

➔ The Moss Nutrition Professional Line ➔

ADVANCED VITAMIN & MINERAL SUPPORT • ANTIOXIDANT-RICH • 2 TABLETS PER DAY

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30 & 60 & 120



	Amount Per Serving	% Daily Value
Vitamin A (as palmitate)	5000 IU	100%
Vitamin C (as calcium ascorbate, ascorbic acid)	225 mg	375%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	50 IU	167%
Vitamin B1 (as thiamin HCl)	30 mg	2000%
Vitamin B2 (as riboflavin-5'-phosphate)	15 mg	882%
Vitamin B3 (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg	500%
Folate (as Quatrefolic [®] (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	120 mcg	2000%
Biotin	500 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (as Albion [®] Calcium Citrate-Malate)	40 mg	4%
Iodine (as potassium iodide)	25 mcg	17%
Magnesium (as TRAACS [®] Magnesium Bisglycinate Chelate)	20 mg	5%
Zinc (as TRAACS [®] Zinc Bisglycinate Chelate)	10 mg	67%
Selenium (as Albion [®] Selenium Glycinate Complex)	200 mcg	286%
Manganese (as TRAACS [®] Manganese Bisglycinate Chelate)	10 mg	500%
Chromium (as TRAACS [®] Chromium Nicotinate Chelate)	200 mcg	167%
Molybdenum (as TRAACS [®] Molybdenum Glycinate Chelate)	100 mcg	133%
Potassium (as Albion [®] Potassium Glycinate Complex)	20 mg	0.6%
Inositol	50 mg	**
Choline (as citrate)	50 mg	**
Citrus Bioflavonoid Complex	50 mg	**
Alpha Lipoic Acid	50 mg	**
Coenzyme Q10	30 mg	**
Bromelain (2400 GDU)	20 mg	**
Papain	20 mg	**
Horsetail Aerial Extract (<i>Equisetum arvense</i>)	10 mg	**
Lutein (from Lutemax [®] 2020 marigold flower extract)	5 mg	**
Zeaxanthin (from Lutemax [®] 2020 marigold flower extract)	1 mg	**
Boron (as Albion [®] Bororganic Glycine)	2 mg	**
Vanadium (as TRAACS [®] Nicotinate Glycinate Chelate)	50 mcg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable stearates, silicon dioxide, maltodextrin (non-GMO), hydroxypropyl methylcellulose, glycerin. **Does not contain gluten.**

SUGGESTED USE: 2 tablets per day with meals.

WARNING: If taking medication, pregnant or nursing, consult a physician before using this product.

Albion and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc. TRAACS is a registered trademark of Albion International, Inc.

Quatrefolic[®] is a registered trademark of Gnosis S.p.A. Lutemax[®] 2020 is a trademark of OmniActive Health Technologies, Ltd.

- Foundational micronutrients & advanced specialty nutrients in convenient 2-per-day format.*
- Formulated for superior bioavailability with methylated folate, activated B-vitamins & researched Albion[®] minerals.*
- Antioxidant-rich formula helps benefit whole body wellness.*

BID MultiSelect[®] is a premium quality, conveniently dosed 2-per-day multivitamin/mineral supplement, clinician-designed to offer superior absorption micronutrients plus a unique blend of advanced specialty ingredients to support whole body systems.

The widespread incidence of vitamin and mineral deficiencies may be traced to causes as diverse as depleted soils, high processed food intake, stress overload, chronic inflammation and the fact that few Americans consume the recommended minimum of five servings of vegetables and fruits per day. For these reasons, many experts agree with the findings of a 2002 *Journal of the American Medical Association* article recommending that, based on evidence of effectiveness from randomized trials, every adult would benefit from taking a multivitamin supplement tailored to his or her particular needs. The role of a multi is that of an insurance policy: providing foundational nutrients to help support optimal nutritional status by correcting imbalances and deficiencies.

BID MultiSelect[®] contains researched, bioavailable nutrient forms and meaningful potencies of most known vitamins and minerals. Please note: we intentionally have left out Vitamin K to make this product suitable for patients taking blood thinners. BID MultiSelect[®] is also free of copper and iron, since a majority of adult men and mature women are replete in these minerals. Consider our Ferrochel Select[®] for replenishing low iron stores in patients who require supplemental iron. Vitamin K2 (in the bioactive form of *menaquinone-7*) may be supplied by any of our excellent Vitamin D+K products, providing 2000 IU or 5000 IU vitamin D per capsule.

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



The following premium features make BID MultiSelect® one of the most advanced 2-per-day multiple vitamin and mineral supplements available today:

Foundational Vitamins A, C, D & E. Pure, bioavailable forms of core nutrients are provided in meaningful levels.

Potent, Full-Spectrum B Vitamins in Superior Forms. B vitamins work together as a team to help promote healthy metabolic, nervous system and cardiovascular function. BID MultiSelect® provides superior forms and meaningful potencies of all B vitamins including methylated FOLATE (provided as activated *Quatrefolic® L-5-MTHF*), methylated B12 (as *methylcobalamin*) and preactivated vitamin B6 (as *pyridoxal-5'-phosphate*) for enhanced biological activity.

Quality Minerals for Maximum Absorption. Mineral deficiencies are rampant in the US and around the world. BID MultiSelect® features a broad complement of minerals, primarily in the form of Albion® amino acid chelates, researched for superior gastrointestinal absorption and uptake. CALCIUM & MAGNESIUM—minerals which are frequently entirely absent from 2/day multis—are included in low levels for synergistic support.

Outstanding Antioxidants & Specialty Nutrients Support Whole Body Systems. In addition to the well-absorbed, broad spectrum vitamins and minerals described above, BID MultiSelect® contains an extraordinary blend of beneficial antioxidants and specialty nutrients researched to help quench free radicals, promote healthy eyes & skin, support a strong and healthy heart, a balanced blood sugar response, and more:

CoQ10 & ALPHA LIPOIC ACID are potent antioxidants, well-researched for helping to support proper insulin sensitivity and healthy cardiovascular function.

CHROMIUM & VANADIUM are trace elements, studied to support healthy insulin & blood sugar balance.

CHOLINE & INOSITOL are crucial “lipotropic nutrients”, required by the liver to carry out methylation processes required for healthy detoxification activity.

CITRUS BIOFLAVONOIDS help to recycle vitamin C, quench free radicals and prevent oxidative damage to cells throughout the body.

BORON is a trace element that helps to support strong and healthy bones.

HORSETAIL HERB is one of nature’s richest natural sources of silica, a mineral required to help build healthy bones, skin, hair and nails.

LUTEIN & ZEAXANTHIN (as Lutemax® 2020) offer researched support for healthy eyes, vision and macular integrity. These antioxidant-rich phytonutrients are sourced from sustainably grown marigold flowers.

BROMELAIN & PAPAIN are natural, plant-based enzymes shown to help decrease inflammation and to boost healthy digestion, further enabling the absorption of this product.

BID MultiSelect® should be taken with meals, ideally in two daily divided doses to help enhance uptake and promote consistent levels of supplemental vitamin/mineral support throughout the day.

REFERENCES

1. Fletcher RH, Fairfield KM. Vitamins for chronic disease prevention in adults: clinical applications. *JAMA*. 2002 Jun 19;287(23):3127-9.
2. Huang HY, et al. Multivitamin/mineral supplements and prevention of chronic disease. *Evid Rep Technol Assess (Full Rep)*. 2006 May;(139):1-117.

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