

# Multi Daily

*Enjoy a Healthier Life!*

## Recommended Use:

- Helps filling the gaps of unbalanced diet.
- Boosts the good mood & energy level.
- Acts as powerful antioxidant.
- Immunostimulant formula.
- Delivers essential nutrients customized to meet adult's daily needs.

## Recommended Dose:

**Adult:** take 1 tablet daily with food or as directed by a health care practitioner.

**References:** FDA



# Multi Daily

Multivitamins and Mineral Supplements for Adults



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## Deficiency Diseases

Vitamin Name	Deficiency Disease
Vitamin A	Night blindness, Hyperkeratosis, and Keratomalada
Vitamin D	Rickets and Osteomalacia
Vitamin E	Deficiency is very rare; sterility in males and abortions in females, mild hemolytic anemia in new born infants
Vitamin B <sub>6</sub>	Anemia, peripheral neuropathy
Vitamin B <sub>12</sub>	Megaloblastic anemia
Vitamin C	Scurvy
Calcium	No clear cut disease but associated with Vitamin D deficiency
Magnesium	Irritability, tetany, hyper-reflexia and occasionally hypo-reflexia
Iron	Nutritional Anemia Impaired cell-mediated immunity, reduced resistance to infection increased morbidity and mortality and diminished work performance

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- Gives healthy skin and maintains eye sight & night vision (Vitamin A, Carotenoid).
- Increases energy level, boosts metabolism and creates new red blood cells (Vitamin B complex).
- Strengthens the immune system (Vitamin C, Magnesium).
- Vital for bone density & healthy teeth (Vitamin D, Calcium, Phosphorus).
- Significantly impacts how much calcium the body can absorb (Vitamin D).
- Helps the body to use proteins, fats & carbohydrates from the food for energy (Biotin).
- Helps the muscles relax and contract (Calcium, Magnesium).
- Maintains acid-base balance (Phosphorus).
- Improves the nerve impulse transmission (Magnesium).
- Essential for thyroid hormones, regulates growth & metabolism (Iodine).