

# Magna-Multi™

Daily Support During Weight Loss



Recommended by  
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## DESCRIPTION

When on a weight loss journey, any calorie restriction and increased activity can have the unintended consequence of nutrient depletion. To ensure optimal nutrition during weight loss, it is often advised to consume nutrient-rich foods and add a high-quality, well-rounded multivitamin and mineral supplement. Methylated B vitamins have a direct impact on metabolism, as well as supporting detoxification of hormonal pathways; they also aid the absorption of other nutrients. Magna-Multi™ is designed to aid in improving nutritional status and helping to avoid the risk of reduced nutrient intake during calorie restriction and drug-induced nutrient depletions.

## FUNCTIONS

- Magna-Multi™ is a high-potency, once-daily formula containing B-complex with fully methylated 250 mcg of B-12 (as methylcobalamin), 680 mcg DFE folate (as Magnafolate® C 5-MTHF) and 10 mg of B-6 (as pyridoxal-5-phosphate).
- Preliminary animal studies indicate that B12 conjugation to a GLP-1 agonist may retain the hypoglycemic properties of the medication while greatly reducing CNS-mediated anorexia.<sup>1</sup>
- Magna-Multi™ also contains methylcobalamin and Magnafolate® C (methylfolate) to help support healthy red blood cell formation, which is essential for transporting oxygen throughout the body and maintaining energy levels.<sup>†</sup>
- Magna-Multi™ contains B-6 as pyridoxal-5-phosphate (P5P) which has been shown to be an effective therapy for nausea and vomiting.<sup>2</sup> Along with hydration and slower eating habits, B-6 is often used in order to mitigate gastrointestinal adverse events in patients on GLP-1 agonists.
- Magna-Multi™ is a once-daily providing flush-free niacin (inositol hexanicotinate), thiamin, riboflavin, biotin, pantothenic acid, as well as supportive nutrients like copper, zinc and magnesium. This multi also contains alpha lipoic acid and grape seed extract for added antioxidant support.<sup>†</sup>
- P5P and Magnafolate® C aid the normal production of healthy myelin, which protects the nervous system and its function.<sup>†</sup>

## INDICATIONS

Magna-Multi™ may be a beneficial adjunct therapy for patients undergoing weight loss to ensure optimal nutritional status is maintained during a calorie deficit.

## FORMULA (WW #10440)

### 1 Vegetarian Capsule Contains:

Vitamin A.....	1,500 mcg
Vitamin C.....	90 mg
Vitamin D.....	(1000 IU) 25 mcg
Vitamin E.....	20 mg
Thiamin.....	10 mg
Riboflavin.....	10 mg
Niacin.....	20 mg
Vitamin B-6 (as P5P).....	10 mg
Folate (as L-5MTHF calcium).....	680 mcg DFE
Vitamin B-12.....	250 mcg
Biotin.....	300 mcg
Pantothenic acid.....	10 mg
Iodine.....	150 mcg
Zinc.....	11 mg
Selenium.....	55 mcg
Copper.....	1 mg
Manganese.....	2 mg
Chromium.....	200 mcg
Molybdenum.....	75 mcg
Alpha lipoic acid.....	50 mg
Grape seed extract.....	50 mg
Quercetin.....	40 mg
Marigold (standardized to 10% lutein).....	6 mg
Boron.....	1 mg
Zeaxanthin.....	1 mg
Vitamin K-2.....	45 mcg

Other Ingredients: Vegetarian capsule (modified cellulose, water), organic pea starch, stearic acid.

**Contains NO** sugar, dairy, wheat, gluten, eggs, peanuts, soy, tree nuts, fish, shellfish, preservatives, artificial colors or flavors. This product is iron-free, non-GMO and vegan.

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## SUGGESTED USE

As a dietary supplement, adults take 1 capsule daily, or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light and out of reach of children

## REFERENCES

1. Mietlicki-Baase, Elizabeth G., et al. "A vitamin B12 conjugate of exendin-4 improves glucose tolerance without associated nausea or hypophagia in rodents." *Diabetes, Obesity and Metabolism*, vol. 20, no. 5, 2018, pp. 1223–1234, <https://doi.org/10.1111/dom.13222>.
2. Vutyavanich, Teraporn, et al. "Pyridoxine for nausea and vomiting of pregnancy: A randomized, double-blind, placebo-controlled trial." *American Journal of Obstetrics and Gynecology*, vol. 173, no. 3, 1995, pp. 881–884, [https://doi.org/10.1016/0002-9378\(95\)90359-3](https://doi.org/10.1016/0002-9378(95)90359-3).

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured For:

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