

Top of the range multivitamin

**IF YOU WANT ALL THAT IS BEST in a two-a-day
multivitamin formula then look no further..**

Viridian's **MultiPhytoNutrient Complex** is formulated to combine the benefits of taking an excellent multivitamin with a strong phyto-nutrient complex.

Designed to offer the key nutrients involved in **energy** production, **anti-stress** and **cell support**, this formula is a daily health insurance policy.

A happy side-effect of the MultiPhytoNutrient Complex is its ability to enhance the appearance of skin, hair and nails.

100% ACTIVE INGREDIENTS

All Viridian products are manufactured to the highest standards without the use of fillers and binders. This makes them far purer than other products available and more cost effective.

BALANCED B-COMPLEX

The B-complex used in Viridian's MultiPhytoNutrient Complex is a balanced formula. Vitamin B5 (pantothenic acid) is the major consideration as it is the main anti-stress and 'energy' vitamin that the body requires. B5 exerts anti-inflammatory properties whilst a deficiency can lead to various ailments, including fatigue, depression, insomnia, poor muscle co-ordination and muscle cramps. Deficiencies in the other B vitamins can lead to individuals suffering from one or more of the following; chronic fatigue syndrome, depression, raised cholesterol and migraine headaches.

MULTI ASCORBATE & LOW ACID VITAMIN C

As well as providing 440mg of vitamin C, the multi-ascorbate complex also provides the body with highly absorbable levels of Magnesium, Calcium and Zinc. The vitamin C is low acid so as to minimise possible irritation to the

digestive system, compared with straight ascorbic acid. Additionally, the use of organic acerola – nature's richest source of vitamin C, provides a wide range of synergistic collagen protecting bioflavonoids.

PHYTONUTRIENT CONTENT

The key active compounds found in pine bark extract, grape seed extract, green tea and quercetin are flavonoids, polyphenols, oligomeric proanthocyanidins (OPCs) and catechins. All these compounds have pronounced and varied beneficial effects on the body. OPCs found in pine bark and grapeseed extracts help protect against free radical damage to cells. This effect can be up to 50 times more active than the antioxidant effect of vitamin C and E. Pine bark and grape seed support the collagen matrix and protect against premature skin wrinkling.

HIGHLY ABSORBABLE MINERAL CHELATES

Mineral chelates offer excellent levels of absorption and utilisation. Included in this product are high levels of the essential minerals Zinc, Selenium, Copper and Manganese.

NATURAL CAROTENOIDS

Natural source offers higher absorption over its synthetic counterparts and also ensures that other naturally occurring synergistic nutrients are included.

DIGESTIVE ENZYMES

Bromelain is a protein-splitting enzyme used to aid the digestion of food and improve nutrient absorption.

ALPHA LIPOIC ACID & Co-Q10

Alpha lipoic (ALA) acid is a sulphur-containing vitamin-like substance which acts uniquely as a potent antioxidant in protecting

against both fat and water soluble free radicals. Co-enzyme Q10 helps to convert food into **energy** through the production of the energy molecule (ATP).

SULPHUR AMINO ACID COMPLEX

Most of the body's sulphur requirements are obtained from sulphur-containing amino acids found in protein rich foods. The richest sources of sulphur are the amino acids methionine and cysteine. Cysteine is also one of the amino acids that go to make glutathione along with glutamic acid and glycine.

Sulphur is a constituent of teeth, bones, nails, hair and collagen. It is also a component of insulin and as such is needed to regulate blood sugar levels.

IRON FREE

There are those who wish to avoid iron. With this in mind the MultiPhytoNutrient Complex is iron free. For those with supplemental requirements for iron, it would be prudent to take an additional iron supplement separately.

PURE CAPSULES

100% active ingredients. No fillers or binders, no nasties whatsoever. Vegetarian capsules dissolve much more easily than tablets.

INSURANCE POLICY

As we can see, Viridian's MultiPhytoNutrient Complex offers a wealth of health benefits, **protecting** against cell damage, helping **boost energy** levels, supporting the immune system and enhancing the appearance of **hair, skin and nails**.

This two-a-day formula is a healthy insurance policy suitable for adults.

Why take
Viridian's MULTI
Phytonutrient
COMPLEX?

100% active ingredients

No fillers, binders
or other nasties

Balanced B-Complex

Low acid vitamin C

Highly absorbable minerals

Natural carotenoids

Digestive aids

Sulphur aminos

Veg capsules

No iron

Vegan formula

Fabulous value
for money
(see overleaf)



NOTE: This leaflet is not intended to replace the guidance of a health practitioner. Consult your doctor if you are already taking medication.



Fabulous value for money

Save £32 on this exceptional multivitamin

MultiPhytoNutrient Complex
60 capsules
RETAIL PRICE **£24.30**

INGREDIENTS: two vegan capsules provide:

Mineral Ascorbate Complex 533mg

Providing:
Vitamin C.....444mg
Magnesium.....20mg
Calcium.....10mg
Zinc.....15mg

More minerals

Selenium (methionine) 200ug
Copper (amino acid chelate) 1mg
Manganese (amino acid chelate) 1mg
Chromium (picolinate) 200ug
Boron (citrate) 500ug
Molybdenum (ammonium molybdate) 50ug

Carotenoid Complex (as D.salina algae) 80mg

Providing:
Beta carotene.....6mg
Alpha Carotene.....189ug
Cryptoxanthin.....46ug
Zeaxanthin.....38ug
Lutein.....30ug

95% Proanthocyanadin Complex 145mg

Providing:
Grape seed Extract....120mg
Pine Bark Extract.....25mg

Sulphur Amino Acid Complex 50mg

Providing:
L-Cysteine.....20mg
L-Methionine.....20mg
L-Glutathione (reduced)...10mg

B-Complex 310mg

Providing:
Thiamin (Vitamin B1 as HCl) 25mg
Riboflavin (Vitamin B2) 25mg
Niacin (Vitamin B3 as nicotinamide) 50mg
Pantothenic acid (Vitamin B5 as calcium pantothenate) 150mg
Vitamin B6 (pyridoxine HCl) 25mg
Vitamin B12 (cyanocobalamin) 50ug
PABA (para amino benzoic acid) 25mg
Inositol 5mg
Choline Bitartrate 5mg
Folic Acid (folacin) 400ug
Biotin 50ug

MCT (medium chain triglycerides) 50mg
Co-Q10 20mg

PLUS ALL THIS...

Alpha Lipoic Acid 20mg
Bromelain 10mg
Quercetin 10mg
Acerola 10mg
Vitamin D2 (vegan source) 50iu
Vitamin K 50ug
Green Tea Extract (95% polyphenols, min 70% catechins) 50mg
In a base of Alfalfa, Spirulina & Bilberry

Equivalent nutrients approx cost if bought separately



Balanced Zinc Complex 30s **£6.80**

+



Trace Mineral Complex 30s **£7.60**

+



Beta Carotene Complex 30s **£8.05**

+



Pycnogenol with grape seed ext 30s **£16.25**

+



High Five B-Complex 30s **£6.50**

+



Co-Q10 30mg with MCT 30s **£11.65**

Total minimum value if bought separately **£56.85**

Saving you **£32.55**