

# Pur-Multi



## Clinical Applications

- Foundation Nutrition for a Variety of Protocols\*
- Basic “Insurance” Formula for Wellness\*
- Supports Antioxidant Protection\*
- Supports Detoxification\*
- Supports Health in Those with Poor Nutrient Intake\*
- Supports Those with Stressful Lifestyles\*

*This high-quality, hypoallergenic, multivitamin/mineral blend includes activated vitamins; folate as a blend of Quatrefolic®† (5-MTHF) and folic acid for optimal utilization; and patented Albion® TRAACS® chelated mineral complexes in vegetable capsules. The comprehensive nutrient profile in Pur-Multi supports foundational wellness; antioxidant activity with vitamins C and E, selenium, and beta-carotene; and phase I detoxification.\**

All Green Healing Wellness Formulas Meet or Exceed cGMP Quality Standards

## Discussion

It's a fact that good nutrition is a basis for wellness, and good nutrition usually translates into a stronger immune system and better health. An important aspect of good nutrition is micronutrition (vitamins and minerals).<sup>[1-4]</sup> Micronutrients play a role in converting food to energy; building and repairing tissues and DNA; manufacturing neurotransmitters, hormones, and other modulators in the body; breaking down and detoxifying xenobiotics and medications; and maintaining growth, reproduction, and health. According to research by the USDA and other organizations, the American diet is lacking micronutrients.<sup>[5-8]</sup> In fact, nine out of 10 Americans are missing key micronutrients. Common culprits may be food-production and storage techniques, poor food choices, and nutrient-depleting preparation methods. Whatever the cause, the bottom line is that children and adults are not consuming enough nutrient-rich foods to meet all their most basic vitamin and mineral needs.<sup>[6]</sup> What's more, the recommended intakes (e.g., %DV, DRIs, EARs, RDAs) are designed to meet the *minimum needs of some* healthy individuals; they are not designed to meet the requirements of all individuals, especially the chronically ill.\* There are numerous reasons to select Pur-Multi:

**Balanced Profile** Vitamins and minerals work synergistically and cooperatively when present in proper amounts. However, imbalances between micronutrients can disrupt this synergistic relationship, possibly leading to instances of competitive intestinal absorption or displacement at the metabolic/cellular level, which can produce relative excesses and insufficiencies. For this reason, Pur-Multi's balanced profile includes calcium and magnesium, zinc and copper, vitamins C and E, bioactive folate, vitamin B12 and B vitamin complex, beta-carotene, and trace elements.\*

**Bioavailability** The micronutrients are provided in bioavailable forms so that they can be better absorbed and utilized. A full complement of Albion® patented mineral chelates and complexes is contained in Pur-Multi. Albion is a recognized world leader in mineral amino acid chelate nutrition and manufactures highly bioavailable nutritional mineral forms that are validated by third-party research and clinical studies. Not only does this formula contain natural vitamin E—which has been proven to be up to 100% more bioavailable than synthetic dl-alpha-tocopherol—but it is also provides mixed tocopherols to more closely approximate how one might consume vitamin E in healthful foods.<sup>[9,10]</sup> Folate is provided as folic acid and 5-methyltetrahydrofolate (5-MTHF)—the most bioactive form of folate.<sup>[11]</sup> The form of 5-MTHF in this formula is Quatrefolic®†, which is proven to have greater stability, solubility, and bioavailability over calcium salt forms of 5-MTHF. Vitamins B2 and B6 are also provided in activated forms, and vitamin B12 is provided as methylcobalamin.\*

**Energy Production** Pur-Multi provides generous levels of B vitamins, which serve as prime coenzymes in glycolysis and oxidative phosphorylation, and as cofactors in amino acid and lipid metabolism. The balanced presence of B vitamins in this formula is essential to their cooperative functioning and excellent for those with stressful lifestyles.\*

**Antioxidant Protection** The broad spectrum of nutrients delivering antioxidant activity in the formula includes

**\*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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Pur-Multi



# Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 60

Amount Per Serving		%DV	Amount Per Serving		%DV
Vitamin A (75% as beta-carotene and 25% as retinyl palmitate)	3750 IU	75%	Magnesium (as DiMagnesium Malate)	50 mg	13%
Vitamin C (as calcium ascorbate, zinc ascorbate, sodium ascorbate, and potassium ascorbate)	125 mg	208%	Zinc (as TRAACS® Zinc Bisglycinate Chelate)	6.5 mg	43%
Vitamin D3 (as cholecalciferol)	100 IU	25%	Selenium (as Selenium Glycinate Complex)	50 mcg	71%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%	Copper (as TRAACS® Copper Bisglycinate Chelate)	0.5 mg	25%
Thiamin (as thiamine mononitrate)	10 mg	667%	Manganese (as TRAACS® Manganese Bisglycinate Chelate)	0.25 mg	13%
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	588%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	250 mcg	208%
Niacin (as niacinamide and nicotinic acid)	32 mg	160%	Molybdenum (as TRAACS® Molybdenum Bisglycinate Chelate)	25 mcg	33%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	500%	Potassium (as Potassium Glycinate Complex)	49.5 mg	1%
Folate (100 mcg as 6(S)-5-methyltetrahydrofolic acid, glucosamine salt and 100 mcg as folic acid)	200 mcg	50%	Choline (as choline dihydrogen citrate)	18 mg	**
Vitamin B12 (as methylcobalamin)	250 mcg	4167%	Vanadium (as TRAACS® Vanadium Nicotinate Glycinate Chelate)	375 mcg	**
Biotin	500 mcg	167%	Inositol	18 mg	**
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%	PABA (para-aminobenzoic acid)	6.5 mg	**
Calcium (as DimaCal® Dicalcium Malate and calcium ascorbate)	50 mg	5%			
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)	2.5 mg	14%			
Iodine (as potassium iodide)	50 mcg	33%			

**Other Ingredients:** HPMC (capsule), microcrystalline cellulose, ascorbyl palmitate, silica, and medium-chain triglycerides.



® DimaCal, Ferrochel, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904 and patents pending



† Quatrefolic® is a registered trademark of Gnosis S.p.A. Patents pending.

## Directions

Take two capsules twice daily, or as directed by your healthcare practitioner.

Children and pregnant or lactating women should consult their healthcare practitioner prior to

## Does Not Contain

Wheat, gluten, corn protein, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

## References

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## 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.

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DRS-120  
REV. 01/24/13