



# 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 Phytonadione (K1) and Menaquinone (K2))	80 mcg	100%
Thiamin (as Thiamin HCl)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (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 (from Aquamin®) and (as Di-Calcium Malate) (TRAACS®)	200 mg	20%
Iodine (from Potassium Iodine)	150 mcg	100%
Magnesium (as Di-Magnesium Malate) (TRAACS®), (Magnesium Ascorbate) and (Magnesium from Aquamin®)	100 mg	25%
Zinc (as Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from L-Selenomethionine)	200 mcg	286%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS®)	2 mg	100%
Chromium (as Chromium Picolinate)	120 mcg	100%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Potassium (as Potassium Chloride)	25 mg	< 1%
Malic Acid (as Di-Magnesium Malate and Di-Calcium Malate)	485 mg	*
Pomegranate Extract (Fruit) (40% Ellagic Acid)	50 mg	*
Organic Acai ( <i>Euterpe oleracea</i> ) (Fruit Skin and Pulp)	50 mg	*
Mangosteen Extract (Fruit Peel) ( <i>Garcinia mangostana</i> )	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	*

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.

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

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