



# Multi-Gold™



## Anatomy of a High Potency Multiple

Strike it rich! There's a nutritional gold mine in TyH's Multi-Gold™! Collectively, these vitamins and minerals are the most bioavailable nutrients in one bottle.

1. Antioxidant. Maintains skin, vision, mucous membranes of respiratory & GI systems.

2. Major antioxidant for connective tissues, immunity, blood vessels & adrenal function. Vital for carnitine & norepinephrine synthesis.

3. Active form essential for calcium absorption for bones and teeth, neuromuscular and immune function. Helps protect breast, colon & prostate. Helps reduce inflammation.

5. Cofactor for blood clotting. Required by calcium for bone building.

7. Essential for bones & teeth, muscle contraction, heart rhythm & nervous system.

11. Supports CoQ10. Antioxidant for prostate, heart muscles & cell membranes. Critical roles in reproduction, thyroid hormone metabolism, DNA synthesis, and protection from oxidative damage and infection.

12. Zinc balancer. Iron metabolite. Part of SOD\* & ATP cycles.

13. Key mitochondria SOD\* antioxidant. Enzyme activator. Vital for cartilage & bone.

15. Essential trace element for life; critical cofactor to 4 enzymes required for health.

17. Part of Krebs cycle, vital for energy.

18. Bioflavonoids with antioxidant activity; supports Vit C & immunity.

20. Potent antioxidant. Recycles C & E. Assists blood sugar regulation. Strengthens liver.

21. Moves fats out of liver & blood for use or disposal. Betaine supports digestion.

\* Superoxide dismutase

### Supplement Facts

Serving Size: 4 Capsules Servings Per Container: 30

Amount Per Serving	% Daily Value
Vitamin A (as mixed carotenoids and acetate)	10,000 IU 200%
Vitamin C (as Magnesium Ascorbate (Fibro C™) and Ascorbyl Palmitate)	300 mg 500%
Vitamin D3 (as Cholecalciferol)	1,000 IU 250%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU 667%
Vitamin K (as Phytanadione (K1) and Menaquinone (K2))	80 mcg 100%
Thiamin B1 (as Thiamin HCl)	25 mg 1667%
Riboflavin B2	25 mg 1471%
Niacin B3 (as Niacinamide)	30 mg 150%
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate (P-5-P))	25 mg 1250%
Folic Acid	800 mcg 200%
Vitamin B-12 (as Methylcobalamin and Cyanocobalamin)	200 mcg 3333%
Biotin (as D-biotin)	300 mcg 100%
Pantothenic Acid (as D-Calcium Pantothenate)	50 mg 500%
Calcium (as Di-Calcium Malate)	200 mg 20%
Iodine (from Potassium Iodine)	150 mcg 100%
Magnesium (as Di-Magnesium Malate (Magnesium Ascorbate))	100 mg 25%
Zinc (as Zinc Bisglycinate) (TRAACS®)	15 mg 100%
Selenium (from Selenium Glycinate Complex)	200 mcg 286%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg 50%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS®)	2 mg 100%
Chromium (as Chromium Glycinate Chelate) (TRAACS®)	120 mcg 100%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS®)	75 mcg 100%
Potassium (as Potassium Chloride)	25 mg < 1%
Malic Acid (as Di-Magnesium Malate and Di-Calcium Malate)	600 mg *
Pomegranate Extract (Fruit) (40% Ellagic Acid)	50 mg *
Organic Acai (Euterpe oleracea) (Fruit Skin and Pulp)	50 mg *
Mangosteen Extract (Fruit Peel) (Garcinia mangostana)	50 mg *
CoQ10 (Coenzyme Q10)	30 mg *
Alpha Lipoic Acid	30 mg *
Betaine (as Betaine HCl)	25 mg *
Choline (from Choline Bitartrate)	25 mg *
Inositol	25 mg *
Aloe Vera (Leaf) (200:1 Concentrate)	25 mg *
Lycopene (from Natural Tomato Extract)	500 mcg *

\*\* Percent daily values are based on a 2000 calorie diet. \*Daily Value not established

Other ingredients: Cellulose Capsule, Microcrystalline Cellulose, Magnesium Stearate, Silica

4. Bio-active antioxidant. Fights oxidative damage that contributes to disease & aging.

6. Works as a team to convert food into energy. Vital for nerve signals, brain function, healthy cells, tissues, skin & hair. Co-enzymes for hormones (adrenals, sex). Folic Acid protects RNA & DNA against birth defects. B6, B-12 & Folic Acid control homocysteine to protect heart. Niacin helps lower cholesterol.

8. Essential component of T3 & T4 thyroid hormones which synthesize protein, enzyme & metabolic activity.

9. Required for energy, heart muscle & nervous system. Cofactor in more than 300 enzyme systems to regulate biochemistry of sugar, bone structure, energy, nerve conduction, muscle contraction & more.

10. Vital for immunity, tissue repair & 100 enzyme reactions. Required as not stored in body. Balances copper.

14. Enhances insulin activity & directly involved in metabolism and storage of carbs, fats & proteins in body. May aid glucose/lipid control & improve body composition.

16. Electrolyte essential for fluid balance, heart electrical energy & blood pressure. Assists carb metabolism.

19. Antioxidant. Required for mitochondrial energy in every cell. Supports heart & neurodegenerative disorders.

22. Mild antioxidant and aids absorption of nutrients.

23. Carotenoid. Antioxidant against free radicals. Supports immunity.

## MORE than 40 HEALTH building nutrients!

Take good care of your supplements! Store in a cool, dry place away from heat and light. Use by expiration date to assure full potency.

• **Fat Soluble Vitamins** are listed in IU (International Units) except Alpha Lipoic which is both water and fat soluble.

• **Water Soluble Vitamins** are listed in mcg & mg (micrograms & milligrams). These need daily replacing. Your body will discard what it does not use.

©TyH Publications (M. Squires)

Resource: Linus Pauling Institute Micronutrient Information Center & NIH Office of Dietary Supplements Health Professional Fact Sheets

For informational purposes only. Originally published in Health Points. For a free catalog, email customerservice@e-tyh.com. For more information on TyH products, visit www.e-tyh.com or call 800-801-1406.