



## Product Information

# Multivitamin EasySticks

### DESCRIPTION

Multivitamin EasySticks, available from Medical Wellness Associates, provide a multivitamin/mineral formula in a unique, great-tasting, direct-to-mouth powder delivery form. This once-daily formula supports optimal health with a comprehensive profile of bioavailable vitamins, chelated minerals and antioxidants.

### FUNCTIONS

- √ Sprinkle directly in the mouth with no water or mixing needed
- √ Comprehensive profile of bioavailable vitamins, chelated minerals and antioxidants
- √ Supports healthy methylation with choline and activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate and Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate\*
- √ Enhanced with blueberry and cherry; studies suggest that consumption of blueberries may help maintain brain health\*
- √ Tastes great

Specifically, it includes activated B vitamins and choline to support healthy methylation. Methylation plays many roles including neurotransmission, vitamin assimilation, DNA synthesis and gene regulation. These functions maintain cardiovascular function, cognition,

emotional wellness and cellular protection.

Folate is offered in this formula as Metafolin® 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate. Vitamin B<sub>12</sub> is offered as hydroxycobalamin, a precursor form of vitamin B<sub>12</sub> converted in the body to both methylcobalamin and adenosylcobalamin. This novel powder can be taken directly in the mouth without mixing and is lightly sweetened with xylitol, blueberry and cherry powder, and stevia leaf extract. Studies suggest that consumption of blueberries may help maintain brain health.\*

### FORMULA

Each stick pack (Approximately 6 G) contains:

Calories.....	10
Total Carbohydrate.....	2.5 g
Total Sugars.....	0.5 g
Sugar Alcohols.....	2 g
Vitamin A.....	300 mcg
(As Retinyl Acetate)	
Vitamin C.....	100 mg
(As Ascorbic Acid)	
Vitamin D.....	10 mcg
(As Cholecalciferol)(D <sub>3</sub> )(400 Iu)	
Vitamin E.....	0.1 mg
(As D-Alpha Tocopherol Succinate)	
Thiamin.....	1.5 mg
(As Thiamin Hcl) (B <sub>1</sub> )	
Riboflavin.....	2 mg
(As Vitamin B <sub>2</sub> And 50% As Riboflavin 5' phosphate (Activated B <sub>2</sub> ))	
Niacin.....	10 mg
(As Niacinamide)	
Vitamin B <sub>6</sub> .....	2.8 mg
(As Pyridoxine Hcl And 50% As Pyridoxal 5' Phosphate (Activated B <sub>6</sub> ))	
Folate.....	500 mcg DFE
(As Metafolin®, L-5-Mthf 300 Mcg)	
Vitamin B <sub>12</sub> .....	5 mcg
(As Hydroxycobalamin)	

(Continued on reverse)

Biotin.....30 mcg  
Pantothenic Acid.....6 mg  
(As D-Calcium Pantothenate) (B<sub>5</sub>)  
Choline.....10 mg  
(As Choline Bitartrate)  
Calcium.....200 mg  
(As Calcium Citrate)  
Iodine.....75 mcg  
(As Potassium Iodide)  
Magnesium.....150 mg  
(As Magnesium Citrate)  
Zinc.....3 mg  
(As Zinc Picolinate)  
Copper.....200 mcg  
(As Copper Bis-Glycinate)

Inositol.....10 mg  
Vitamin K<sub>2</sub>.....22.5 mcg  
(As Menaquinone-7)  
Blueberry Powder.....750 mg  
(Vaccinium Angustifolium) (Fruit) (Organic)  
Cherry Extract.....150 mg  
(Prunus Spp.) (Fruit)  
Other Ingredients: Xylitol, Glycine, Malic Acid, Citric Acid, Stevia Leaf  
Extract

## RECOMMENDATIONS

Adults and children ages 2 and up as a dietary supplement, take 1 stick pack daily, sprinkled directly in the mouth, with a meal.

**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.**

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