

MultiThera®

Multivitamin and mineral formulas. A first choice for ensuring daily micronutrient intake.

Introduction

MultiThera multivitamin and mineral formulas are a line of versatile and high-potency products. Each of the five formula options contain a spectrum of essential micronutrients in bioavailable forms and at nutritionally meaningful amounts. With iron and copper-free options as well as tablet or capsule delivery formats, MultiThera formulas provide options for a range of health needs.

Product features

- MultiThera provides all of the vitamins found in most multivitamin products and includes added amounts of vitamins C, E, D, and B complex. Vitamins E and beta-carotene (vitamin A) are supplied in natural forms.
- These products supply active folate as active Metafolin® methylfolate (L-5-MTHF). This form is absorbed and utilized directly by the body, unlike synthetic folic acid.
- Vitamin D₃ is included at 25 mcg (1,000 IU) per serving, 125% of the Recommended Daily Value, to help achieve the optimal intakes now recognized to support bone and tissue health.[†]
- Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, and peanuts. Contains no artificial colors, flavors, or preservatives.

Background

Abundant scientific and clinical literature indicates that dietary supplements have an important role to play in promoting health. The need for supplements is ever more apparent given frequent nutritional inadequacies of the Standard American Diet, where low consumption of fruits and vegetables is paired with energy-dense, “empty calorie” processed foods.¹ A growing proportion of the general public now embraces dietary supplements as an integral part of a daily health program. National surveys report that approximately one-half of adult Americans use supplements on a daily basis, and of these, multivitamin and mineral supplements are the most commonly used.^{2,3}

In addition to encouraging healthier food choices, supplementation is often recommended when an individual’s dietary nutrient intake is inadequate or unbalanced. Nutrient intake at the official Recommended Dietary Allowances (RDA) may be adequate to help individuals achieve a more complete and balanced intake of vitamins, minerals, and trace elements. However, higher amounts in excess of the RDAs (though well below tolerable upper limits) may be needed to meet individual requirements that vary with age, level of physical activity, stress, genetic factors, medication usage, environmental exposures, or health status.[†] Increased, safe intake of vitamins and minerals may assist optimal functioning of interrelated enzyme systems, cellular energy metabolism, hormonal regulation, and detoxification pathways critical to maintaining health.[†]

How MultiThera formulas work

The amount as well as the form of each nutrient in MultiThera products is selected to ensure efficacy, bioavailability, tolerance, and safety. Some of the primary distinguishing characteristics of MultiThera ingredients include:

Vitamin A: Provided as a mixture of retinol and natural carotenes to ensure more complete vitamin A nutrition and to support individuals who may insufficiently convert beta-carotene to vitamin A.[†] Mixed, natural-source carotenoids are used instead of synthetic versions.

Vitamin E: Delivered as a complex of naturally occurring mixed tocopherol isomers (RRR-alpha, RRR-beta, RRR-gamma, and RRR-delta)

Vitamin D: Natural source vitamin D₃ is included at 25 mcg (1,000 IU), a higher amount than what is typically found in multivitamin formulas.[†]

Vitamin K: Two forms of vitamin K are included in MultiThera formulas to support optimal vitamin K intake. Vitamin K₁ (phytonadione) promotes normal blood clotting and supports bone health.[†] Vitamin K₂ (as menaquinone-7) also supports bone health as well as normal vascular function.[†]

B vitamins: B-complex vitamins are included along with folate (Metafolin®, L-5-methyltetrahydrofolate) in active forms. The bioactive form of folate is easily absorbed and readily usable by cells.[†] Compared to folic acid, the form most commonly used in fortified foods and supplements, methylfolate is the predominant form in the body and can cross the blood-brain barrier to support health throughout the body.[†]

[†]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.

Calcium and Magnesium: MultiThera formulas contain calcium citrate-malate, a readily soluble form of calcium with superior bioavailability and GI tolerance compared to other forms, such as calcium carbonate. Magnesium is also provided in well-absorbed and tolerated forms. Elevated amounts of these minerals are included to support optimal levels in the body.¹ The majority adults in the U.S. average intake is below recommended levels for these nutrients.^{4,5}

Minerals and trace elements: Amino acid chelates, clinically demonstrated to have superior bioavailability and tolerance, are used in MultiThera formulas. Iron, included in MultiThera 2, is provided as ferrous bisglycinate chelate to further support bioavailability and GI tolerance. Both iron and copper are omitted from MultiThera 3 for individuals who may need to avoid or already have adequate levels of these minerals.

Multiple Vitamin/Mineral Supplement Comparison

Selected Ingredient	MultiThera [®] 1	MultiThera [®] 2	MultiThera [®] 3	MultiThera [®] 1 Capsule Formula	MultiThera [®] 1 Capsule Formula (plus K)
Vitamin A					
• as retinol	2,500 I.U.	2,500 I.U.	2,500 I.U.	2,500 I.U.	2,500 I.U.
• as natural carotenes	15,000 I.U.	15,000 I.U.	15,000 I.U.	5,000 I.U.	5,000 I.U.
Vitamin C	1.2 g	1.2 g	1.2 g	750 mg	750 mg
Vitamin D₃	1,000 I.U.	1,000 I.U.	1,000 I.U.	1,000 I.U.	1,000 I.U.
Vitamin E	400 I.U.	400 I.U.	400 I.U.	400 I.U.	400 I.U.
Vitamin K	60 mcg	60 mcg	60 mcg	----	60 mcg
Thiamine	100 mg	100 mg	100 mg	50 mg	50 mg
Niacin	200 mg	200 mg	200 mg	100 mg	100 mg
Pantothenic Acid	400 mg	400 mg	400 mg	150 mg	150 mg
Calcium	253 mg	253 mg	253 mg	192 mg	192 mg
Magnesium	200 mg	200 mg	200 mg	250 mg	250 mg
Iron	----	20 mg	----	----	----
Copper	2 mg	2 mg	----	2 mg	2 mg
RECOMMENDED USE	Intensive support for maximum nutritional protection				

Formulas

SUGGESTED USE: Adults: 6 tablets daily with food. **Children 4 to 14:** Take up to 3 tablets daily with food or as directed by healthcare professional. **Children less than 4 years of age:** As directed by healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts

Serving Size 6 Tablets

Amount Per 6 Tablets	% Daily Value	Amount Per 6 Tablets	% Daily Value
Vitamin A (86% (4,500 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene, and beta-cryptoxanthin) from <i>D. salina</i> and 14% (750 mcg RAE) as vitamin A palmitate)	5,250 mcg RAE 583%	Iodine (from kelp)	150 mcg 100%
Vitamin C (as ascorbic acid)	1,200 mg 1,333%	Magnesium (75% as dimagnesium malate and 25% as TRAACS [†] magnesium bisglycinate chelate ⁽¹⁾)	200 mg 48%
Vitamin D ₃ (as cholecalciferol)	25 mcg 125%	Zinc (as zinc arginate chelate)	15 mg 136%
Vitamin E (as RRR-alpha-tocopheryl acid succinate, RRR-alpha-tocopherol) ⁽¹⁾	268 mcg 1,787%	Selenium (as L-selenomethionine)	200 mcg 364%
Vitamin K (67% as vitamin K ₁ (phytonadione) and 33% as vitamin K ₂ (menaquinone-7))	60 mcg 50%	Copper (as copper bisglycinate chelate ⁽¹⁾)	2 mg 222%
Thiamin (as thiamin HCl)	100 mg 8,333%	Manganese (as manganese bisglycinate chelate ⁽¹⁾)	2 mg 87%
Riboflavin (as riboflavin)	50 mg 3,846%	Chromium (as chromium nicotinate glycinate chelate ⁽¹⁾)	200 mcg 571%
Niacin (75% as niacinamide, 25% as niacin)	200 mg NE 1,250%	Molybdenum (as molybdenum glycinate chelate ⁽¹⁾)	150 mcg 333%
Vitamin B ₆ (as pyridoxine HCl)	50 mg 2,941%	Boron (as boron aspartate-citrate)	2 mg *
Folate (as Metafolin [†] L-5-methyltetrahydrofolate)	1,360 mcg DFE (800 mcg) 340%	Vanadium (as bisglycinate oxovanadium)	100 mcg *
Vitamin B ₁₂ (as methylcobalamin)	200 mcg 8,333%	Inositol	50 mg *
Biotin (D-biotin)	300 mcg 1,000%	<i>para</i> -Aminobenzoic Acid	50 mg *
Pantothenic Acid (as calcium D-pantothenate)	400 mg 8,000%	Citrus Bioflavonoid Complex (85 mg as citrus bioflavonoid extract (<i>Citrus aurantium</i>) (fruit/peel) (standardized to 50% hesperidin bioflavonoids) and 15 mg as hesperidin methyl chalcone (derived from <i>Citrus aurantium</i> extract) (fruit))	100 mg *
Choline (as choline bitartrate)	150 mg 27%	Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma) ⁽¹⁾	8 mg *
Calcium (82% as calcium citrate-malate complex and 18% as calcium D-pantothenate)	253 mg 19%	Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	100 mcg *

Other ingredients: Microcrystalline cellulose, silicified microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, hydroxypropyl cellulose, magnesium stearate, polyethylene glycol coating, and natural citrus flavor.

[†]Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

⁽¹⁾Albion Laboratories.

⁽¹⁾Vitamin E derived from highly-refined soy oil that has soy protein removed. Formulated to be hypoallergenic.

MT1 180 tablets

†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.

SUGGESTED USE: Adults: 6 tablets daily with food. **Children 4 to 14:** Take up to 3 tablets daily with food or as directed by healthcare professional. **Children less than 4 years of age:** As directed by healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts

Serving Size 6 Tablets

Amount Per 6 Tablets	% Daily Value	
Vitamin A (86% (4,500 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene, and beta-cryptoxanthin) from <i>D. salina</i> and 14% (750 mcg RAE) as vitamin A palmitate)	5,250 mcg RAE	583%
Vitamin C (as ascorbic acid)	1,200 mg	1,333%
Vitamin D ₃ (as cholecalciferol)	25 mcg	125%
Vitamin E (as RRR-alpha-tocopheryl acid succinate, RRR-alpha-tocopherol) ^{††}	268 mg	1,787%
Vitamin K (67% as vitamin K ₁ (phytonadione) and 33% as vitamin K ₂ (menaquinone-7))	60 mcg	50%
Thiamin (as thiamin HCl)	100 mg	8,333%
Riboflavin	50 mg	3,846%
Niacin (75% as niacinamide, 25% as niacin)	200 mg NE	1,250%
Vitamin B ₆ (as pyridoxine HCl)	50 mg	2,941%
Folate (as Metafolin [®] L-5-methyltetrahydrofolate)	1,360 mcg DFE (800 mcg)	340%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg	8,333%
Biotin (D-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	400 mg	8,000%
Choline (as choline bitartrate)	150 mg	27%
Calcium (82% as calcium citrate-malate complex and 18% as calcium D-pantothenate)	253 mg	19%
Iron (as Ferrochel [®] ferrous bisglycinate chelate ^{††})	20 mg	111%
Iodine (from kelp)	150 mcg	100%
Magnesium (75% as dimagnesium malate and 25% as TRAACS [®] magnesium bisglycinate chelate ^{††})	200 mg	48%
Zinc (as zinc arginate chelate ^{††})	15 mg	136%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper bisglycinate chelate ^{††})	2 mg	222%
Manganese (as manganese bisglycinate chelate ^{††})	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate ^{††})	200 mcg	571%
Molybdenum (as molybdenum glycinate chelate ^{††})	150 mcg	333%
Boron (as boron aspartate-citrate)	2 mg	*
Vanadium (as bisglycinate oxovanadium)	100 mcg	*
Inositol	50 mg	*
<i>para</i> -Aminobenzoic Acid	50 mg	*
Citrus Bioflavonoid Complex (85 mg as citrus bioflavonoid extract (<i>Citrus aurantium</i>) (fruit/peel) (standardized to 50% hesperidin bioflavonoids) and 15 mg as hesperidin methyl chalcone (derived from <i>Citrus aurantium</i> extract) (fruit))	100 mg	*
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma) ^{††}	8 mg	*
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	100 mcg	*

*Daily Value not established.

Other ingredients: Silicified microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, Opadry[®] coating, magnesium stearate, and natural citrus flavor.

[†]Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.



^{††}Albion[®] Laboratories.

^{†††}Vitamin E derived from highly refined soy oil that has soy protein removed. Formulated to be hypoallergenic.

MT2 180 tablets

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

SUGGESTED USE: Adults: 6 tablets daily with food. **Children 4 to 14:** Take up to 3 tablets daily with food or as directed by healthcare professional. **Children less than 4 years of age:** As directed by healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts

Serving Size 6 Tablets

Amount Per 6 Tablets	% Daily Value	
Vitamin A (86% (4,500 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 14% (750 mcg RAE) as vitamin A palmitate)	5,250 mcg RAE	583%
Vitamin C (as ascorbic acid)	1,200 mcg	1,333%
Vitamin D ₃ (as cholecalciferol)	25 mcg	125%
Vitamin E (as RRR-alpha-tocopheryl acid succinate, RRR-alpha-tocopherol) ^{††}	268 mg	1,787%
Vitamin K (67% as vitamin K ₁ (phytonadione) and 33% as vitamin K ₂ (menaquinone-7))	60 mcg	50%
Thiamin (as thiamin HCl)	100 mg	8,333%
Riboflavin	50 mg	3,846%
Niacin (75% as niacinamide, 25% as niacin)	200 mg NE	1,250%
Vitamin B ₆ (as pyridoxine HCl)	50 mg	2,941%
Folate (as Metafolin [®] L-5-methyltetrahydrofolate)	1,360 mcg DFE (800 mcg)	340%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg	8,333%
Biotin (D-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	400 mg	8,000%
Choline (as choline bitartrate)	150 mg	27%
Calcium (82% as calcium citrate-malate complex and 18% as calcium D-pantothenate)	253 mg	19%
Iodine (from kelp)	150 mcg	100%
Magnesium (75% as dimagnesium malate and 25% as TRAACS [®] magnesium bisglycinate chelate ^{††})	200 mg	48%
Zinc (as zinc arginate chelate ^{††})	15 mg	136%
Selenium (as L-selenomethionine)	200 mcg	364%
Manganese (as manganese bisglycinate chelate ^{††})	2 mg	187%
Chromium (as chromium nicotinate glycinate chelate ^{††})	200 mcg	571%
Molybdenum (as molybdenum glycinate chelate ^{††})	150 mcg	333%
Boron (as boron aspartate-citrate)	2 mg	*
Vanadium (as bisglycinate oxovanadium)	100 mcg	*
Inositol	50 mg	*
<i>para</i> -Aminobenzoic Acid	50 mg	*
Citrus Bioflavonoid Complex (85 mg as citrus bioflavonoid extract (<i>Citrus aurantium</i>) (fruit/peel) (standardized to 50% hesperidin bioflavonoids) and 15 mg as hesperidin methyl chalcone (derived from <i>Citrus aurantium</i> extract) (fruit))	100 mg	*
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma) ^{††}	8 mg	*
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	100 mcg	*

*Daily Value not established.

Other ingredients: Silicified microcrystalline cellulose, croscarmellose sodium, stearic acid, silicon dioxide, Opadry[®] coating, magnesium stearate, and natural citrus flavor.

[†]Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.



^{††}Albion[®] Laboratories.

^{†††}Vitamin E derived from highly refined soy oil that has soy protein removed. Formulated to be hypoallergenic.

MT3 180 tablets

[†]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.

SUGGESTED USE: Adults: 6 capsules with food or as directed by a healthcare professional. **Children 4 to 14 years:** Take up to 3 capsules daily. **Children less than 4 years of age:** As directed by a healthcare professional. **Caution:** If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of the reach of children.

Supplement Facts		
Serving Size 6 Capsules		
Amount Per 6 Capsules	% Daily Value	
Vitamin A (64% (1,500 mcg RAE) as natural carotenes (beta-crotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 36% (750 mcg RAE) as vitamin A palmitate)	2,250 mcg RAE	250%
Vitamin C (as ascorbic acid)	750 mg	833%
Vitamin D ₃ (as cholecalciferol)	25 mcg	125%
Vitamin E (as RRR-alpha tocopheryl acid succinate, RRR-alpha-tocopherol) ^{††}	268 mg	1,787%
MT1C-K FORMULA ONLY:		
Vitamin K (67% as vitamin K ₁ (phytonadione) and 33% as vitamin K ₂ (menaquinone-7))	60 mcg	50%
Thiamin (as thiamin HCl)	50 mg	4,167%
Riboflavin	25 mg	1,923%
Niacin (75% as niacinamide, 25% as niacin)	100 mg NE	625%
Vitamin B ₆ (as pyridoxine HCl)	25 mg	1,471%
Folate (as Metafolin [†] L-5-methyltetrahydrofolate)	1,360 mcg DFE (800 mcg)	340%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg	8,333%
Biotin (D-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	150 mg	3,000%
Choline (as choline bitartrate)	100 mg	18%
Calcium (91% as calcium citrate-malate complex and 9% as calcium D-pantothenate)	192 mg	15%
Amount Per 6 Capsules	% Daily Value	
Iodine (from kelp)	150 mcg	100%
Magnesium (75% as dimagnesium malate and 25% as TRAACS [*] magnesium bisglycinate chelate ^{††})	250 mg	60%
Zinc (as zinc arginate chelate ^{††})	15 mg	136%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper bisglycinate chelate ^{††})	2 mg	222%
Manganese (as manganese bisglycinate chelate ^{††})	2 mg	87%
Chromium (as chromium nicotinate glycinate chelate ^{††})	200 mcg	571%
Molybdenum (as molybdenum glycinate chelate ^{††})	150 mcg	333%
Boron (as boron aspartate-citrate)	2 mg	*
Vanadium (as bisglycinate oxovanadium)	100 mcg	*
Inositol	25 mg	*
<i>para</i> -Aminobenzoic Acid	50 mg	*
Citrus Bioflavonoids Complex (85 mg as citrus bioflavonoid extract (<i>Citrus aurantium</i>) (fruit/peel) (standardized to 50% hesperidin bioflavonoids) and 15 mg as hesperidin methyl chalcone (derived from <i>Citrus aurantium</i> extract) (fruit))	100 mg	*
Natural Mixed Tocopherols (RRR-beta, RRR-delta, RRR-gamma) ^{††}	8 mg	*
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	30 mcg	*

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), silicon dioxide, L-leucine, and natural citrus flavor.

[†]Metafolin[†] is a registered trademark of Merck KGaA, Darmstadt, Germany.

^{††}Albion[†] Laboratories.

^{†††}Vitamin E derived from highly refined soy oil that has soy protein removed. Formulated to be hypoallergenic.



MT1C (no vitamin K) 180 capsules

MT1C-K (plus vitamin K) 180 capsules

How supplied

180 tablets or capsules per bottle.

Storage

Store in a cool, dry place (59°F to 85°F) away from direct light.

References

- Martínez Steele E, et al. The share of ultra-processed foods and the overall nutritional quality of diets in the US: evidence from a nationally representative cross-sectional study. *Popul Health Metr.* 2017 Feb 14;15(1):63.
- Balluz LS, et al. Vitamin and mineral supplement use in the United States. Results from the third National Health and Nutrition Examination Survey. *Arch Fam Med.* 2000 Mar;9(3):258-62.
- Slesinski MJ, et al. Trends in use of vitamin and mineral supplements in the United State: the 1987 and 1992 National Health Interview Surveys. *J Am Diet Assoc.* 1995 Aug;95(8):921-3.
- Ford ES, Mokdad AH. Dietary magnesium intake in a national sample of US adults. *J Nutr.* 2003 Sep;133(9):2879-82.
- Bailey RL, et al. Estimation of total usual calcium and vitamin D intakes in the United States. *J Nutr.* 2010 Apr;140(4):817-22.

†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.

klaire.com | 888 488 2488

©Copyright 2018 SFI USA. All rights reserved. No part of this publication may be reproduced, stored, or transmitted in any form by any means, including electronic, mechanical, photocopying, or otherwise, without prior written permission of the copyright owner.

MT1_2_3TDS051718nw