



InterPlexus™

Poly VytaMyns™

Iron-Free Multivitamin

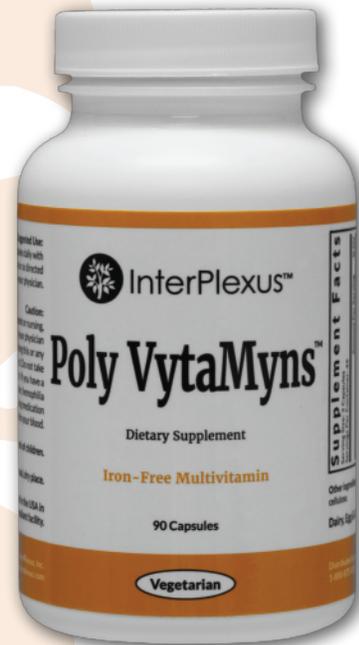
Iron-free multivitamin with herbal extracts and bioflavonoids

Our multivitamin is a simple and high-quality way to fill in common gaps present in a healthy diet. Formulated with plant extracts to give additional nutrient value and cellular protection, this supplement is a great choice for those concerned about their health and longevity.

Benefits of Poly VytaMyns?

Poly VytaMyns is a complex of bioavailable vitamins, trace minerals, plant extracts and bioflavonoids formulated as a potent addition to your healthy lifestyle. An iron-free formula means you may supplement with iron additionally if instructed by your healthcare provider.

The term “vitamin” comes from a combination of the words “vital” and “amine” – referring to organic compounds needed by the body. Minerals are inorganic substances which living beings need to survive. This formula contains high doses of several vitamins and minerals along with the added benefit of powerful plant extracts.



Supplementation with Poly VytaMyns:

- Boosts nutrient content in a healthy diet*
- Helps maintain normal vision and retinal health*
- Improves immune system function and resilience*
- Contributes to healthy skin and mucus membranes*
- Decreases overall levels of inflammation*
- Supplies nutrients needed for a healthy nervous system*
- Supports health of skin and mucous membranes, including gastrointestinal tract, conjunctiva, and respiratory tract*



Dairy Free



Egg Free



Gluten Free



Vegetarian

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health concerns.

Poly VytaMyns™

Iron-Free Multivitamin
Iron-free multivitamin with herbal extracts and bioflavonoids

Benefits of selected nutrients found in Poly VytaMyns:

This high potency supplement is packed with nutrients your body needs to function optimally. Below is a review of several key nutrients found in Poly VytaMyns and their researched benefits.

Vitamin A plays many important roles in the body, including keeping our eyes, skin, and immune systems healthy. Vitamin A is necessary for healthy vision – in fact, vitamin A deficiency is the leading cause of non-accidental blindness worldwide.¹ For the immune system, vitamin A helps speed recovery from infection and directs immune T-cells to proper locations throughout the body.^{1,2} Vitamin A derivatives also protect our skin from damage, activate repair of injuries and help control inflammation.³

Vitamin B2 (Riboflavin) is, like all B vitamins, integral for the health and maintenance of many organ systems – including visual, neurological, and cardiovascular systems. Riboflavin deficiencies are quite rare, however subclinical deficiencies are possibly quite common.⁴ A high dietary intake of riboflavin is associated with a reduced risk of developing cataracts.⁴ Riboflavin is also helpful in preventing and treating migraines.⁵ Riboflavin is required for production of 5-methyltetrahydrofolate (MTHF).⁴ MTHF is the activated and more usable form of folic acid.

Folic acid is essential in maintaining cardiovascular health and in the treatment of psychiatric and neurological disorders. Most notably, folic acid is required during pregnancy to prevent neural tube defects in a developing fetus and is also necessary to decrease levels of homocysteine, a known cardiovascular risk factor.^{6,7}

Boswellia serrata (Frankincense) is a traditional Indian botanical. This herb is best known for its ability to tame inflammation. In fact, Boswellia extracts are anti-inflammatory via multiple mechanisms.⁸ Boswellia may improve symptoms in multiple inflammatory conditions including osteoarthritis, rheumatoid arthritis, inflammatory bowel disease, and asthma.^{8,9} Boswellia has even been touted as a viable alternative to NSAIDs.⁹

Hesperidin is beneficial to both the cardiovascular and neurological systems. In animal models, hesperidin reduces the incidence of stroke and neurological disease.¹⁰ Clinically, hesperidin reduces diastolic blood pressure after four weeks of use.¹¹ Hesperidin improves blood vessel function in patients with metabolic syndrome, possibly by increasing nitric oxide production.¹² Hesperidin supplementation also reduces circulating levels of inflammatory biomarkers and pro-atherogenic compounds.¹²

References:

- ¹ Vitamin A. *Linus Pauling Inst.* April 2014.
- ² Bono MR, Tejon G, Flores-Santibañez F, et al. *Nutrients.* 2016;8(6).
- ³ Beckenbach L, Baron JM, Merk HF, et al. *Eur J Dermatol.* 2015;25(5):384-391.
- ⁴ Riboflavin. *Linus Pauling Inst.* April 2014.
- ⁵ Sándor PS, Afra J, Ambrosini A, Schoenen J. *Headache.* 2000;40(1):30-35.
- ⁶ Obeid R, Herrmann W. *Curr Drug Metab.* 2012;13(8):1184-1195.
- ⁷ Folate. *Linus Pauling Inst.* April 2014.
- ⁸ Ammon HPT. *Adv Exp Med Biol.* 2016;928:291-327.
- ⁹ Abdel-Tawab M, Werz O, Schubert-Zsilavec M. *Clin Pharmacokinet.* 2011;50(6):349-369.
- ¹⁰ Li C, Schluessener H. *Crit Rev Food Sci Nutr.* 2017;57(3):613-631.
- ¹¹ Morand C, Dubray C, Milenkovic D, et al. *Am J Clin Nutr.* 2011;93(1):73-80.
- ¹² Rizza S, Muniyappa R, Iantorno M, et al. *J Clin Endocrinol Metab.* 2011;96(5):E782.

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 45

	Amount Per Serving	% DV
Vitamin A (47% as palmitate & 53% as beta carotene)	21,400 IU	428%
Vitamin D3 (as cholecalciferol)	736 IU	184%
Vitamin E (as d-alpha tocopheryl acetate)	80 IU	266%
Vitamin K1 (as phytonadione)	864 mcg	1,080%
Thiamin (B1) (as thiamine HCl)	13 mg	866%
Riboflavin (B2)	14 mg	823%
Niacin (B3) (as niacinamide)	70 mg	350%
Vitamin B6 (as pyridoxine HCl)	72 mg	3,600%
Folate (as folic acid)	1,440 mcg	360%
Vitamin B12 (as hydroxycobalamin)	134 mcg	2,233%
Biotin	4,000 mcg	1,333%
Pantothenic acid (B5) (as calcium pantothenate)	253 mcg	2,530%
Iodine (as potassium iodide)	190 mcg	126%
Calcium (as calcium pantothenate)	22 mg	45%
Zinc (as malate)	20 mg	133%
Selenium (as amino acid chelate/ACC)	70 mcg	100%
Copper (as citrate)	2 mg	100%
Manganese (as citrate)	2 mg	100%
Chromium (as nicotinate)	100 mcg	83%
Molybdenum (as amino acid chelate/ACC)	400 mcg	100%
Boswellia (<i>Boswellia serrata</i>) resin extract 65% Boswellic acids	200 mg	*
L-Cysteine HCl	152 mg	*
Rosemary (<i>Rosmarinus officinalis</i>) leaf extract 5% Carnosic acid	100 mg	*
Hesperidin	64 mg	*
Hesperidin methyl chalcone	64 mg	*
Boron (as aspartate)	2,000 mcg	*

* Daily Value (DV) not established.

Other ingredients: Vegetarian capsule shell (hypromellose, water), cellulose.

Dairy, Egg & Gluten Free. Contains Soy. Vegetarian.

Suggested Use: Take 2 capsules daily with a meal or as directed by your physician.

Caution: If pregnant or nursing, consult your physician before using this or any other product. Do not take this product if you have blood disorder, hemophilia or are taking medication to thin your blood.

Keep out of reach of children.

Store in a cool dry place.

Manufactured in the USA in a GMP compliant facility.

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