

prairienaturals®

MultiVitamin
multiforce



**DAILY
OPTIMAL
NUTRITION**

Available in: 120 V-Capsules and 60 V-Capsules

Why do you need Multi-Force daily?

You eat well. You exercise regularly.

You drink plenty of water. You sleep eight hours every night. You even practice meditation and positive thinking. So why do you need Multi-Force Vegan multiple vitamin and mineral complex? The answer is simple: Multi-Force Vegan ensures your daily optimal nutritional needs are being fulfilled under all conditions and circumstances. Think of it as your nutritional health insurance policy.

- **Methylcobalamin**
- **Vitamin K2 (MK7)**
- **P5P B6**
- **5-MTHF**
- **Organic Superfoods**

Your Lifestyle **multiforce** Your Daily Multi.
Be A Better You. Nourish Who You Are.

Every age and stage of life is unique. And every lifestyle has its own set of daily nutritional requirements. We know that. That's why Prairie Naturals and our team of Canadian nutritional health experts have designed a whole new family of nutritional formulas. Just for you & your lifestyle. Live the Healthy Life with Prairie Naturals.



multiforce vegan

- Men & Women with vegan diet
- Extra iron
- Animal-free ingredients
- Extra calcium

Each V-Capsule Contains

Medicinal Ingredients	Daily Dose
Beta-carotene (all-trans beta carotene)	1500 mcg 7,500IU/UI
Vitamin D2 (vitamin D) (ergocalciferol)	4.165 mcg 500IU/UI
Vitamin E (d-alpha-tocopheryl succinate)	22.311 mg AT 100IU/UI
Vitamin C (calcium ascorbate) 90mg
Vitamin B1 Thiamine (thiamine hydrochloride)24mg
Benfotiamine6mg
Vitamin B2 Riboflavin (riboflavin)30mg
Niacinamide (niacinamide)30mg
Vitamin B6 (Pyridoxine, HCl P5P) 40mg
Vitamin B12 (methylcobalamin) 1,000mcg
Folate (5-Methyltetrahydrofolate) (5-MTHF)1,000mcg
Biotin (biotin)165mcg
Pantothenic acid (calcium-d-pantothenate)30mg
Calcium (calcium citrate, calcium HVP** chelate) 139mg
Magnesium (magnesium citrate, magnesium oxide) 75mg
Boron (boron HVP** chelate) 100mcg
Zinc (zinc citrate) 15mg
Iron (ferrous gluconate) 15mg
Iodine (potassium iodide)300mcg
Manganese (manganous citrate)6mg
Copper (cupric HVP ** chelate) 100mcg
Potassium (potassium citrate)10mg
Chromium (chromic HVP** chelate) 201mcg
Selenium (selenomethionine) 100mcg
Molybdenum (molybdenum HVP** chelate) 51mcg
Vanadium (vanadium HVP** chelate) 75mcg
Vitamin K2 (menaquinone-7) 30mcg
Choline (choline bitartrate)30mg
Inositol (inositol)30mg
Betaine HCl (betaine hydrochloride) 60mg
Bromelain (ananas comosus var. comosus stem)	
(stem bromelain) (720000 FCC PU) 60mg
Burdock Root (arctium lappa) 90mg
Organic Chlorella vulgaris broken cell 90mg
Horsetail Extract (equisetum arvense) (7% silica)141mg
Green Tea Ext (camellia sinensis) (50% polyphenols) 90mg
PABA 15mg
Organic Spirulina Platensis (arthrospira platensis) 90mg

**HVP (Hydrolysed Vegetable Protein chelate)