

Batista Weight Loss & Wellness

MULTIVITAMIN

Multivitamin is an improved, high-quality, multivitamin-mineral supplement designed for adults. The easy-to-swallow vegetarian capsule provides more than 50 vitamins, minerals, antioxidants, and other nutrients in bioavailable forms and nutritionally meaningful amounts.

- **A complete multivitamin** provides important antioxidant vitamins A, C, and E, an array of B vitamins, easily absorbable calcium and magnesium, as well as a full spectrum of bioavailable, trademarked TRAACS™ minerals and trace elements, along with choline, a superfood ORAC blend, CoQ10, Lutemax™, and red beet powder. Supplementing with red beetroot was shown in a 2016 study to reduce blood pressure, cholesterol, and the inflammatory marker hsCRP.

- **Vitamin D** has been added to this formula, as research indicates that people do not receive enough of this nutrient due to reduced sun exposure and limited dietary sources. Vitamin D plays many roles in the body and is vital for supporting strong, healthy bones.

- **Optimal Forms of Nutrients, Vitamin B12, and Folate** are included in Multivitamin. This multivitamin provides Vitamin B12 as methylcobalamin. Most multi's contain cyanocobalamin, a form of B12 which is cheaper and not as well utilized by the body.

- **Antioxidant Defense** is an important component of a superior multi. Glutathione is the master antioxidant that is synthesized inside the body. Selenium, vitamin C and N-Acetyl Cysteine are precursors to glutathione synthesis. Furthermore, Frontier Multivitamin contains an antioxidant spectrum of CoQ10, Vitamin E, Beta Carotene, green tea, Lutemax (lutein in its natural ester form), Lycopene, and a high ORAC superfood blend.

- **Citrus bioflavonoids, lemon bioflavonoids, and vitamin C** have been included to support the immune system, capillary and connective tissue health. Bioflavonoids increase the effectiveness of Vitamin C by 50%.

- **Bone Health** vitamins and minerals such as calcium, magnesium, boron, Vitamin D, and zinc have been included to support bone strength and density.

- **Cardiac Health** is supported by red beet powder, lutein, zeaxanthin, beta carotene, Vitamin E, magnesium, lycopene, potassium, and CoQ10. Specifically, carotenoids like lutein, beta carotene, zeaxanthin, and lycopene reduce reactive oxygen species (ROS) which can help reduce atherosclerosis. For homocysteine management, B6, B12, and folate are added to support methylation and the recycling of homocysteine. Immune system support is provided by Vitamins A, C, B6, E, Folate, and Zinc.

- **Eye Health** support is provided by lutein (as Lutemax), vitamin E, and zeaxanthin, which are well-studied nutrients for ocular function. Nutritional Frontiers does not use any additives or preservatives like corn starch, talc, crospovidone, hydrogenated oil, food colorings, polyethylene glycol, polyvinyl alcohol, & BHT.

SUPPLEMENT FACTS

Available Bottle Sizes: 120

Serving Size: 4 Capsules

Servings Per Container: 30

Amount Per Serving

Vitamin A (10% Beta Carotene)	4.5 mg
Vitamin C, Buffered (as Calcium Ascorbate (Non GMO, Non Com))	273 mg
Vitamin D3 (Cholecalciferol)	25 mcg
Vitamin E (as NUTRA-E™ dl-alpha tocopheryl)	50 mg
Thiamine (Vitamin B1)	25 mg
Riboflavin (Vitamin B2)	12.5 mg
Niacinamide (Vitamin B3)	47.5 mg
Vitamin B6 (as Pyridoxal-5-Phosphate Monohydrate)	24.75 mg
Folate (from L-5-Methyltetrahydrofolate, Calcium)	400 mcg DFE

Vitamin B12 (as Methylcobalamin)	300 mcg
Biotin	150 mcg
Pantothenic Acid (Vitamin B5)	115 mg
Calcium (as Calcium Citrate)(21% Ca)	200 mg
Iodine (as Kelp (Ascophyllum Nodosum))(1% I)	50 mcg
Magnesium (as TRAACS™ Magnesium Bisglycinate Chelate)(10% Mg)	100 mg
Zinc (as TRAACS™ Zinc Bisglycinate Chelate) (20% Zn)	7.5 mg
Selenium (as Albion™ Selenium Glycinate Complex) (1% Se)	50 mcg
Copper (as TRAACS™ Copper Bisglycinate Chelate) (10% Cu)	1 mg
Manganese (as TRAACS™ Manganese Bisglycinate Chelate)(16% Mn)	2.5 mg
Chromium (as TRAACS™ Chromium Nicotinate Glycinate Chelate)(2.5% Cr)	50 mcg
Molybdenum (as TRAACS™ Molybdenum Glycinate Chelate)(2.5% Mo)	25 mcg
Potassium (as Albion™ Potassium Glycinate Complex)(18% K)	25 mg
Choline (as Choline Bitartrate)	6 mg
Proprietary Superfoods Blend	400 mg
Cranberry Extract (Vaccinium macrocarpon) Broccoli Powder (Brassica oleracea) (sprout)	
Garlic Powder (Allium Sativum) (Bulb) Grape Seed Extract (95% Procyanidolic oligomers)	
Wheat Grass (Triticum Aestivum) (Grass) Apple Pectin, Celery Seed, Chlorella (Chlorella Pyrenoidosa), Papaya Fruit Extract 4:1, Spirulina	
Citrus Bioflavonoids	50 mg
N-Acetyl L-Cysteine	50 mg
Betaine Anhydrous (Trimethylglycine)	30 mg
CoQ10 (Coenzyme Q10)(Ubidecarenone)	30 mg
Citrus Pectin	25 mg
Green Tea (50% Polyphenols) (Camellia sinensis)	25 mg
Horseradish Powder	25 mg
Lemon Bioflavonoid	25 mg
Red Beet Powder (Beta vulgaris)	25 mg
Zeaxanthin	25 mg
Inositol	15 mg
Bromelain (2000GDU/g)	10 mg
Lutemax 2020 vegetarian Beadlets (25% Lutein, 5% Zeaxanthin)	10 mg
Glutamic Acid Hydrochloride	5 mg
L-Methionine	3 mg
Lycopene 5% (Lycopersicon Esculentum)	2.5 mg
Vanadyl Sulfate (20% Vanadium)	750 mcg
Boron (as Albion™ Bororganic™ Glycine)(10% B)	150 mcg

Other Ingredients: rice flour, magnesium stearate, hypromellose, water.

Suggested Use: As a dietary supplement, take 4 capsules daily with food. For those with average or poor health, take 4 capsules twice daily with food.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Distributed by:

Batista Weight Loss & Wellness

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