

MULTIFY

TUTTI FRUTTI FLAVOR FOOD SUPPLEMENT



PRODUCT HIGHLIGHTS

The fun and functional way to safeguard children's nutritional needs. Multify is a sugar-free, chewable multivitamin in a kid-friendly, tutti frutti flavor. The unique, proprietary blend features 16 essential nutrients including vitamins, minerals, beta-glucans and choline.

The tasty and carefully formulated multi-immune food supplement is intended to bridge the nutritional gaps of our modern diet with vitamins (A, B₁, B₂, B₃, B₅, B₆, folate, B₁₂, C, D₃, K₂), minerals (iodine and zinc), beta-glucans and choline.

One size does not fit all, and personalized nutrition tailors to the entire family. Multify is based on age-specific recommendations, emphasizing that diet and lifestyle differs between children, families, and periods in life.

Multify is especially created to optimize children's immune system, growth and bone development. However, the elegant and clever formulation provides support for the whole body and every member of the family throughout life.

Content: 22 g, 60 chewable tablets

KEY BENEFITS

Multi-immune support for all life stages

- ▶ Multify contains essential nutrients that supports the normal function of the immune system across various life stages^{1,2}.

Normal growth and development of bone in children

- ▶ Multify contains iodine that supports normal growth of children³ and vitamin D that is needed for normal growth and bone development in children⁴.

Proprietary blend of carefully selected ingredients

- ▶ Including 12 vitamins, 2 minerals, beta-glucans and choline.

Kid-friendly and tasty chewable with tutti-frutti flavor

- ▶ Offering parents peace of mind while empowering children with healthy habits.

Building the next generation of superheroes

- ▶ Created by parents, backed by science and approved by kids.

SUPPLEMENT FACTS

Nutritional value and content per:	2 tablets
Vitamin A	400 µg RE (50%*)
Thiamin	0.55 mg (50%*)
Riboflavin	0.70 mg (50%*)
Niacin	8 mg (50%*)
Pantothenic acid	3 mg (50%*)
Vitamin B ₆	0.70 mg (50%*)
Folic acid	100 µg (50%*)
Vitamin B ₁₂	1.25 µg (50%*)
Vitamin C	40 mg (50%*)
Vitamin D	5 µg (100%*)
Vitamin E	6 mg α-TE (50%*)
Vitamin K	37.5 µg (50%*)
Zinc	2 mg (20%*)
Iodine	75 µg (50%*)
Beta glucan extract	100 mg
Choline	40 mg

*Nutrient reference values (NRV)

RECOMMENDED DAILY DOSAGE: Children 4–11 years: 1–2 tablets per day. Adolescents: 12–18 years: 1–3 tablets per day. Adults above 18 years: 1–4 tablets per day. Do not exceed recommended daily dose. Food supplements are not intended as a substitute for a balanced and varied diet.

STORAGE: Dry at room temperature. Keep out of reach of children.

INGREDIENTS: Bulking agents (sorbitol, mannitol), sweeteners (xylitol, sucralose, steviol glycosides from stevia), 1-3, 1-6 beta-glucan blend from yeast (*Saccharomyces cerevisiae*) as Wellmune®*, L-choline bitartrate*, vitamin E (mixed tocopherols)*, vitamin C (ascorbic acid)*, humectant (beta-cyclodextrin), vitamin K₂ (menaquinone)*, anti-caking agent (stearic acid), flavor, zinc (zinc bisglycinate)*, iodine (potassium iodide)*, vitamin B₃ (niacinamide)*, vitamin A (beta carotene)*, pantothenic acid (calcium-D-pantothenate)*, vegan vitamin D₃ (cholecalciferol)*, vitamin B₆ (pyridoxine hydrochloride)*, vitamin B₁ (thiamine hydrochloride)*, vitamin B₂ (riboflavin)*, folic acid ((6S)-5-methyltetrahydrofolic acid, glucosamine salt) as Quatrefolic®*, vitamin B₁₂ (methylcobalamin)*. With sweeteners. Excessive consumption may produce laxative effects. *EU-origin and Non-EU origin.

FILL THE GAP OF OUR MODERN DIET

Our diet has dramatically changed over the last decades and up to 50% of the foods we buy in stores today are ultra-processed. These foods are typically energy dense while nutrient poor, which means that they often are high in energy, saturated fatty acids, salt and sugars, while low in essential nutrients such as vitamins and minerals.

Ultra-processed foods are consumed by all age-groups, from young children, adolescents, adults and the elderly. And it is no wonder; we have limited time to cook, and ultra-processed foods are easy and fast to prepare and designed to be tasty. However, they also take up valuable space in our diet. Space that could have been filled with more nutritious, whole foods.

We aim to bridge the gaps in our modern diet by introducing Multify, with carefully selected essential nutrients supporting immune system and health during different stages in life.

OPTIMIZING OUR CHILDREN'S HEALTH

As parents we want to feel confident that our children meet their individual requirements for essential nutrients. We want them to grow, develop and flourish into healthy and happy individuals, having an optimal foundation for learning, playing and exploring the world. That is our responsibility and privilege as parents. Multify offers peace of mind for parents and supports the entire family on their health journey together.

IMMUNE SUPPORT

Having a well-regulated immune system is crucial for all age groups, particularly our children's. Viruses and bacteria are normal intruders in every family, and it is important to support children's immune system to keep them healthy.

Multify is a comprehensive immune system support, containing 1-3, 1-6 beta-glucans from yeast, 7 vitamins and zinc that contribute to the normal function of the immune system^{1,2}.

GROWTH AND DEVELOPMENT

Growth and development in children are complex processes influenced by genetic, nutritional, and environmental factors. As children grow older, they reach milestones in how they play, learn, speak, act and move.

Nutrition plays an essential role in growth and development of children. Multify contains vitamin D and iodine, two key nutrients contributing to normal growth and development of bone in children^{3,4}.

In addition, Multify contains key nutrients involved in supporting the cellular environment, normal DNA synthesis and regulation of hormonal activity^{11,12,13,14,15}.

COGNITIVE FUNCTIONS

Multify contains choline, which previously was known as vitamin B₄. We are only able to make choline in small amounts and it is often difficult to meet our individual requirements. Children, pregnant and nursing women are more vulnerable to choline deficiency.

The body needs choline to synthesize phosphatidylcholine and sphingomyelin, two major phospholipids vital for cell membranes. It is also required to produce acetylcholine, an important neurotransmitter for memory, mood, muscle control, and other basic functions. Choline is involved in many processes in the body, including cell structure, cell messaging, fat transport and metabolism, DNA synthesis, and maintaining a healthy nervous system.

In addition to choline, Multify contains 8 vitamins and 2 minerals that contributes to normal cognitive and psychological function, normal mental performance, normal functioning of the nervous system and reduction in tiredness and fatigue^{5,6,7,8,9}.

WHOLE-BODY SUPPORT

Multify's proprietary blend supports the maintenance of various bodily functions across all ages. This support includes maintenance of normal muscle and heart function, normal vision, bones, skin, teeth, hair, mucous membranes and collagen formation^{16,17,18,19,20,21,22,23,24}. Specific B-vitamins contribute to normal blood formation and maintenance of red blood cells, and vitamin K contribute to normal blood clotting^{25,26,27,28}. Finally, some of the selected nutrients in Multify contribute to absorption and utilization of iron, calcium and phosphorous and regeneration of vitamin E, while zinc contributes to normal metabolism of vitamin A^{29,30,31,32,33,34}.

MULTIFY HEALTH CLAIMS (EU)

¹ Vitamin D contributes to the normal function of the immune system in children.

² Vitamin A, vitamin B₆, folate, vitamin B₁₂, vitamin C, vitamin D and zinc contributes to the normal function of the immune system.

³ Iodine contributes to the normal growth of children.

⁴ Vitamin D is needed for normal growth and development of bone in children.

⁵ Iodine and zinc contribute to normal cognitive function.

⁶ Pantothenic acid contributes to normal mental performance.

⁷ Thiamine, niacin, vitamin B₆, folate, vitamin B₁₂ and vitamin C contribute to normal psychological function.

⁸ Riboflavin, niacin, pantothenic acid, vitamin B₆, folate, vitamin B₁₂ and vitamin C contribute to the reduction of tiredness and fatigue.

⁹ Thiamine, riboflavin, niacin, vitamin B₆, vitamin B₁₂, vitamin C and iodine contribute to normal functioning of the nervous system.

¹⁰ Thiamine, riboflavin, niacin, pantothenic acid, vitamin B₆, vitamin B₁₂, vitamin C and iodine contribute to normal energy-yielding metabolism.

¹¹ Riboflavin, vitamin C, vitamin E and zinc contribute to the protection of cells from oxidative stress.

¹² Folate, vitamin B₁₂, vitamin D and zinc have a role in the process of cell division.

¹³ Vitamin A has a role in the process of cell specialisation.

¹⁴ Zinc contributes to normal DNA synthesis.

¹⁵ Vitamin B₆ contributes to the regulation of hormonal activity.

¹⁶ Vitamin D contributes to the maintenance of normal muscle function.

¹⁷ Vitamin D, vitamin K and zinc contribute to the maintenance of normal bones.

¹⁸ Vitamin C contributes to normal collagen formation for the normal function of cartilage, bones, teeth, gums, blood vessels and skin.

¹⁹ Vitamin A, riboflavin, niacin, iodine, zinc contribute to the maintenance of normal skin.

²⁰ Vitamin A, riboflavin and zinc contribute to the maintenance of normal vision.

²¹ Vitamin D contributes to the maintenance of normal teeth.

²² Zinc contributes to the maintenance of normal nails and hair.

²³ Vitamin A, niacin and riboflavin contribute to the maintenance of normal mucous membranes.

²⁴ Thiamine contributes to the normal function of the heart.

²⁵ Folate contributes to normal blood formation.

²⁶ Vitamin B₆ and vitamin B₁₂ contribute to normal red blood cell formation.

²⁷ Riboflavin contributes to the maintenance of normal red blood cells.

²⁸ Vitamin K contributes to normal blood clotting.

²⁹ Vitamin A and riboflavin contribute to the normal metabolism of iron.

³⁰ Vitamin C increases iron absorption.

³¹ Vitamin D contributes to normal blood calcium levels.

³² Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus.

³³ Vitamin C contributes to the regeneration of the reduced form of vitamin E.

³⁴ Zinc contributes to normal metabolism of vitamin A.

MULTIFY

How much food should your children (or you) eat to match the essential nutrients in 2 chewables?
Take a look!

