



AVED-Multi[®] & IRON-FREE AVED-Multi[®]

DESCRIPTION

Daily multiple vitamin/mineral supplement in a convenient two-per-day formula to optimize patient compliance. Available with or without iron.

TWO TABLETS PROVIDE.....% Daily value

Betatene [®] Beta-Carotene (<i>D. salina</i>)	5000 IU*	100%
with mixed carotenoids, including alpha-carotene, cryptoxanthin, zeaxanthin and lutein		
Vitamin C (<i>calcium ascorbate</i>)	250 mg	417%
Calcium (<i>calcium phosphate, ascorbate</i>)	250 mg	25%
OPTIONAL: Iron (<i>ferrous fumarate</i>)	18 mg	100%
Vitamin D3 (<i>cholecalciferol</i>)	400 IU	100%
Vitamin E (<i>d-alpha tocopheryl succinate</i>)	100 IU	333%
Vitamin B1 (<i>thiamine mononitrate</i>)	20 mg	1333%
Vitamin B2 (<i>riboflavin</i>)	16 mg	941%
Vitamin B3 (<i>niacinamide</i>)	60 mg	300%
Vitamin B6 (<i>pyridoxine hydrochloride</i>)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B12 (<i>cyanocobalamin ion-exchange resin</i>)	10 mcg	167%
Biotin	300 mcg	100%
Pantothenic Acid (<i>calcium pantothenate</i>)	50 mg	500%
Phosphorus (<i>calcium phosphate</i>)	125 mg	13%
Iodine (<i>kelp</i>)	150 mcg	100%
Magnesium (<i>magnesium oxide</i>)	200 mg	50%
Zinc (<i>L-OptiZinc[®] zinc monomethionine</i>)**	15 mg	100%
Selenium (<i>L-selenomethionine</i>)	75 mcg	107%
Copper (<i>copper gluconate</i>)	2 mg	100%
Manganese (<i>manganese gluconate</i>)	10 mg	500%
Chromium (ChromeMate [®] † <i>chromium polynicotinate 50 mcg,</i> <i>chromium picolinate 25 mcg</i>)	75 mcg	63%
Molybdenum (<i>molybdate</i>)	10 mcg	13%
Choline (<i>bitartrate</i>)	50 mg	*
Inositol	50 mg	*
PABA	25 mg	*
Silica	25 mg	*
Boron (<i>citrate, aspartate, glycinate</i>)	250 mcg	*
Vanadium (<i>vanadyl sulfate</i>)	2 mcg	*

In a base containing rutin, hesperidin, lemon bioflavonoid complex and lecithin.

*Vitamin A activity.

**OptiZinc[®] is a trademark of InterHealth; U.S. Patent Nos. 3,941,818; 4,021,569 & 4,764,633.

†ChromeMate[®] is a trademark of InterHealth; U.S. Patent Nos. 4,923,855 & 4,954,492.

KEY FEATURES

- Rich in vitamins A, E, C and beta-carotene and other carotenoids, plus selenomethionine and zinc — important antioxidant protector nutrients.
- Provides excellent, balanced potencies of important B-complex vitamins — key factors in nerve, cardiovascular and mental health.
- Higher in calcium and magnesium—essential bulk macrominerals—than many multiples.
- Offers nutritional levels of newer trace minerals boron and silica for bone health and vanadium for blood lipid health.
- Rich in high-tech forms of chromium for blood sugar and blood health.
- Available with and without iron.
- Convenient two-per-day, easy-to-swallow formula increases patient compliance and allows for easier customization of specialized supplementation programs.
- Highest grade starting materials are used and product is made under the strict quality control regulations of GMP in our federally registered pharmaceutical manufacturing facility.
- Free of corn, yeast, wheat, gluten, egg and milk products.

DIRECTIONS

Two tablets daily with food.

COMPANION PRODUCTS

SELENACE for added antioxidant support (1-2 per day with food). For additional calcium support: BONE SUPPORT FORMULA™ (4-6 per day) or NUTRA-CAL (4 per day) or OSTEO-PLEX (4 per day). For optimum utilization, take calcium with food later in the day.

WHEN SPECIAL NEEDS ARISE

When patients have special multiple vitamin/mineral needs, refer to Anabolic Laboratories other excellent multiple formulas: AVED-GEST (mature patients or those needing enzyme/HCl support), AVED-EZE (chewable), PMS MULTI and PRENATAL MULTI.

HOW SUPPLIED

AVED-M®: Dark yellow speckled oval tablet; 60 or 120 per bottle.

IRON-FREE AVED-M®: Yellow speckled oval tablet; 60 or 120 per bottle.

References

1. **Biochemistry**, C.K. Mathews, K.E. Van Holde and K.G. Ahern Addison-Wesley, Pearson Publishing (1999).
2. **Modern Nutrition Health and Disease, Edition Eight**, eds, ME Shills, JA Olson, M Shike, Lea & Febiger, Philadelphia (1994).