

# Women's Multi

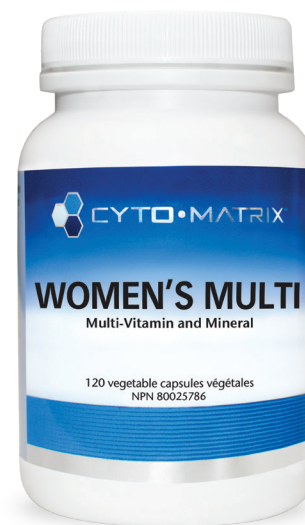
A well-balanced blend of vitamins and minerals in their active and highly bioavailable forms, specifically designed to meet the unique health needs of women.

Each capsule contains:

## Vitamins

|  |                 |
|--|-----------------|
| Beta-Carotene                          | 750mcg/1250IU   |
| Vitamin C (ascorbic acid)              | 37.5mg          |
| Vitamin D3 (cholecalciferol)           | 2.5mcg/100IU    |
| Vitamin E (d-alpha-tocopheryl acetate) | 4.19mgAT/6.25IU |
| Vitamin K1 (phytonadione)              | 22.5mcg         |
| Vitamin B1 (thiamine mononitrate)      | 1.25mg          |
| Vitamin B2 (riboflavin-5-phosphate)    | 375mcg          |
| Vitamin B3 (niacinamide)               | 7.5mg           |
| Vitamin B5 (calcium d-pantothenate)    | 2.5mg           |
| Vitamin B6 (pyridoxal-5-phosphate)     | 6.25mg          |
| Vitamin B12 (methylcobalamin)          | 5mcg            |
| Folate (L-5-methyltetrahydrofolate)    | 250mcg          |
| Biotin                                 | 12.5mcg         |
| <b>Minerals</b>                        |                 |
| Calcium (citrate)                      | 87mg            |
| Magnesium (citrate)                    | 42.5mg          |

|                              |         |
|------------------------------|---------|
| Zinc (citrate)               | 6.25mg  |
| Iron (citrate)               | 11.25mg |
| Copper (citrate)             | 0.5mg   |
| Iodine (potassium iodide)    | 55mcg   |
| Selenium (citrate)           | 15mcg   |
| Molybdenum (citrate)         | 12.5mcg |
| Manganese (citrate)          | 0.5mg   |
| Chromium (citrate)           | 25mcg   |
| Choline (dihydrogen citrate) | 10mg    |



Gluten, soy and dairy free.

120 vegetable capsules

Multivitamin supplements have been used for decades as a way to ensure that the minimum nutrition requirements are met, despite daily variations in diet and nutrient intake. Even some of the best and well-balanced diets fall short in certain micronutrient categories. Cyto-Matrix's **Women's Multi** is specifically designed to fill these voids and meet women's unique nutritional needs.

Multivitamin supplements in general have been shown to improve the body's stress response, mood and energy levels. However, multivitamin supplements unfairly get categorized

## Key points

- Contains a well-balanced blend of vitamins and minerals to target the unique nutritional needs of adult women and reduce the risk of common health concerns in the female population
- Nutrients are provided in their active and highly bioavailable forms, such as mixed tocopherols, methylcobalamin and citrate salt minerals
- 1mg of 5-methyltetrahydrofolate (5-MTHF), the active form of folate, is provided to aid in healthy fertility outcomes
- 45mg of elemental iron effectively supplements the needs of women without increasing the risk of constipation or digestive upset
- Significant amounts of elemental calcium and magnesium are provided to improve bone health and reduce the risk of osteoporosis

as one entity without recognizing massive quality and dosage differences between formulations. For this reason, it is important to evaluate multivitamin formulas on a number of parameters.

Firstly, different mineral salts and vitamin forms can drastically affect the absorption rates of nutrients through the digestive tract. For example, B-vitamins must first be converted into their active forms before being used within the body. If vitamin B6 is supplemented as pyridoxine HCl, the liver must first convert it into pyridoxal-5-phosphate before it can efficiently be used in physiological processes. The same principle applies to riboflavin, folic acid, vitamin B12 and other vitamins. With minerals, carbonate and oxide forms are commonly used despite the evidence that citrate, amino acid chelates and buffered blends demonstrate superior absorption.

Secondly, a “one-a-day” multivitamin is convenient but it is often not enough to make a difference in health outcomes. To provide meaningful and evidence-based dosages of a wide variety of vitamins and minerals, more than one

vegetable capsule or tablet is required. Unfortunately, to reduce capsule count, many multivitamin formulations include only trace amounts of nutrients or exclude certain nutrients, making the formula incomplete.

Finally, specific populations and ages have unique nutritional requirements. When it comes to female nutritional requirements, it is well-known that women are at higher risk than men for osteoporosis and iron deficiency anemia. Additionally, women of reproductive ages require adequate folate intake to aid in healthy fertility outcomes.

For these reasons, Cyto-Matrix’s **Women’s Multi** is formulated with significant, yet well-balanced, amounts of elemental calcium, magnesium, vitamin D, folate and iron. All nutrients in **Women’s Multi** are found in their active and highly bioavailable forms, such as mixed tocopherols, methylcobalamin, 5-methyltetrahydrofolate (5-MTHF) and citrate salt minerals. Simply put, nutrient dosages, ratios and forms are intended to support optimal health outcomes in women.

## Related products

Bio-Ferra

Bio-B6

Cal-Mag+1000IU Vitamin D3 Liquid

Fem Matrix

Iron Matrix

K2-D3

K2-D3 Matrix

Multi Matrix


Prenatal Formula

**Non-Medicinal Ingredients:** Vegetable-grade magnesium stearate.

Capsule: hypromellose.

**Indications:** Vitamin/ Mineral supplement. A factor in the maintenance of good health. Helps reduce the risk of tube defects when taken daily prior to becoming pregnant and during early pregnancy. Helps to form red blood cells and helps in their proper function.

**Directions:** Women - Take 2 capsules, 2 times per day with meals or as directed by a healthcare professional. Take a few hours before or after other medications.

**Warnings:** Do not use if safety seal is broken. Consult a healthcare professional prior to use, especially if you are taking blood thinners. Keep out of reach of children.  There is enough iron in this bottle to seriously harm a child.

**Known Adverse Reactions:** Some people may experience constipation, diarrhea and/ or vomiting as a result of the level of iron contained in this product.