

Multi-Matrix

A well-balanced blend of vitamins and minerals in their active and highly bioavailable forms for optimal health and wellness.

Gluten Free

GMO Free

Dairy Free



SKU	Size	Format	Flavour
193114	120 v-caps	Vegetable Capsules	
193278	219 g	Powder	Blueberry

- Contains a well-balanced blend of vitamins and minerals to target the unique nutritional needs of adult men and women
- Indicated to support healthy mood balance, energy levels and stress management
- Nutrients are provided in their active and highly bioavailable forms, such as mixed tocopherols, pyridoxal-5-phosphate, methylcobalamin and citrate salt minerals
- Free from iron and copper for added safety in a wide variety of targeted populations

Multivitamin supplements have been used for decades as a way to ensure that the minimum nutrition requirements are met despite daily variations in diet and nutrient intake. Even some of the best and well-balanced diets fall short in certain micronutrient categories. Cyto-Matrix's Multi Matrix is designed to fill these voids and meet the nutritional needs of adult men and women.

Multivitamin supplements in general have been shown to improve the body's stress response, mood and energy levels. However, multivitamin supplements unfairly get categorized as one entity

without recognizing massive quality and dosage differences between formulations. For this reason, it is important to evaluate multivitamin formulas on a number of parameters.

Firstly, different mineral salts and vitamin forms can drastically affect the absorption rates of nutrients through the digestive tract. For example, B-vitamins must first be converted into their active forms before being used within the body. If vitamin B6 is supplemented as pyridoxine HCl, the liver must first convert it into pyridoxal-5-phosphate before it can efficiently be used in physiological processes. The same principle applies to riboflavin, folic acid, vitamin B12 and other vitamins. With minerals, carbonate and oxide forms are commonly used despite the evidence that citrate, amino acid chelates and buffered blends demonstrate superior absorption.

Secondly, a "one-a-day" multivitamin is convenient but it is often not enough to make a difference in health outcomes. To provide meaningful and evidence-based dosages of a wide variety of vitamins and minerals, more than one vegetable capsule or tablet is required. Unfortunately, to reduce capsule

count many multivitamin formulations include only trace amounts of nutrients or exclude certain nutrients, making the formula incomplete.

Cyto-Matrix's Multi Matrix contains a well-balanced blend of vitamins and minerals to meet the daily nutritional requirements of adult men and women. These nutrients are in their active and highly bioavailable forms, such as mixed tocopherols, pyridoxal-5-phosphate, methylcobalamin and citrate salt minerals. Multi Matrix is free from elemental iron and copper for added safety in a variety of patient populations and can be conveniently dosed at 2 capsules twice per day for improved patient compliance.

Each capsule contains

Vitamin C	100mg
(ascorbic acid)	
Vitamin B5	75mg
(calcium D-pantothenate)	
Calcium	40mg
(citrate)	
Mixed tocopherol concentrate	30mg
Magnesium	20mg
(citrate)	
Vitamin B1	20mg
(thiamine HCL)	
Vitamin B6	19mg
(pyridoxal-5-phosphate)	
Niacinamide	15mg
Choline	10mg
(dihydrogen citrate)	
Potassium	10mg
(citrate)	
Vitamin B3	5mg
(niacin)	
Vitamin B2	3.5mg
(riboflavin 5-phosphate)	
Zinc	2.5mg
(citrate)	
Manganese	2.25mg
(citrate)	
Beta-Carotene	1660IU/ 996mcg
Folate	130mcg
(L-5-methyltetrahydrofolate)	
Biotin	125mcg
Vitamin B12	77mcg
(methylcobalamin)	
Selenium	50mcg
(selenomethionine)	
Molybdenum	50mcg
(citrate)	
Vanadium	45.5mcg
(citrate)	
Chromium	45mcg
(citrate)	
Iodine	38mcg
(potassium iodide)	
Vitamin K2	30mcg

(menaquinone-7)

Vitamin D3 250IU (6.25mcg)
(cholecalciferol)

Non-Medicinal Ingredients

Hypromellose, magnesium stearate, microcrystalline cellulose.

Recommended Use Claim

A multi-vitamin and mineral supplement.

Directions of Use

Adults (19 years and older) - Take 2 capsules, 2 times per day with food. Take a few hours before or after other medications or natural health products.

Cautions and Warnings

Allergens: soy. Ask a healthcare professional before use if • you are taking blood thinners • you are pregnant • you are breastfeeding • you have a liver disorder • have a history of non-melanoma skin cancer. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.