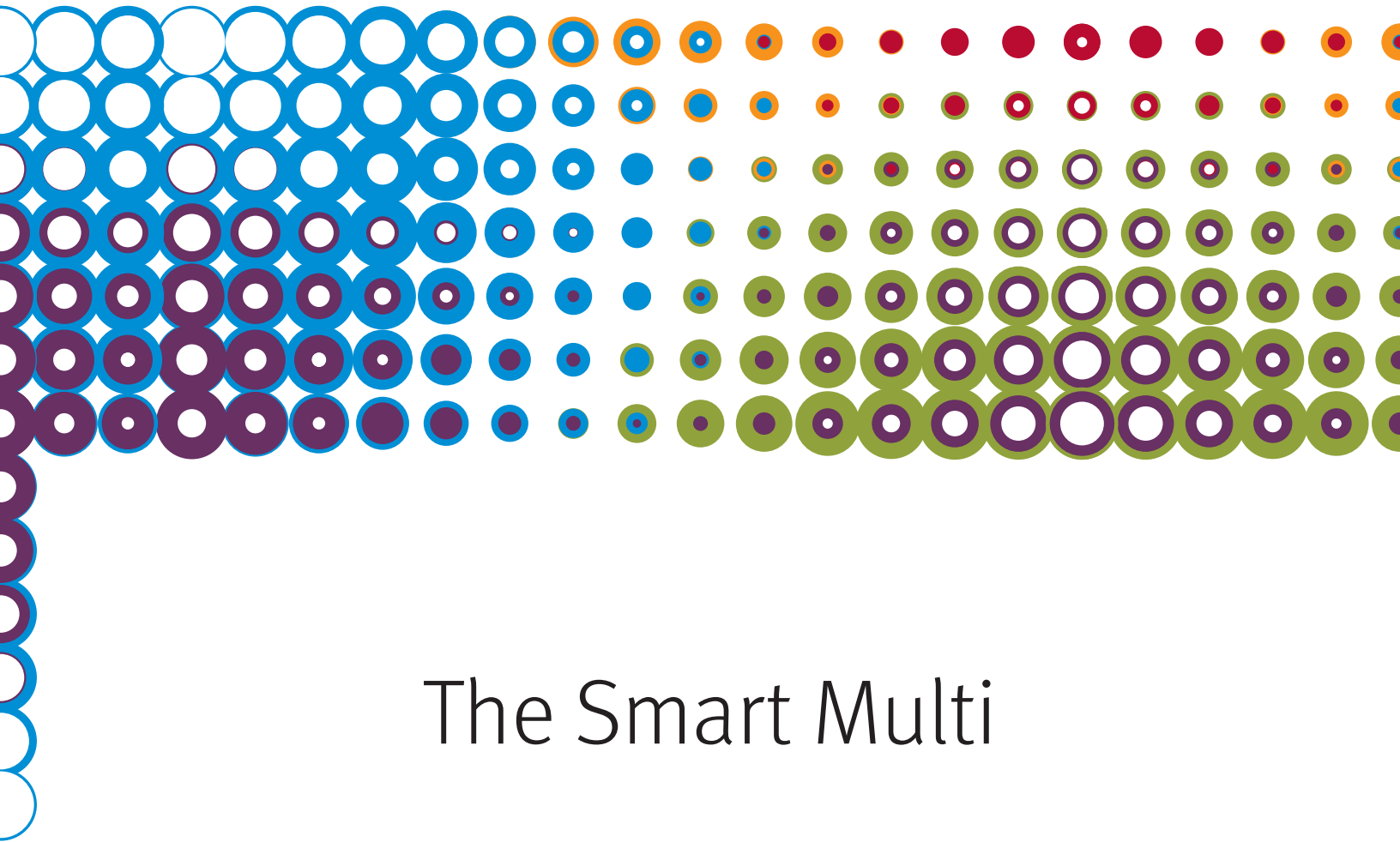


# PhytoMulti®

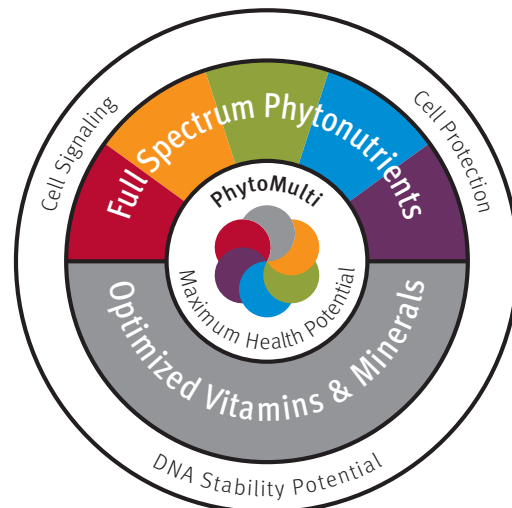
Activate Health Potential & Defy Aging



The Smart Multi

# Smart Nutrigenomics Design

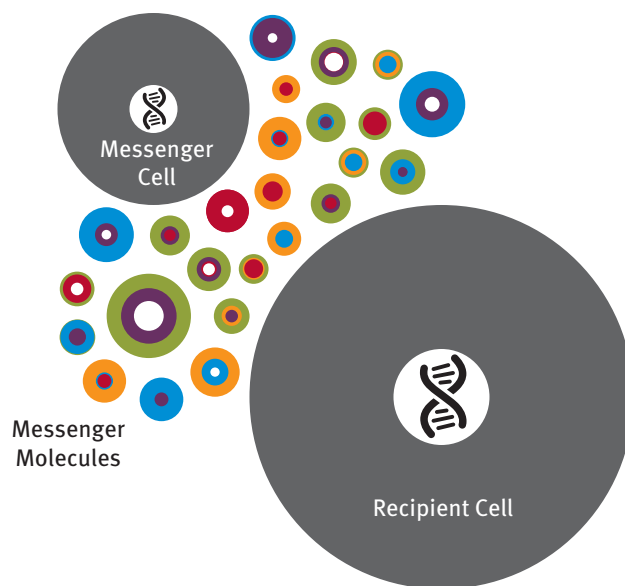
- Designed to be the foremost nutrigenomic approach in daily foundation nutrition to promote healthy genetic expression and healthy aging\*
- Proprietary blend of concentrated plant extracts with complex phytonutrient profiles, verified by high performance liquid chromatography testing
- Enhanced with clinically effective levels of select plant bioactives—lutein, zeaxanthin, lycopene, and resveratrol—and a complementary blend of essential vitamins and minerals\*
- Designed to support cellular health in systems throughout the body\*



**PhytoMulti—The Smart Multi**

# Smart Cell Signaling Support\*

- Formulated with phytonutrients and essential nutrients that support cellular health and signaling\*
- Resveratrol, grape seed extract, and green tea have been shown in preliminary testing to influence certain cell signaling processes\*
- Folate, niacin, and vitamins B<sub>6</sub> and B<sub>12</sub> are crucial for a healthy life cycle in neurons and other cells\*
- Thiamin, riboflavin, and niacin are important for supporting mitochondrial function, including energetic processes\*
- Targets cellular communication, which mediates the body's response to influences and stressors—including potentially damaging free radicals\*

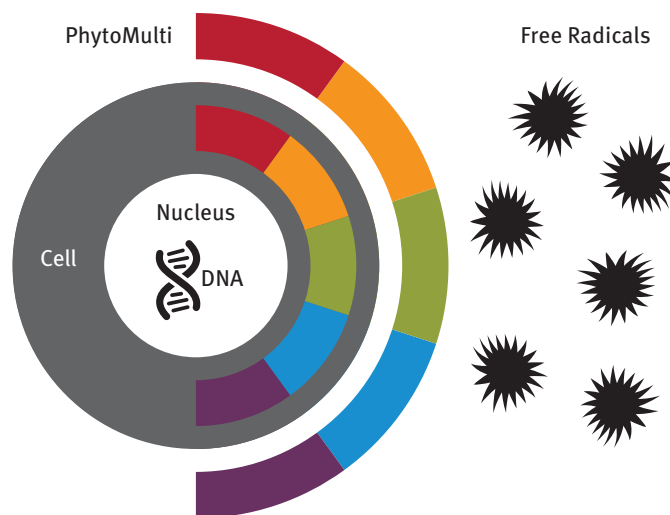


**Recharges cellular communication  
in favor of health\***

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Smart Cell Protection Potential\*

- Technologically advanced laboratory research methodologies demonstrate exceptional antioxidant capacity\*
- No other daily supplement replicates this level of scientific rigor\*
- Natural mixed carotenoids (lutein, zeaxanthin, lycopene), resveratrol, and tocopherol protect against oxidative stress\*
- Vitamin C, copper, selenium, and zinc also support broad antioxidant potential\*



**Defends cells by helping maintain DNA stability and protects against oxidative stress from free radicals\***

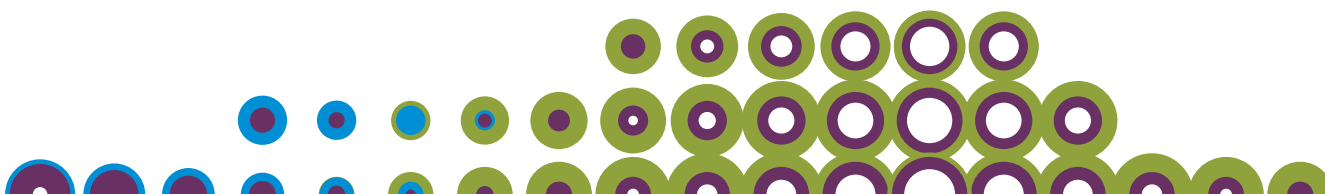
# Smart Antioxidant Protection Capacity\*

- Total oxygen radical absorbance capacity (Total ORAC<sub>FN</sub>) assay was conducted against five major free radicals for a more meaningful measure of antioxidant potential\*
- An analysis of all PhytoMulti ingredients equivalent to 2 tablets showed a Total ORAC<sub>FN</sub> of 25,268
- Proprietary phytonutrient blend (1 gram<sup>††</sup>) portion of PhytoMulti demonstrated quenching capacity in vitro with a Total ORAC<sub>FN</sub> value of 47,183 (not shown in chart)\*

Free Radical "Most Wanted List"	PhytoMulti Active Ingredient Profile <sup>†</sup> (equiv. of 1 Tablet)	PhytoMulti Active Ingredient Profile (equiv. of 2 Tablets)
Peroxynitrite	279	558
Hydroxyl	6,632	12,274
Super oxide anion	2,845	5,690
Singlet oxygen	574	1,148
Peroxyl (Conventional ORAC)	2,583	5,166
<b>Total ORAC<sub>FN</sub></b>	<b>12,643</b>	<b>25,268</b>

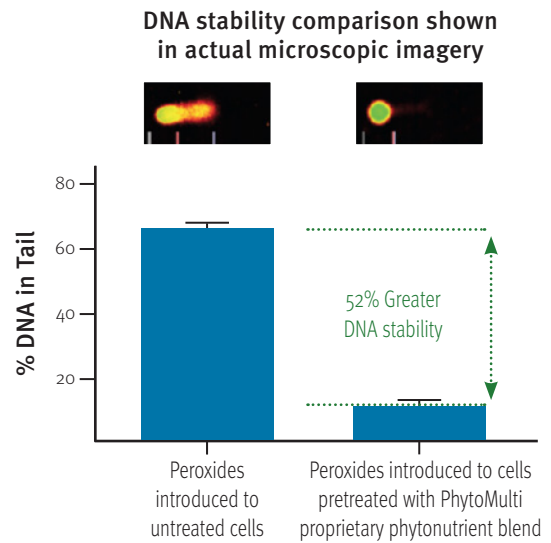
<sup>†</sup>Batch #B-11652 conducted on 9.23.2011

<sup>††</sup>Batch #B-11677 conducted on 9.30.2011



# Smart DNA Stability Support Potential\*

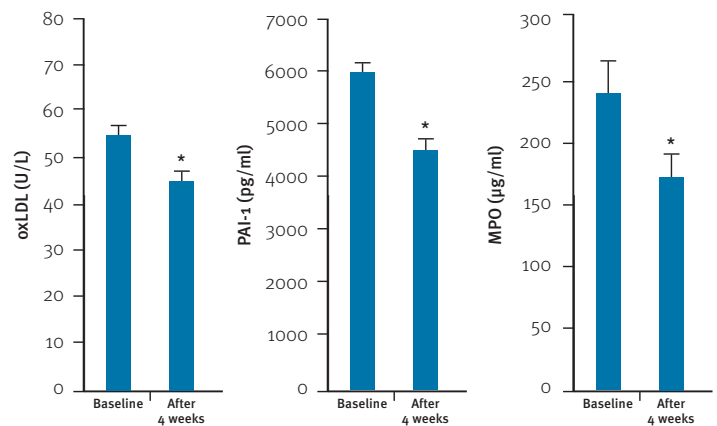
- Sophisticated Comet assay demonstrated the potential of PhytoMulti’s proprietary phytonutrient blend to promote DNA stability in human immune cells\*
- Phytonutrient-treated cells maintained 52% greater DNA stability when compared to untreated cells\*
- Genomic stability of cellular DNA is regarded as a measure of functional aging potential\*



Post-hoc pair-wise comparison (p<0.0001)

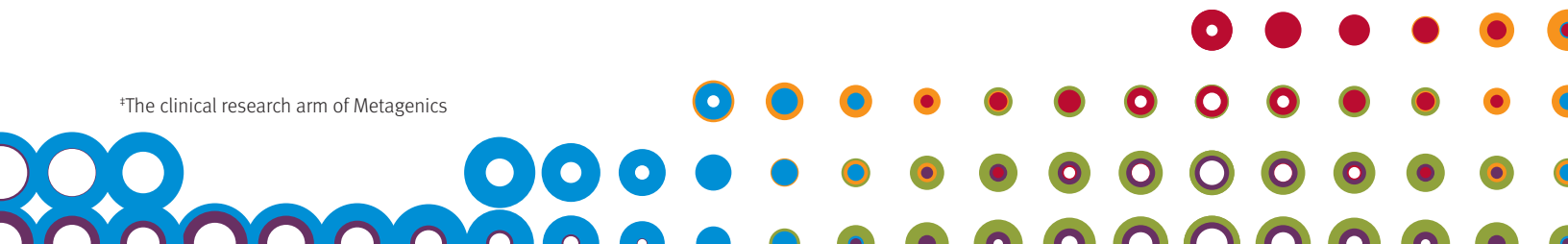
# Smart Clinical Results\*

- Recent clinical study at the Functional Medicine Research Center<sup>†</sup> demonstrates potential for antioxidant protection and other health benefits\*
- 4 weeks of supplementation in healthy subjects ages 18-65 on a phytonutrient-restricted diet
- Significant reductions in markers of oxidation and beneficial effects on markers of cardiovascular health: oxidized LDL (oxLDL) and myeloperoxidase (MPO)\*
- Significant reduction in another important biomarker for genetic expression and overall health: plasminogen activator inhibitor-1 (PAI-1)\*
- Significant serum increases in carotenoids, folate & B<sub>12</sub>; no change in homocysteine levels\*



Variable	Baseline	After 4 weeks	P value
Carotenoids (µg/dl)			
cis-lycopene	6.83 ± 1.04	10.81 ± 1.31	<0.001
trans-lycopene	8.71 ± 1.07	11.73 ± 1.24	<0.01
lutein	13.78 ± 1.97	16.32 ± 2.33	<0.05
zeaxanthin	4.56 ± 0.66	16.93 ± 1.66	<0.001
α-carotene	5.48 ± 1.17	7.7 ± 1.51	<0.01
β-carotene	16.77 ± 3.1	40.12 ± 6.04	<0.001
β-cryptoxanthin	8.85 ± 1.22	18.44 ± 1.81	<0.001
Folate (ng/ml)	12.5	20.5	<0.001
Vitamin B <sub>12</sub> (pg/ml)	640.1	738.4	<0.01
Homocysteine (µM/l)	7.8 ± 0.62	8.0 ± 0.74	0.375

<sup>†</sup>The clinical research arm of Metagenics



# PhytoMulti—The Smart Multi

Serving size: 2 Tablets

Vitamins & Minerals	Vitamin A [50% as mixed carotenoids and 50% as retinyl acetate]	10,000 IU
	Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg
	Vitamin D <sub>3</sub> (as cholecalciferol)	1000 IU
	Vitamin E (as d-alpha tocopheryl succinate)	100 IU
	Vitamin K (as phytonadione)	120 mcg
	Thiamin (as thiamin mononitrate)	25 mg
	Riboflavin	15 mg
	Niacin (as niacinamide and niacin)	50 mg
	Vitamin B <sub>6</sub> (as pyridoxine HCl)	25 mg
	Folate (as calcium L-5-methyltetrahydrofolate)	800 mcg
	Vitamin B <sub>12</sub> (as methylcobalamin)	200 mcg
	Biotin	500 mcg
	Pantothenic Acid (as D-calcium pantothenate)	75 mg
	Iodine (as potassium iodide)	150 mcg
	Magnesium (as magnesium citrate)	40 mg
	Zinc (as zinc citrate)	15 mg
	Phytonutrients & Plant Extracts	Selenium (as selenium aspartate)
Copper (as copper citrate)		1 mg
Manganese (as manganese citrate)		0.5 mg
Chromium (as chromium polynicotinate)		200 mcg
Molybdenum (as molybdenum aspartate complex)		50 mcg
Choline (as choline bitartrate)		25 mg
Inositol		25 mg
Lycopene		6 mg
Zeaxanthin		2 mg
Lutein		6 mg
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)		10 mg
Proprietary Phytonutrient Blend of:		400 mg
Citrus Bioflavonoid Complex [standardized to 45% hesperidin]		
Green Coffee Bean Extract [standardized to 45% chlorogenic acid]		
Pomegranate Whole Fruit Extract [standardized to 40% ellagic acid]		
Grape Seed Extract [standardized to 90% polyphenols]		
Blueberry Fruit Extract [standardized to 30% total polyphenols and 12% anthocyanins]		
Green Tea Leaf Extract [standardized to 60% catechins and 40% EGCG]		
Bitter Melon Fruit Extract [standardized to 5% bitter principles]		
Prune Skin Extract [standardized to 50% polyphenols]		
Watercress Aerial Parts 4:1 Extract		
Chinese Cinnamon ( <i>Cinnamomum cassia</i> ) Bark Powder		
Indian Gum Arabic Tree Bark and Heartwood Extract [standardized to 6% catechins]		
Rosemary Extract [standardized to 11% min phenolic diterpenes and 7.6 % min sum of carnosol+carnosic acid]		
Artichoke Leaf Extract [containing cynarin and chlorogenic acid]		

**Other Ingredients:** Microcrystalline cellulose, cellulose, croscarmellose sodium, silica, stearic acid (vegetable), and coating (hypromellose, medium chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin).

**This product is Gluten Free.**

**Directions:** Take one to two tablets once daily with food or as directed by your healthcare practitioner.

**Form:** 60 Tablets, 120 Tablets

**Warning:** Do not use if pregnant or nursing. Excess vitamin A may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day.

**Caution:** If you are taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

**Also available:** PhytoMulti® with Iron in 60 tablet bottles and PhytoMulti® Capsules in 60 count bottles.

**Note:** 3 PhytoMulti capsules contain the same active ingredients of 2 PhytoMulti tablets.

## Highlights of Key Body System Support\*

In addition to its cellular health targets, PhytoMulti is also designed to promote healthy functioning in multiple systems for additional healthy aging support.\*

### Methylation

- Folate and vitamins B<sub>6</sub> and B<sub>12</sub> support methylation, including contributions to healthy homocysteine metabolism\*
- Elevated homocysteine levels may negatively impact cognitive, cardiovascular, and sensory functions, as well as mood\*

### Cardiovascular Health

- Grape seed extract may help support healthy circulatory function and vascular integrity\*
- Higher intakes of lycopene have been associated with beneficial effects on certain blood markers (e.g., LDL, VLDL) of cardiovascular health and function\*
- Early laboratory research suggests resveratrol may benefit cardiovascular function, though human studies are needed\*
- Folate and vitamins B<sub>6</sub>, B<sub>12</sub>, C, and E are key nutrients for healthy cardiovascular function\*

### Brain & Neurological Health

- Vitamin B<sub>6</sub>, folate (as calcium L-5-methyltetrahydrofolate), and methylcobalamin (B<sub>12</sub>) are factors in the metabolism of neurotransmitters\*
- Vitamin D provides unique support for well-being\*

### Eye & Vision Health Maintenance

- Lutein and zeaxanthin are crucial for long-term eye and vision health, and can be especially beneficial when combined with vitamins and minerals important to normal eye health\*

### Blood Sugar Metabolism

- Research in animal models suggests that resveratrol may have a beneficial impact on carbohydrate metabolism and insulin function\*
- Chromium, biotin, and zinc make important contributions to healthy glucose metabolism\*

### Liver Health

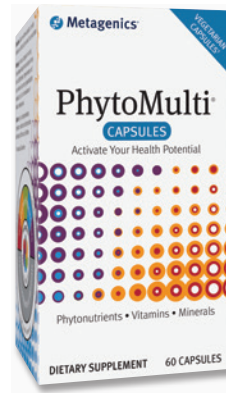
- Research suggests that phytonutrients may support liver health\*

### Immune Health

- Zinc and vitamins A, C, D, and E have numerous important roles in maintaining healthy function of the body's complex immune system\*

# Smart Choices

- Entirely new class of supplementation with a novel combination of cell-nourishing phytonutrients and essential vitamins and minerals\*
- PhytoMulti 60 tablet bottle available with and without iron
- PhytoMulti 120 tablet bottle available without iron
- New PhytoMulti Capsules 60 count bottle available without iron



# Smart Marketing Support

- Informative [PhytoMulti.com](http://PhytoMulti.com) website
- Patient education brochures
- Counter display holds nine 120 tablet bottles
- In-office poster



→ To order, contact your Metagenics Representative or call:  
800 692 9400 US • 800 268 6200 Canada

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.