



# EAT AND THINK 2WIN

## Multi Express

**Multi Express** is a vegetarian multi-vitamin/mineral/anti-oxidant/enzyme/amino acid formula with a full spectrum of nutrients including a whole green food complex. Delivers over 60 well-balanced nutrients that take the guess work out of daily supplementation.

**Provides comprehensive nutrition to support the body's main systems including:**

- The Brain and Nervous system
- Liver, Heart and Vascular System
- Immune System
- Musculoskeletal System
- Energy production
- Digestion, Metabolism, and Antioxidant Defense

**Multi Express contains:**

- Vitamins and Minerals
- A proprietary ORAC blend of whole food extracts
- Anti-oxidants, Amino Acids and Enzymes
- Bioflavonoids and Proanthocyanidins

**Antioxidant Defense and Glutathione:** A good antioxidant defense is important in a superior multi. Glutathione is the master antioxidant inside the body. Selenium, vitamin C and N-Acetyl Cysteine are included as precursors to glutathione synthesis. An antioxidant spectrum of natural Vitamin E, Vitamin C, Beta Carotene, Selenium, Lutein, Lycopene, Proanthocyanidins.

**ORAC blend of Whole Food Complex** containing, broccoli, carrots, apple, blueberry, cranberry, kale, spinach plus many others (see facts panel)

**Bioflavonoids & Phenolic Compounds:** A mixture of citrus bioflavonoids, quercetin, hesperidin, rutin and proanthocyanidins have been included to support the immune system, capillary and connective tissue health.\* Bioflavonoids also increase the effectiveness of Vitamin C by 50%. This superior multi-vitamin contains a multitude of phenolic compounds including bioflavonoids, and a Whole Food Complex.

**Bone Health Complex:** Vitamin D, Vitamin C, folic acid, B6, B12, boron, calcium, magnesium, and zinc have been included to support bone strength and density.

**Cardiac Support:** Natural Vitamin E, magnesium, Lycopene, and gamma tocopherol have been included to support circulation, energy production and to provide antioxidant support.

**Digestion & G.I. Tract Health:** Digestive enzymes help to support digestion of food from the diet and promote G.I. Tract health.

**Homocysteine Management Support:** B6, B12 and folic acid have been included to support methylation and the recycling of homocysteine.

**Immune System Support:** Vitamins A, C, B6, E, Folic Acid, and Zinc are all added to support a healthy immune system.

**Lipotropic Factors:** Choline and Inositol catalyze fat metabolism and have been included for their benefits in the area of mental and physical energy.

### SUPPLEMENT FACTS

#### Serving Size: 4 Capsules

Vitamin A	3750 iu (2,500 IU as Beta Carotene)
Vitamin C (Ascorbic Acid)	350 mg
Vitamin D3 (cholecalciferol)	100 IU
Vitamin E (natural d-Alpha Tocopheryl Succinate)	100IU
Thiamin	25 mg
Riboflavin	12.5 mg
Niacin (as Niacinamide)	47.5 mg
Vitamin B6 (Pyridoxal-5 Phosphate)	25 mg
Folic Acid	200 mcg
Vitamin B12 (Methylcobalamin)	200 mcg
Biotin	150 mcg
Pantothenic Acid (as D-Calcium Pantothenate)	125 mg
Calcium (Ca Citrate)	125 mg
Iodine (from Kelp)	50 mcg
Magnesium (Mg aspartate)	125 mg
Zinc (Zn amino acid chelate)	7.5 mg
Selenium (Selenomethionine)	50mcg
Copper (Copper amino acid chelate)	5 mg
Manganese (Mn Amino Acid Chelate)	2.5 mg
Chromium (Cr Polynicotinate)	50 mcg
Molybdenum	25 mcg
Potassium (K Gluconate)	25 mg
ORAC Blend	475 mg

A Whole Food Complex containing a proprietary blend of kale, carrot, spinach, radish, celery, apricot, blackberry, cranberry, grape, pineapple, blueberry, garlic, broccoli, cauliflower, spirulina, chlorella, green papaya powder, green tea extract, sprouted grass juice, wheat grass juice, beet powder, apple pectin.

Anti-oxidants	
Lutein(natural)	1.5 mg
Lycopene(natural)	1.5 mg
Zeaxanthin	25 mg
Inositol	25 mg
Choline	15 mg
PABA	12.5 mg
Boron(Amino acid chelate)	375 mcg
Vanadium	12.5 mcg
Amino Acids and Enzymes	
Betaine	28.5mg
NAC	37.5 mg
Bromelain	12.5mg
Glutamic acid	5 mg
L-methionine	3 mg
Bioflavonoids and Proanthocyanidins	
Rose Hips	25 mg
Mixed Citrus Bioflavonoids	25 mg
OPC(Oligomeric Proanthocyanidis)	12.5 mg
Hesperidin	9 mg

**Other Ingredients:** vegetable cellulose

• **Suggested Use:** As a dietary supplement, take 4 vegetarian capsules with food per day or as directed by your health care practitioner.

• **Warning:** If pregnant or nursing, consult your health care practitioner before taking this product.

**Allergy Information:** This formula is free of soy, egg, gluten, milk, rice, sodium, wheat, yeast, added sugars, starches, synthetic dyes, artificial colorings and flavorings.



Manufactured to cGMP standards and distributed by:  
Eat and Think 2 Win  
1700 South Ocean Blvd  
Delray Beach Florida 33483  
516-200-5400  
www.EatAndThink2Win.com

\*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.

Copyright© 2013 by Eat and Think 2 Win. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.