



Ordering Information

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13043 BioNutrient Multi
(120 capsules)

Synergistic Considerations

SpectraMin®
Phyto Cal-Mag Plus
Adaptopath
Flora Synergy
ReHydration

BioNutrient Multi

BioNutrient Multi is a bioavailable multi-vitamin including methylated B vitamins, glycinate chelated minerals, and whole food nutrition in an excipient-free, all-vegetable capsule. These vitamins and minerals work to convert macronutrients into a more bioavailable form of nutrition with the assistance of the alfalfa organic grass juice powder.

BioNutrient Multi offers:*

- Daily nutrient support
- Whole foods nutrition
- Methylated B vitamins

Ingredients and Supplement Facts

Vitamin A (100% as Beta-Carotene) – The vitamin A in this formula is from a naturally derived and fermented source. Vitamin A is necessary to maintain the normal functioning of the eyes, skin, heart, and immune system. It is also important in the production of cells. The nutrient is microencapsulated for bioavailability. Microencapsulation allows the nutrient to travel safely through the digestive system and be delivered for release at the site of absorption.

Vitamin C (from Acerola Cherry Fruit Powder) – Vitamin C, sourced from acerola cherry, is a whole food source that includes other essential nutrient cofactors assisting in absorption. This nutrient is an antioxidant with broad use that includes growth and repair of connective tissue and joints; health of the immune system and maintenance of bone, cartilage, and teeth. As vitamin C is not produced by the body, it must be obtained by outside sources.

Vitamin D3 (as Cholecalciferol) – Cholecalciferol is a vital form of vitamin D known as vitamin D3. Vitamin D3 supports normal hormone balance and blood calcium levels as well as many systems including digestive, cardiovascular, nervous, and musculoskeletal.

Thiamin (Vitamin B1, as Thiamine Mononitrate) – Thiamine is part of a coenzyme known as cocarboxylase, which plays a key metabolic role in the production of energy from carbohydrates. It is also plays a part in the health of the nervous system, particularly related to muscle tone in a variety of organs.

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BioNutrient Multi

Ingredients and Supplement Facts Continued...

Riboflavin (Vitamin B2, as Riboflavin-5'-Phosphate) – A metabolically active form of vitamin B2, it serves as a coenzyme crucial to the production of ATP by assisting the metabolism of fats and carbohydrates. The activated (or metabolically active) form of a B vitamin indicates that it does not require the liver's conversion or other co-factors for assimilation. Instead, it is easily absorbed and the full benefits are immediately available.

Niacin (Vitamin B3, as Niacinamide) – Niacinamide is the precursor of coenzymes NAD⁺ and NADP⁺, which play an active role with as many as 200 enzymes. This form of B3 is generally preferred as it does not cause a “niacin flush.”

Vitamin B6 (as Pyridoxal 5' Phosphate) – P-5-P is the coenzyme form of B6, a metabolically active form that is easily assimilated. Vitamin B6 is essential in many functions. It is vital to the synthesis, by the central nervous system, of many neurotransmitters including serotonin, norepinephrine, and melatonin. It assists in protein metabolism, helps with the synthesis and function of RNA and DNA, and helps maintain sodium and potassium levels.

Folic Acid (Vitamin B9, as Methyltetrahydrofolate glucosamine salt) – Folic acid must be converted into 5-methyltetrahydrofolate (L-5-MTHF) before it can be used for methylation processes and DNA repair and synthesis. L-5-MTHF is the methylated form, offering a more biologically active and functional source. Folic acid serves many purposes, such as aiding in red blood cell production, amino acid conversion, formation of DNA and RNA, and cell growth. Methylated B vitamins are vitamin forms which do not require the usual digestive elements to allow these essential components to be incorporated into effective cellular methylation processes. As digestive elements are often compromised, these methylated forms are greatly preferred for bioavailability.

Vitamin B12 (as Methylcobalamin) – Methylcobalamin is a coenzyme form of B12 that is biologically active for easy assimilation and is mainly found in blood plasma, cerebral spinal fluid, and the cytosol of the cell. It also acts as a methyl donor and participates in the synthesis of SAM-e (S-adenosylmethionine), a nutrient associated with mood-elevating properties. This form promotes protein synthesis for maintaining healthy nerve cells and myelin. Methylcobalamin plays a role in blood cell formation, digestion, cell formation, and homocysteine conversion.

Biotin – Vitamin B7 is essential for the metabolism of carbohydrates and fats. It is also a co-factor or coenzyme for the proper function of many enzymatic processes in the body. It supports the health of the intestinal tract, and nervous system, skin, hair, and nails. B7 also helps support normal blood glucose levels and energy metabolism.

Pantothenic Acid (Vitamin B5, as Calcium D-Pantothenate) – Vitamin B5 is considered the “anti-stress” vitamin, vital to energy as well as to protein, fat, and carbohydrate metabolism. It is also involved in the synthesis of hormones and neurotransmitters.

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BioNutrient Multi

Ingredients and Supplement Facts Continued...

Choline (as Bitartrate) – Choline plays a key role in several processes, such as cell membranes function, nerve communication, regulating homocysteine levels in the blood, and fetal development.

Iodine (as Potassium Iodide) – Iodine is a required trace mineral supportive to thyroid function and to normal growth and development. The potassium iodide in this formula has been microencapsulated for bioavailability.

Zinc (as Zinc Bisglycinate Chelate) – Zinc acts as a coenzyme to the body's metabolic enzymes, playing a vital role in many biological processes such as immune function, collagen production, intestinal function, respiratory function, and nervous system function. It also assists with microbial balance, blood glucose levels, skin tone, bone mass, joints and connective tissue, vision, and sperm count. The zinc in this formula is chelated for bioavailability. Mineral amino acid chelates protect the nutrient in the digestive process, permit its greater absorption, and finally deliver it to the site of utilization where it readily separates the mineral from the carrier elements. This allows for bioavailability.

Selenium (as Glycinate Complex) – Selenium plays a critical role in reproduction, thyroid hormone metabolism, DNA synthesis, immune functions, and protection from oxidative stress (especially when combined with vitamin E). The selenium in this formula is chelated for bioavailability.

Manganese (as Bisglycinate Chelate) – Manganese acts as a coenzyme with specific enzymes in the metabolism of nutrients including cholesterol. Manganese may be supplemented to support normal skeletal development, bone density, reproductive function, blood glucose levels, neurological function, blood production, and hormonal balance. The manganese in this formula is chelated for bioavailability.

Chromium (as Nicotinate Glycinate Chelate) – Chromium is essential for many of the body's metabolic functions, such as blood glucose levels, cardiovascular functions and circulatory functions. The chromium in this formula is chelated for bioavailability.

Molybdenum (as Glycinate Chelate) – Molybdenum supports the health of the kidneys, normal uric acid production, and the metabolism of sulfur-containing acids. The Molybdenum in this formula is chelated for bioavailability.

Organic Pressed Alfalfa Powder – Whole-food alfalfa is nutrient rich, known to be an excellent source of vitamin K, calcium, magnesium, bioflavonoids, and minerals. Grown organically in the United States, the young leaves are juiced and dried at a low temperature. This helps protect the product from oxygen and heat, thus preserving the vitality of the enzymes, the chlorophyll, and the multitude of nutrients contained in this organic alfalfa grass.

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Ingredients and Supplement Facts Continued...

Tocotrienols [delta-tocotrienol (90%) and gamma-tocotrienol (10%) from annatto extract] – Tocotrienols from annatto is a preferred source of vitamin E due to the small molecular size, which allows for bioavailability. Vitamin E is a fat soluble vitamin providing support in the presence of oxidative stress. It is essential for healthy immune function, cardiovascular function, blood sugar levels, blood pressure regulation, nervous system, vision, and skin.

Boron (as Bororganic Glycine) – Boron is utilized in the body for testosterone levels, cognitive skills, yeast balance, and bone and muscle health. The boron in this formula is chelated for bioavailability.

Vitamin K2 (as MK-7, Menaquinone-7) – Vitamin K2 as MK-7 is a naturally derived and fermented form of vitamin K2. MK-7 is the preferred vitamin K2 as it is in long-chain form, allowing for sustained absorption. Vitamin K2 is necessary for blood clotting; maintaining calcium levels; and is noted for the benefits to the cardiovascular, immune, and skeletal systems. This nutrient is microencapsulated for bioavailability.

If pregnant or breast-feeding, consult a healthcare professional before use.

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 60

Amount Per Serving %DV		Amount Per Serving %DV	
Vitamin A (100% as Beta-Carotene)	750 mcg RAE 83%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (from Acerola Cherry Fruit Powder)	120 mg 133%	Zinc (as Zinc Bisglycinate Chelate) [†]	15 mg 136%
Vitamin D3 (as Cholecalciferol)	25 mcg 125%	Selenium (as Glycinate Complex) [†]	140 mcg 255%
Thiamin (Vitamin B1, as Thiamine Mononitrate)	3 mg 250%	Manganese (as Bisglycinate Chelate) [†]	2 mg 87%
Riboflavin (Vitamin B2, as Riboflavin-5-Phosphate)	3.4 mg 262%	Chromium (as Nicotinate Glycinate Chelate) [†]	120 mcg 343%
Niacin (Vitamin B3, as Niacinamide)	40 mg NE 250%	Molybdenum (as Glycinate Chelate) [†]	75 mcg 167%
Vitamin B6 (as Pyridoxal-5-Phosphate)	4 mg 235%	Organic Pressed Alfalfa Powder	300 mg *
Folic Acid (Vitamin B9, as Methyltetrahydrofolate glucosamine salt) (400 mcg Folic Acid)	665 mcg DFE 166%	Tocotrienols [delta-tocotrienol (90%) and gamma-tocotrienol (10%) from annatto extract] ^{††}	30 mg *
Vitamin B12 (as Methylcobalamin)	6 mcg 250%	Boron (as Bororganic Glycine) [†]	1 mg *
Biotin	60 mcg 200%	Vitamin K2 (as MK-7, Menaquinone-7)	80 mcg *
Pantothenic Acid (Vitamin B5, as Calcium-D-Pantothenate)	10 mg 200%		
Choline (as Bitartrate)	25 mg 5%		

Other Ingredients: Capsule (Hydroxypropyl Methylcellulose, Purified Water).

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