MULTIFY

CHEWABLE MULTIVITAMIN FOOD SUPPLEMENT

GLUTEN-FREE SUGAR-FREE SPORT Vegan

PRODUCT HIGHLIGHTS

A sugar-free multi-immune supplement to safeguard your children's nutritional needs and support normal immune[1, 2] functions and bone[3] growth in a kid-friendly, tutti frutti flavor with 16 carefully selected vitamins and minerals, including vitamin D and A, zinc, beta-glucans, and choline.

The tasty and carefully formulated multivitamin food supplement features vitamin D, vitamin A and zinc – specifically selected to help parents support the normal function of the immune system[1, 2], provide calcium for normal bone growth[4], and iodine for normal cognitive development[3] in children.

One size does not fit all, and personalized nutrition is tailored 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 with nutrients that support 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.

KEY BENEFITS

Multi-immune support for all life stages

- Multify contains essential nutrients: Vitamins A, B_6, folate, B_{12}, C, D and zinc, which support the normal function of the immune system across various life stages[1,2]

Normal growth and development of bone in children

- Multify contains iodine, which supports the normal growth of children[3], and vitamin D that is needed for the normal growth and bone development in children[4].

Proprietary blend of carefully selected ingredients

- 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	4 tablets
Vitamin A	400 µg RE (50%*)	800 µg RE (100%*)
Thiamine	0.55 mg (50%*)	1.1 mg (100%*)
Riboflavin	0.70 mg (50%*)	1.4 mg (100%*)
Niacin	8 mg (50%*)	16 mg (100%*)
Pantothenic acid	3 mg (50%*)	6 mg (100%*)
Vitamin B_6	0.70 mg (50%*)	1.4 mg (100%*)
Folic acid	100 µg (50%*)	200 µg (100%*)
Vitamin B_{12}	1.25 µg (50%*)	2.5 µg (100%*)
Vitamin C	40 mg (50%*)	80 mg (100%*)
Vitamin D	5 µg (100%*)	10 µg (200%*)
Vitamin E	6 mg α-TE (50%*)	12 mg α-TE (100%*)
Vitamin K	37.5 µg (50%*)	75 µg (100%*)
Zinc	2 mg (20%*)	4 mg (40%*)
Iodine	75 µg (50%*)	150 µg (100%*)
Beta glucan extract	100 mg	200 mg
Choline	40 mg	80 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: Sweeteners (xylitol, steviol glycosides from stevia), bulking agents (sorbitol, mannitol), 1,3 / 1,6 beta-glucan blend from yeast *(Saccharomyces cerevisiae)* as Wellmune®*, L-choline bitartrate*, vitamin E (mixed tocopherols)*, vitamin C (L-ascorbic acid)*,anti-caking agent (stearic acid, silicon dioxide), vitamin K_2 (menaquinone)*, zinc (zinc bisglycinate)*, iodine (potassium iodide)*, vitamin B_3 (nicotinamide)*, vitamin A (beta carotene)*, tutti frutti flavoring, vitamin B_5 (calcium-D-panthothenate)*, vegan vitamin D_3 (cholecalciferol)*, vitamin B_6 (pyridoxine hydrochloride)*, vitamin B_1 (thiamine hydrochloride)*, vitamin B_2 (riboflavin)*, folic acid ((6S)-5-methyltetrahydrofolic acid, glucosamine salt) as Quatrefolic®*, vitamin B_{12} (methylcobalamin)*. *With sweeteners. Excessive consumption may produce laxative effects.*
EU-origin and Non-EU origin.* **Keep away from sunlight.

CONTENT: 60 chewable tablets, total net weight 51 g.

MODERN DIET, MODERN CHALLENGES

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 are 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.

Multify is developed with carefully selected essential nutrients supporting our immune system and health during different stages in life.

SUPPORTING OUR CHILDREN

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 adults, by providing 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 SYSTEM

Having a well-regulated immune system is crucial for all age groups, particularly our children. Maintaining a healthy lifestyle helps support children's natural defences.

Multify is a comprehensive immune system support, containing 1-3, 1-6 beta-glucans from yeast, 6 vitamins (vitamins A, B_6, folate, B_{12}, C, D) 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 the growth and development of children. Multify contains key nutrients – riboflavin, vitamin C, vitamin E and zinc – to protect cells from oxidative stress; folate, vitamin B_{12}, vitamin D and zinc to support cell division; vitamin A to aid cell specialization; zinc for normal DNA synthesis; and vitamin B_6 for regulation of hormonal activity.

COGNITIVE FUNCTIONS

The body produces only small amounts of choline, making dietary intake important. Choline requirements increase during periods of growth, pregnancy and breastfeeding, making dietary intake particularly important for these groups.

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 neuro-transmitter 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 in the nervous system.

In addition to choline, Multify contains thiamine, riboflavin, niacin, pantothenic acid, folate, vitamins B_6, B_{12} and C, plus iodine and zinc, which contribute to normal cognitive and psychological function, normal mental performance, normal functioning of the nervous system and reduction of tiredness and fatigue.

WHOLE-BODY SUPPORT

Multify's proprietary blend supports the maintenance of various bodily functions across all ages. The formulation contains vitamins D, K, A, C, thiamine, riboflavin, niacin, and zinc, which support the maintenance of normal muscle and heart function, normal vision, normal bones, skin, teeth and hair, normal mucous membranes and normal collagen formation. Specific B-vitamins contribute to normal blood formation and the maintenance of red blood cells, and vitamin K contributes to normal blood clotting[25, 26, 27, 28].

Finally, some of the selected nutrients in Multify contribute to the absorption and utilization of iron, calcium and phosphorous, and the regeneration of vitamin E, while zinc contributes to the normal metabolism of vitamin A[29, 30, 31, 32, 33, 34].

HEALTH CLAIMS (EU)

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

[2] *Vitamin A, vitamin B_6, folate, vitamin B_{12}, vitamin C, vitamin D and zinc contribute to the normal function of the immune system.*

[3] *Iodine contributes to normal growth of children.*

[4] *Vitamin D is needed for the 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 B_6, folate, vitamin B_{12} and vitamin C contribute to normal psychological function.*

[8] *Riboflavin, niacin, pantothenic acid, vitamin B_6, folate, vitamin B_{12} and vitamin C contribute to the reduction of tiredness and fatigue.*

[9] *Thiamine, riboflavin, niacin, vitamin B_6, vitamin B_{12}, vitamin C and iodine contribute to normal functioning of the nervous system.*

[10] *Thiamine, riboflavin, niacin, pantothenic acid, vitamin B_6, vitamin B_{12}, 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 B_{12}, 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 B_6 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 and 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 B_6 and vitamin B_{12} 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 the 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 the 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!

ZINZINO