



Balanced Multi

(Formerly Formula III)

Our most popular multi-vitamin/mineral formula is recommended for people of *all* Metabolic Types who have gone through the initial balancing phase using *Formula I* or *II*. It is also recommended for individuals with malabsorption or other intestinal conditions, diabetes, cancer, or any other advanced degenerative disease, or for anyone suffering from general debility.

- The revised *Balanced Multi* contains more of the highly bioavailable co-enzyme forms of several B-vitamins, such as riboflavin 5-phosphate and methylcobalamin
- The amounts of several key components have been increased, such as folic acid (800 mcg), B-12 (250 mcg), vitamin D3 (400 iu), boron (3 mg) and selenium (200 mcg)
- Vitamin K (100 mcg) and copper (2 mg) have been added
- Chromium has been upgraded to the more bioavailable Chromate™ form (chromium polynicotinate) and citrate has been added as one of the carriers for magnesium
- We have removed PABA, a common allergen, as well as choline which has a somewhat fishy odor, and which recent research suggests is best absorbed as phosphatidyl choline (as found in PMN's *Neptune Krill Oil*) rather than as the potentially toxic free choline
- *Balanced Multi* contains a 50:50 ratio of the Group I and Group II versions of certain nutrients (e.g. vitamin B-3 as niacin and niacinamide, vitamin C as ascorbic acid and calcium ascorbate, vitamin A as palmitate and beta carotene) as well as balanced Group I and II mineral carriers (e.g. aspartate and citrate)
- As with all PMN supplements (except *Neptune Krill Oil*), *Balanced Multi* is encapsulated in vegetarian capsules
- Suggested dose is six capsules daily, in divided doses taken with meals; more or less may be taken as desired
- The price remains unchanged despite the upgrades

Supplement Facts		
Serving Size 6 Vegetarian Capsules • Servings Per Container 30		
Amount Per Serving		% DV
Vitamin A (50% palmitate/ 50% beta-carotene)	10,000 iu	200%
Vitamin C (50% ascorbic acid/ 50% calcium ascorbate)	1,000 mg	1670%
Vitamin D3 (cholecalciferol)	400 iu	100%
Vitamin E (d-alpha tocopheryl succinate)	200 iu	670%
Vitamin K (phytonadione)	100 mcg	125%
Vitamin B1 (thiamin HCl)	50 mg	3335%
Vitamin B2 (riboflavin/ riboflavin 5-phosphate)	25 mg	1470%
Vitamin B3 (niacin/ niacinamide)	100 mg	500%
Vitamin B5 (calcium pantothenate)	250 mg	2500%
Vitamin B6 (pyridoxine/pyridoxal 5-phosphate)	50 mg	2500%
Vitamin B12 (cyanocobalamin/ methylcobalamin)	250 mcg	4170%
Folic acid	800 mcg	200%
Biotin	300 mcg	100%
Calcium (citrate/ ascorbate/ pantothenate)	250 mg	25%
Magnesium (aspartate/ ascorbate/ citrate)	250 mg	65%
Potassium (aspartate)	99 mg	4%
Zinc (Optizinc™)	20 mg	135%
Selenium (selenomethionine)	200 mcg	285%
Iodine (as kelp)	75 mcg	50%
Manganese (aspartate)	5 mg	250%
Chromium (Chromate™)	200 mcg	170%
Molybdenum (chelate)	50 mcg	70%
Copper (sebacate)	2 mg	100%
Inositol	50 mg	-
Vanadium (vanadyl sulfate)	25 mcg	-
Boron (citrate)	3 mg	-

Other ingredients: cellulose and magnesium stearate

Balanced Multi (180 Capsules) Item # PMN 103

*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.*

Personalized Metabolic Nutrition

(800) 772-0646/ Fax (415) 257-3519 / pmn@meta-typing.com