

# PureGenomics® UltraMultivitamin

Comprehensive multivitamin/mineral formula with enhanced support for common genetic polymorphisms<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Comprehensive daily wellness support<sup>†</sup>
- Enhanced support for common genetic polymorphisms<sup>†</sup>

## BENEFITS

- Multivitamin/mineral complex targeting common genetic polymorphisms<sup>†</sup>
- Offers pre-formed vitamin A for individuals with decreased conversion efficacy of carotenoids due to genetic variations in the enzyme BCMO1<sup>†</sup>
- Supports healthy VDR activity with 100 mcg (4,000 IU) vitamin D<sup>†</sup>
- Includes 100 mg of choline to support healthy methylation and cognitive function, particularly for individuals with MTHFR or PEMT genetic variations<sup>†</sup>
- Supports healthy brain signaling and emotional balance with lithium and vitamin B<sub>12</sub> as adenosylcobalamin and hydroxycobalamin<sup>†</sup>
- Promotes cellular function with antioxidants vitamin C, ALA, and CoQ10, as well as NAC to support endogenous glutathione production<sup>†</sup>
- Moderates healthy estrogen metabolism and cell cycle activity with DIM<sup>†</sup>
- Promotes macular health with a blend of lutein and zeaxanthin<sup>†</sup>

## FEATURES

- Provides vitamins A, B, C, D, E and K in highly bioavailable forms
- Includes activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamin derivative benfotiamine and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate
- Offers vitamin B<sub>12</sub> in a unique blend of adenosylcobalamin and hydroxycobalamin
- Enhanced absorption liposomal-like form of magnesium
- Part of the PureGenomics® product line
- Convenient, three-capsule-per-day dosing
- Made with high-quality vegetarian ingredients backed by verifiable science

## VERIFIABLE SCIENCE

PureGenomics® UltraMultivitamin is designed to support optimal health with a comprehensive profile of bioavailable vitamins, chelated minerals and antioxidants. Specifically, it includes activated B vitamins and choline to support healthy methylation, which plays many essential roles including neurotransmission, vitamin assimilation, DNA synthesis and gene regulation.<sup>1</sup> These processes maintain cardiovascular function, cognition, emotional wellness and cellular protection. Vitamin D supports healthy VDR activity.<sup>2</sup> Additional cellular protection support is offered with the antioxidants alpha lipoic acid and CoQ10, as well as N-acetyl-L-cysteine to support endogenous glutathione production.<sup>3</sup> Genetic variations in the SLC23A1 gene are associated with absorption of vitamin C. Folate is offered in this formula as Metafolin® 5-methyltetrahydrofolate (L-5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene.<sup>4</sup> Variations in MTHFD1 and PEMT, two genes involved in methylation, have been associated with increased choline needs.<sup>5</sup> Vitamin B<sub>12</sub> is offered as adenosylcobalamin, the active mitochondrial form, and hydroxycobalamin, a precursor of both methylcobalamin and adenosylcobalamin. Magnesium is provided in an innovative microencapsulation form to enhance absorption. Magnesium and lithium may help support cognitive function and emotional balance in some individuals.<sup>6</sup> Preformed vitamin A, together with a blend of lutein and zeaxanthin, promote macular health for individuals with genetic variations in the enzyme BCMO1, which can decrease the conversion efficacy of carotenoids into retinal by up to 69%.<sup>7,8</sup> Enhanced-absorption diindolylmethane is also included to support healthy estrogen metabolism.<sup>9†</sup>

## SUGGESTED USE

As a dietary supplement, take 3 capsules per day, with a meal.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant and lactating women. Consult your healthcare practitioner before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder and depression must be monitored

# PureGenomics® UltraMultivitamin

Comprehensive multivitamin/mineral formula with enhanced support for common genetic polymorphisms<sup>†</sup>

closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Vitamin K may be contraindicated with Coumadin (Warfarin). Do not exceed the dose recommended by your health professional.

## SOURCE

- Vitamin A: synthetic
- Mixed carotenoids: *Blakeslea trispora*
- Lutein: marigold flower extract
- Zeaxanthin: synthetic
- Vitamin C: corn dextrose fermentation
- Ascorbyl palmitate: corn dextrose fermentation and palm oil
- Vitamin D<sub>3</sub>: cholesterol from wool fat (lanolin)
- Vitamin E: purified soybean oil
- Vitamin K1: synthetic
- Vitamin K2 (menaquinone-7): geraniol and farnesol flower extracts
- Vitamin B<sub>1</sub> (thiamin HCl): synthetic
- Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation
- Niacinamide: synthetic
- Vitamin B<sub>5</sub> (calcium pantothenate): synthetic
- Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic
- Vitamin B<sub>12</sub> (hydroxycobalamin and adenosylcobalamin): corn dextrose fermentation
- Folate (Metafolin®, L-5-MTHF): synthetic
- Biotin: synthetic
- Choline: synthetic
- Minerals: naturally derived from elemental ore

Sources of the mineral chelates include:

- Citrate: corn dextrose fermentation
- Glycinate and Orotate: synthetic

## NOTES

Size 00 caps

Bottle count 90

Order code PGU9

Bottle size 290 cc

## REFERENCES

1. Jacob RA, et. al. *J Nutr.* 1999 Mar;129(3):712-7.
2. Wang TJ, et al. *Lancet.* 2010 Jul 17;376(9736):180-8.
3. Girodon F, et. al. *J Am Coll Nutr.* 1997 Aug;16(4):357-65.
4. Prinz-Langenohl R, et al. *Br J Pharmacol.* 2009 Dec; 158(8): 2014–2021.
5. Kohlmeier M, et. al. *Proc Natl Acad Sci U S A.* 2005 Nov 1;102(44).
6. Wienecke E, et. al. *MMW Fortschr Med.* 2016 Dec;158(Suppl 6):12-16.
7. Wang MX, et. Al. *Atherosclerosis.* 2013 Apr;227(2):380-5.
8. Lietz G, et. al. *J Nutr.* 2012 Jan;142(1):161S-5S.
9. Dalessandri KM, et. al. *Nutr Cancer.* 2004;50(2):161-7.

# PureGenomics® UltraMultivitamin

Comprehensive multivitamin/mineral formula with enhanced support for common genetic polymorphisms<sup>†</sup>

## SUPPLEMENT FACTS

### Three (size 00) vegetarian capsules contains:

Vitamin A (as vitamin A acetate)	1,500 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	100 mcg (4,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Vitamin K (as vitamin K <sub>1</sub> )	100 mcg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	3 mg
Riboflavin (as riboflavin and 50% riboflavin-5-phosphate (activated B <sub>2</sub> ))	3.4 mg
Niacin (as niacinamide)	20 mg
Vitamin B6 (as pyridoxine HCl and 76% pyridoxal-5-phosphate (activated B <sub>6</sub> ))	5 mg
Folate (as Metafolin®, L-5-MTHF) (800 mcg L-5-MTHF)	1,333 mcg DFE
Vitamin B <sub>12</sub> (as adenosylcobalamin and 50% hydroxycobalamin)	800 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	10 mg
Choline (as choline bitartrate)	100 mg
Calcium (as di-calcium malate) (DimaCal™)	60 mg
Iodine (as potassium iodide)	300 mcg
Magnesium (as Sucrosomial® magnesium)	150 mg
Zinc (as zinc citrate)	20 mg
Selenium (as selenomethionine)	70 mcg
Copper (as copper glycinate)	2 mg
Manganese (as manganese citrate)	2 mg
Chromium (as chromium polynicotinate)	200 mcg
Molybdenum (as molybdenum glycinate chelate) (TRAACS™)	75 mcg
Lithium (as lithium orotate)	500 mcg
Boron (as boron glycinate)	1 mg
BenfoPure® benfotiamine	3 mg
Mixed tocopherols	20 mg
Vitamin K <sub>2</sub> (menaquinone-7)	20 mcg
Inositol	50 mg
FloraGLO® lutein	3 mg
Zeaxanthin	500 mcg
Coenzyme Q <sub>10</sub>	50 mg

Alpha lipoic acid (thioctic acid)	90 mg
N-Acetyl-L-cysteine (free-form)	145 mg
BioResponse DIM® diindolylmethane complex (complex of starch, diindolylmethane, vitamin E (tocophersolan), phosphatidylcholine and silica) (standardized to contain 25% diindolylmethane)	50 mg

Other ingredients: vegetarian capsule (cellulose, water), sucrosomial magnesium (magnesium oxide, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour), trimagnesium citrate, ascorbyl palmitate

Sucrosomial® is a registered trademark of Alesco S.r.l.

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

DimaCal™ and TRAACS™ are trademarks of Albion Laboratories, Inc.

®FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP® brand. OPTISHARP® is a trademark of DSM.

ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

BenfoPure® is a registered trademark of Hamari Chemicals USA, Inc.

Kaneka Q10® is a U.S. registered trademark of Kaneka Corporation

BioResponse DIM® and DIMPRO® are trademarks of BioResponse, L.L.C., Boulder, CO.

**Warning: Not to be taken by pregnant and lactating women. Consult your health care practitioner before using this product. Not to be taken in conjunction with antidepressants unless advised by a health professional. Individuals with bipolar disorder and depression must be monitored closely by a health professional if taking this supplement. It is recommended that individuals taking this supplement have lithium levels and kidney function monitored regularly. Vitamin K may be contraindicated with Coumadin (Warfarin). Do not exceed the dose recommended by your health professional.**



PureGenomics® UltraMultivitamin	Quantity	Order Code
	90	PGU9

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.

<sup>†</sup>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.

800.753.2277 | [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com)

©2021 Pure Encapsulations, LLC. All Rights Reserved.

**pure**  
encapsulations®