



## **HOLISTIFY® COMPLETE MULTI FIT** ...available with or without Copper and Iron

Boost Energy to support a busy lifestyle  
Support physical and mental stamina  
Maintain healthy bones, joints and muscles  
Anti-aging to help nourish skin, hair and eyes

### **Holistic Fitness® Proudly Announces Our New Complete Multi Fit Copper/ Iron Free**

This classic 6-per day full-spectrum multivitamin includes Albion chelated minerals for maximum bioavailability, high gamma tocopherol Vitamin E, natural mixed carotenoids from the palm tree fruit—the best source of preformed Vitamin A—and additional supportive nutrients not typically found in multivitamins such as alpha lipoic acid, TMG, fruit bioflavonoids and even choline and inositol. It contains a hefty dose of all the B vitamins so easily depleted by stress (B12 in the ideal methylcobalamin form), 500 IU of Vitamin D, and calcium and magnesium in a 1:2 ratio. Selenium and iodine are found together in balance here since it is crucial that the body has both for healthy thyroid function. This is a power-house multi!

As you can see Holistic's new Complete Multi is packed with high quality maximum bioavailable nutrients. Even though 6 per day is recommended as a stand alone multivitamin, our in-house Doctor recommends taking 2-4 per with meals especially when using other supplements that may have overlapping ingredients.

This formula has been designed for patients with high oxidative stress or elevated metals, men receiving adequate iron in their diets, and menopausal women.

Just like drug advertisements we are provided this information so that you are an informed consumer. With this information we hope you will consult your licensed health care practitioner about the possible nutritional benefits of this product. Please read the below disclaimer.

*\*These statements have not been evaluated by the food and drug administration. This product is not intended to diagnosis, treat, cure or prevent any disease.*

*Ask your healthcare practitioner how the ingredients in this formula make it ideal for nutritional support while you are being treated for issues related to stress, detoxification, immune issues, heavy metals, mercury toxicity*

**To place an order, or for more  
information, please visit us at:**

**Real Raw Live  
5913 West Franklin Ave.  
Hollywood, CA 90028  
or at [www.holisticfitness.com](http://www.holisticfitness.com)**



## Ingredients

Size: 180 capsules

Six capsules contain:

Vitamin A (as Mixed Carotenoids from palm tree fruit)	7,142 IU
alpha carotene	24 mg
beta carotene	70 mg
Vitamin C (as Ascorbic Acid)	600 mg
Vitamin D (as Cholecalciferol)	500 IU
Vitamin E	100 IU
d-gamma tocopherol	200 mg
d-delta tocopherol	84 mg
d-alpha tocopherol	44 mg
d-beta tocopherol	6 mg
Vitamin B1 (as Thiamine HCl)	75 mg
Vitamin B2 (as Riboflavin)	75 mg
Vitamin B3 (as Niacinamide)	75 mg
Vitamin B6 (as Pyridoxine HCl)	50 mg
Folic Acid	800 mcg
Vitamin B12 (as Methylcobalamin)	500 mcg
Biotin (as d-Biotin)	500 mcg
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg
Calcium (as Calcium Bis-Glycinate Chelate)	100 mg
Iodine (as Kelp)	200 mcg
Magnesium (as Magnesium Chelazome® Bis-Glycinate Chelate)	200 mg
Zinc (as Zinc Chelazome® Bis-Glycinate Chelate)	25 mg
Selenium (as Glycinate Complex)	250 mcg
Manganese (as Manganese Chelazome® Bis-Glycinate Chelate)	1 mg
Chromium (Chromium Chelavite® Nicotinate-Glycinate Chelate)	200 mcg
Molybdenum (as Bis-Glycinate Chelate)	100 mcg
Potassium (as Aspartate Complex)	100 mg
Choline (as Citrate)	100 mg
Inositol	100 mg
PABA	25 mg
Boron (as Glycinate Complex)	2 mg
Vanadium (Vanadium Chelavite® Nicotinate-Glycinate Chelate)	100 mcg
Alpha Lipoic Acid	10 mg
Trimethylglycine	200 mg
Hesperidin	10 mg
Quercetin Dihydrate	25 mg
Rutin	25 mg

Other Ingredients: Magnesium stearate, gelatin (capsule).

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Chelazome, Chelavite and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. Chelates covered by U.S. Patents 4,599,152, 4,830,716, 4,863,898, 5,614,553 and patents pending.



## Questions and Answers about Complete Multi Fit

**Question:** Why is Vitamin A listed as Mixed Carotenoids, I noticed a mixture of 7,142 IU listed in Complete Multi Fit

**Answer:** Firstly, how wonderful, finally a supplement with mixed carotenoids, the safest way to get Vitamin A. Carotenoids are a family of natural substances related to Vitamin A, powerful antioxidants, most of them converted to Vitamin A.

Vitamin A supplements themselves can be toxic when taken in excess. The mixed carotenoids are derived from the palm tree fruit—the best source of preformed Vitamin A. The most important thing to remember about carotenoids is that they're good for you.

**Question:** Many of you have asked which one of our Complete Multi to choose?

**Answer:** When we asked Dr. Abbatiello why choose the Holistic Fitness Complete Multi iron and copper free over our basic Complete Multi this was his answer:

When choosing a basic multi-vitamin/mineral formula consider this basic guideline; the fe/cu free formula has been designed for patients with high oxidative stress or elevated metals, men receiving adequate iron in their diets, and menopausal women. These are people for whom the burden of what could be toxic metals (iron and copper) would be a detriment. Iron tends to create constipation especially in women. People with hepatitis (C or B) should also avoid iron. People with Wilson's disease should avoid copper. Copper and iron levels increase and can cause serious health problems in hemochromatosis. For someone with high oxidative stress excessive iron and copper would increase the burden on the liver and kidneys. Menopausal women do not need as much iron in general as they are not losing it during their menstrual cycle. And men (which need less iron for the same reason) can easily get the iron they need from their food.

In general when it comes to iron and copper seek professional advice. When in doubt do without.

