

Primal Multi™

Ancestral Diet Multivitamin and Multimineral



FOUNDATIONAL HEALTH



Primal Multi™ is a first-of-its-kind multivitamin, mineral, and phytonutrient blend specifically formulated to mimic the nutrient intakes found in an optimal evolutionary human diet. The levels of nutrients provided by Primal Multi™ were devised based on the concept of evolutionary adaptation of human physiology corresponding to a whole food, nutrient-dense diet.

The ingredients in Primal Multi™ have been sourced as naturally occurring or bioidentical forms. In addition to essential vitamins and minerals, this formula includes select phytonutrients, which are chemicals found in plants shown to support healthy physiology* (such as lutein, lycopene, resveratrol, sulforaphane, citrus bioflavonoids, polyphenols, and more), which were likely consumed in greater quantities in the evolutionary past than they are in the modern diet.

Benefits*

- Supports micronutrient status in the body
- Promotes the optimal intake of essential nutrients to support overall health
- Ideal for individuals following a Paleo-style or ancestral diet
- Promotes antioxidative status

Recommended Use

Take 4 capsules per day or as directed by your health-care practitioner. (Divided dosing recommended.)

Warning: If taking a blood thinning medication, consult a health-care practitioner before use.

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The majority of commercially available multivitamin and mineral formulas are designed to meet 100% of the Recommended Daily Allowance or Adequate Intake, or some percentage thereof. However, these values represent the minimum intake required to reduce risk for overt nutrient deficiency; they were not intended to support optimal health or address common needs for nutrient absorption support.

Primal Multi™ was formulated to compensate for the nutrients lost from modern agriculture practices that deplete the soil of vitamins and minerals, the daily exposure to environmental toxins and stress, and other dietary and lifestyle factors to support overall health.*

Highlights

- Formulation corresponds to amounts found in whole-food, nutrient-dense evolutionary diets for optimal health*
- Bioidentical and bioactive forms of B vitamins for enhanced bioavailability*
- Chelated minerals for superior absorption and bioavailability*
- Comprehensive blend of phytonutrients included to support antioxidant status and cellular health*
- Provides 50 mcg (2,000 IU) of vitamin D3 per serving
- Tocopherol-free form of vitamin E isomers (as DeltaGold® delta- and gamma-tocotrienols)

To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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*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.