

Multi·Matrix

A well-balanced blend of vitamins and minerals in their active and highly bioavailable forms for optimal health and wellness.

Each capsule contains:

Vitamins

Beta-Carotene	1660IU/ 996mcg
Vitamin B1 (thiamine HCL)	20mg
Vitamin B2 (riboflavin 5'-phosphate)	3.5mg
Niacin (nicotinic acid)	5mg
Niacinamide	15mg
Vitamin B5 (calcium D-pantothenate)	75mg
Vitamin B6 (pyridoxal-5-phosphate)	19mg
Folate (L-5-methyltetrahydrofolate)	130mcg
Vitamin B12 (methylcobalamin)	77mcg
Biotin	125mcg
Vitamin C (ascorbic acid)	100mg
Vitamin D3 (cholecalciferol)	250IU/ 6.25mcg
Mixed tocopherol concentrate	30mg
Vitamin K2 (menaquinone-7)	30mcg

Minerals

Calcium (citrate)	40mg
Choline (citrate)	10mg
Chromium (citrate)	45mcg
Iodine (potassium iodide)	38mcg
Magnesium (citrate)	20mg

Manganese (citrate)	2.25mg
Molybdenum (citrate)	50mcg
Potassium (citrate)	10mg
Selenium (selenomethionine)	50mcg
Vanadium (citrate)	45.5mcg
Zinc (citrate)	2.5mg



120 vegetable capsules

Gluten and dairy free.

Multivitamin supplements have been used for decades as a way to ensure that the minimum nutrition requirements are met despite daily variations in diet and nutrient intake. Even some of the best and well-balanced diets fall short in certain micronutrient categories. Cyto·Matrix's Multi·Matrix is designed to fill these voids and meet the nutritional needs of adult men and women.

Key points

- Contains a well-balanced blend of vitamins and minerals to target the unique nutritional needs of adult men and women
- Indicated to support healthy mood balance, energy levels and stress management
- Nutrients are provided in their active and highly bioavailable forms, such as mixed tocopherols, pyridoxal-5-phosphate, methylcobalamin and citrate salt minerals
- Free from iron and copper for added safety in a wide variety of targeted populations

Multivitamin supplements in general have been shown to improve the body's stress response, mood and energy levels. However, multivitamin supplements unfairly get categorized as one entity without recognizing massive quality and dosage differences between formulations. For this reason, it is important to evaluate multivitamin formulas on a number of parameters.

Firstly, different mineral salts and vitamin forms can drastically affect the absorption rates of nutrients through the digestive tract. For example, B-vitamins must first be converted into their active forms before being used within the body. If vitamin B6 is supplemented as pyridoxine HCl, the liver must first convert it into pyridoxal-5-phosphate before it can efficiently be used in physiological processes. The same principle applies to riboflavin, folic acid, vitamin B12 and other vitamins. With minerals, carbonate and oxide forms are commonly used despite the evidence that citrate, amino acid chelates and buffered blends demonstrate superior absorption.

Secondly, a "one-a-day" multivitamin is convenient but it is often not enough to make a difference in health outcomes. To provide meaningful and evidence-based dosages of a wide variety of vitamins and minerals, more than one vegetable capsule or tablet is required. Unfortunately, to reduce capsule count many multivitamin formulations include only trace amounts of nutrients or exclude certain nutrients, making the formula incomplete.

Cyto-Matrix's **Multi-Matrix** contains a well-balanced blend of vitamins and minerals to meet the daily nutritional requirements of adult men and women. These nutrients are in their active and highly bioavailable forms, such as mixed tocopherols, pyridoxal-5-phosphate, methylcobalamin and citrate salt minerals. **Multi-Matrix** is free from elemental iron and copper for added safety in a variety of patient populations and can be conveniently dosed at 2 capsules twice per day for improved patient compliance.

Related products

Active A·C·E·S + Zn
Bio·B6
Bio·Ferra
Cal·Mag+1000IU Vitamin D3
Cyto B·Complex
Iron Matrix
K2·D3 Matrix
Prenatal Formula
Women's Multi

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

Indications: A multi-vitamin and mineral supplement.

Directions: Adults - Take 2 capsules, 2 times per day with food or as directed by a healthcare professional. Take a few hours before or after taking other medications or natural health products.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use especially if you are taking blood thinners, have a history of non-melanoma skin cancer or a liver disorder. Consult a healthcare professional prior to use if you are pregnant or breastfeeding.

Known Adverse Reactions: People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.