

DFH Complete Multi™

Comprehensive multivitamin/mineral formulations

DFH Complete Multi™ is a full-spectrum multivitamin/mineral with chelated minerals for enhanced absorption and bioavailability. It is available in three varieties to suit a range of individual needs: a formula free of copper and iron, a formula that contains copper, and one that contains both copper and iron. This powerhouse multivitamin was designed to augment a healthy diet and supplies supportive nutrients not normally found in regular multis, such as delta and gamma tocotrienols, and fruit bioflavonoids. It also contains natural mixed carotenoids, a full spectrum of vitamin K forms, and levels of B vitamins based on evolutionary intake of these nutrients.

These specially designed products include select minerals in chelated form. Chelation is the bonding of minerals to amino acids, which results in molecules that are more bioavailable and better absorbed and assimilated by the body. The chelated iron in DFH Complete Multi™ with Copper and Iron will not result in constipation or GI upset as may be experienced from other forms of supplemental iron.

Highlights

B Vitamins: B vitamins are essential for numerous biochemical reactions in the body, including those involved in converting food into energy, producing neurotransmitters such as dopamine and serotonin, and supporting healthy neurological and cognitive function.* These B vitamins are provided in their natural and/or activated forms for superior bioavailability.

Folate: provided as a naturally occurring folate, an easily absorbed form that helps to support healthy plasma folate levels. (Most mass-marketed supplements contain folic acid, which may have undesirable effects.)

Vitamins K1 and K2: provided as vitamin K1 and vitamin K2 (as MK-4 and MenaQ7® Full Spectrum as MK-6, MK-7, MK-9). Vitamin K is best known for its role in proper blood clotting, which is the principal role of K1, as well as provided by K2. The K2 form, however, is specifically needed for healthy bones and teeth, as well as proper blood vessel integrity and function.*

Vitamin E: provided as gamma- and delta-tocotrienols, which are more potent antioxidants and have other beneficial properties beyond those of the alpha-tocopherol fraction of vitamin E typically contained in commercial supplements.

Vitamin C: provided as ascorbic acid, at higher levels than in most multivitamins. This generous amount may help support numerous roles for vitamin C such as a healthy immune system, skin and blood vessels, synthesis of collagen, aiding in iron absorption and metabolism of catecholamines such as dopamine and adrenaline.*

Hesperidin, Rutin, Quercetin: bioflavonoids and antioxidants found in citrus fruits (hesperidin) and various other foods regarded for their health benefits, such as olives, raspberries, plums, currants, grapes and asparagus (rutin), and apples, red onion, cranberries, kale (quercetin).

How to Take: Take four capsules per day with meals, or as directed by your health care practitioner.

- **DFH Complete Multi™ with Copper and Iron:** recommended for those who have suboptimal intake or absorption of iron and copper and/or experience periodic bleeding (such as menstruating women)
- **DFH Complete Multi™ with Copper:** recommended for those with adequate intake and absorption of iron but who may benefit from additional copper
- **DFH Complete Multi™ (Copper and Iron-Free):** recommended for postmenopausal females and for men with adequate intakes and absorption of iron and copper



Consult with your healthcare practitioner about your specific circumstances and any questions you may have, particularly if you are taking a blood-thinning medication.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.