

Primal Multi™

Ancestral-inspired multivitamin and phytonutrient blend

CD PLM120 | 120 Vegetarian Capsules

Primal Multi™ is inspired by the way humans evolved to eat over millions of years – an “ancestral-type” diet rich in whole foods, wild plants, fruits, vegetables, and even mushrooms. This way of eating provided a diverse array of vitamins, minerals, and phytonutrients in greater quantities than are typically consumed today. In contrast, modern diets often fall short in delivering this breadth of nutrients, and even with a healthy diet, it can be difficult to consistently obtain everything the body needs. Primal Multi™ is a first-of-its-kind multivitamin, mineral, and phytonutrient blend designed to help bridge these common nutrient gaps and go beyond the minimum daily needs provided by many conventional multivitamins.* This formula provides nutrient amounts that more closely reflect a whole-food, nutrient-dense ancestral-type diet to support overall health and wellness.*



FOUNDATIONAL HEALTH*



Provides vitamins and minerals in forms the body can use easily*



Includes beneficial plant compounds that may be low or missing from modern diets*



Helps fill common nutrient gaps in modern diets*



Supports cellular energy production*



Supports antioxidant status*



Helps support healthy aging and brain function*

Supplement Facts

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids and Palmitate)	1500 mcg RAE 167%	Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg 571%
Vitamin C (as Ascorbic Acid and Acerola)	400 mg 444%	Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	100 mcg 222%
Vitamin D (as Cholecalciferol)	50 mcg (2000 IU) 250%	Wild Blueberry Blend (Canadian wild blueberries (<i>Vaccinium angustifolium</i> Ait., <i>Vaccinium angustifolium</i> ssp. <i>nigrum</i> , <i>Vaccinium myrtilloides</i> (berry))	100 mg *
Vitamin K (as K1 Phytonadione and Vitamin K2 Menaquinone-4)	450 mcg 375%	Muscadine Grape Powder (<i>Vitis rotundifolia</i>) (skin and seeds)	100 mg *
Thiamin (as Thiamin HCl)	2.4 mg 200%	Citrus Bioflavonoids	100 mg *
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	4.2 mg 323%	Quercetin	50 mg *
Niacin (as Niacinamide and Niacin)	60 mg NE 375%	Vitamin E Isomers (DeltaGold®) [as delta and gamma tocotrienols from annatto (<i>Bixa orellana</i>) (seed)]	25 mg *
Vitamin B-6 (as Pyridoxal-5-Phosphate)	6.7 mg 394%	Trans Resveratrol (Veri-te™)	10 mg *
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	680 mcg DFE 170%	L-Ergothioneine (MitoPrime®)	10 mg *
Vitamin B-12 (as Methylcobalamin)	24 mcg 1000%	Pantethine (Pantesin®)	5 mg *
Biotin (as d-Biotin)	100 mcg 333%	Lutein Esters	3 mg *
Pantothenic Acid (as d-Calcium Pantothenate)	5 mg 100%	Lycopene	3 mg *
Calcium (as di-Calcium Malate)	50 mg 4%	Boron (as Bororganic Glycine)	1 mg *
Magnesium (as di-Magnesium Malate)	150 mg 36%	Benfotiamine	1 mg *
Zinc (as Zinc Bisglycinate Chelate)	15 mg 136%		
Selenium (SelenoExcell®)	100 mcg 182%		
Copper (as TRAACS® Copper Bisglycinate Chelate)	1 mg 111%		
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	1 mg 43%		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, sunflower lecithin, vegetable stearate, silicon dioxide.

Recommended Use: Take 4 capsules per day with meals or as directed by your health-care practitioner (divided dosing recommended).

Warning: If taking a blood-thinning medication, consult a health-care practitioner before using.

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

JUST THE FACTS:

Compare supplement facts to the leading brands

- **Vitamin A** – Provides vitamin A in two beneficial forms to support immune health and many aspects of foundational wellness*
- **Vitamin C** – Delivered as ascorbic acid and acerola cherry, a fruit that naturally contains high amounts of vitamin C
- **Vitamins D3, K1, and K2** – Support bone, immune, and cardiovascular health*
- **B Vitamins** – Features bioactive and bioidentical forms of B vitamins to support energy production and brain health*
- **Highly Absorbable Minerals** – Provided in bioavailable and chelated forms that are easy-to-absorb and gentle on the stomach*
- **Vitamin E Isomers (Tocotrienols)** – Features the preferred form of vitamin E that supports many aspects of cellular health and foundational wellness*
- **Plant Phytonutrient Blend** – Phytonutrients are natural compounds in fruits and vegetables that give them their vibrant color and flavor, while helping to promote antioxidant status and support a healthy inflammatory response in humans*
- **Ergothioneine** – A beneficial and unique compound found in mushrooms that may help support cognitive health, healthy aging, and immune balance*

*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.

DeltaGold® is a registered U.S. trademark of American River Nutrition, LLC. Pantesin® is a registered trademark of Kyowa Pharma Chemical Co., Ltd. Quatrefolic® is covered by U.S. Patent No. 7,947,662 and is a registered trademark of Gnosis S.p.A. SelenoExcell® is a registered trademark of Cypress Systems, Inc.

TRAACS® is a registered trademark of Albion Laboratories, Inc. Veri-te™ is a trademark of Evolve or its affiliates in the U.S. and other countries. MitoPrime® is a registered trademark of Nanjing Nutraceutical Bio-tech Co., Ltd.