

Evolve Multi

Evolve
WELLNESS

Educate. Empower. Evolve.

ESSENTIAL NUTRITION*



Product Overview*

- 20+ essential vitamins & minerals
- 13 ingredient phytonutrient blend
- Carotenoid based antioxidants
- Energy production & metabolic support
- Body system support

Product Summary*

There's a new revolution in helping patients eat better and supplement smarter. Epidemiologic studies have found that high consumption of plant-based foods, rich in beneficial phytonutrients, as well as essential vitamins and minerals—is associated with better health and longevity.¹⁻³ However, 76% of Americans don't meet recommended daily fruit intake and 87% don't meet recommended daily vegetable intake.⁴ Additionally, over 40% of US adults have inadequate intakes of magnesium and vitamins A, C, D, and E.⁵ A traditional multivitamin/mineral supplement may not provide preferred daily support that complements smart eating habits and promotes wellness and healthy aging. Now there's a growing recognition of the value of dietary phytonutrients — which help support antioxidant protection, DNA stability, and cellular communication that in turn influence metabolic pathways and body systems.⁶⁻¹⁰ Consuming an array of phytonutrients from a variety of fruits and vegetables may increase dietary value due to collective influences on health.¹¹ Phytonutrients can also be provided in supplements when fruit/vegetable intake is less than optimal.

Target Market/Population*

A wide range of individuals may benefit from consumption of Evolve Multi including those with subpar dietary micronutrient intake.

WARNING: Do not use if pregnant or nursing. Excess vitamin A may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day.

Suggested Use

Evolve Wellness recommends one to two tablets once daily with food or as directed by your healthcare practitioner.

The Science

Scientific Rationale*

Evolve Multi represents an entirely new class of “smart” daily nutritional supplementation that goes beyond basic wellness support to recharge, nourish, and defend cells like no other foundation nutrition formula—activating health potential like no other supplement.

It's specifically formulated to target cellular health with a novel combination of essential vitamins and minerals, plus a proprietary blend of concentrated phytonutrients with scientifically tested biological activity designed to protect cells and maintain DNA stability.

Lab Tested

In an experimental research study conducted at the Functional Medicine Research Center® (FMRC, the

* 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.

clinical research arm of Metagenics, Inc.), Evolve Multi's proprietary phytonutrient blend exhibits high antioxidant capacity that supports DNA stability. As demonstrated in the Cometassay, the phytonutrient blend reduces DNA damage at the individual cell level following the exposure to oxidative damage.

In a 4-week open-label study conducted at the FMRC, the effects of 2 daily Evolve Multi tablets on multiple biomarkers were evaluated in 15 healthy adults.¹² Results indicated that:

- Evolve Multi was well absorbed, as indicated by the significant increase in plasma levels of carotenoids, folate, and vitamin B12*
- Serum levels of oxidized LDL (oxLDL), plasminogen activator inhibitor-1 (PAI-1), and myeloperoxidase (MPO)—markers of oxidative stress, cardiovascular health, and overall health—were significantly reduced*

Evolve Multi

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30 or 60

Amount Per Serving	% Daily Value
Total Carbohydrate	<1 g..... <1%*
Dietary Fiber	<1 g..... 2%*
Vitamin A (from mixed carotenoids and retinyl acetate)	3,000 mcg..... 333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg..... 133%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)..... 125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg..... 447%
Vitamin K (as phytonadione USP)	120 mcg..... 100%
Thiamin (as thiamin mononitrate)	25 mg..... 2,083%
Riboflavin	15 mg..... 1,154%
Niacin (as niacinamide and niacin)	50 mg..... 313%
Vitamin B ₆ (as pyridoxine HCl)	25 mg..... 1,471%
Folate (as calcium L-5-methyltetrahydrofolate) [†]	1,360 mcg DFE..... 340%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg..... 8,333%
Biotin	500 mcg..... 1,667%
Pantothenic Acid (as calcium D-pantothenate)	75 mg..... 1,500%
Choline (as choline bitartrate)	25 mg..... 5%
Iodine (as potassium iodide)	150 mcg..... 100%
Magnesium (as magnesium citrate)	40 mg..... 10%
Zinc (as zinc citrate)	15 mg..... 136%
Selenium (as selenium aspartate)	100 mcg..... 182%
Copper (as copper citrate)	1 mg..... 111%
Manganese (as manganese citrate)	0.5 mg..... 22%
Chromium (as chromium polynicotinate)	200 mcg..... 571%
Molybdenum (as molybdenum aspartate complex)	50 mcg..... 111%

Proprietary Phytonutrient Blend of: 400 mg..... **
 Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 43.2 mg gallic acid equivalents (GAE)], grape seed extract [standardized to 85% oligomeric proanthocyanidins], blueberry (*Vaccinium* spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon (*Cinnamomum cassia*) bark powder, Indian gum Arabic tree bark and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 7.6% min sum of carnosol+carosolic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]
 Myo-Inositol..... 25 mg..... **
 Resveratrol (from *Polygonum cuspidatum* root extract)..... 10 mg..... **
 Lutein..... 6 mg..... **
 Lycopene..... 6 mg..... **
 Zeaxanthin..... 2 mg..... **

*Percent Daily Values are based on a 2,000 calorie diet.
 **Daily Value not established.
 Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating [hypromellose, medium-chain triglycerides hydroxypropylcellulose, and sodium copper chlorophyllin (color)].

[†] Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

Manufactured For: Hometown Evolve Wellness • 333 Lowville Road • Rio WI 53960
 To report adverse events call 866-649-4334.

Energy Support & Metabolism*

B-vitamins are essential for everyday life where they serve a multitude of roles in the body including the conversion of dietary food into usable energy, protein metabolism and DNA synthesis. In total, there are eight B-vitamins including thiamine, riboflavin, niacin, pantothenic acid, B6, biotin, Folate and B12.

Body System Support*

Evolve Multi contains numerous micronutrients that support brain and neurological function.^{13,14} This includes vitamin B6, folate (as calcium L-5-methyltetrahydrofolate), and methylcobalamin (B12) which are factors in the metabolism of neurotransmitters.

Additionally, micronutrients present within Evolve Multi are critical in supporting normal cardiovascular, vision, liver and immune functions as well as many other physiological processes.

Evolve Multi with Iron

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (from mixed carotenoids and retinyl acetate)	3,000 mcg..... 333%
Vitamin C (as ascorbic acid and ascorbyl palmitate)	120 mg..... 133%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)..... 125%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg..... 447%
Vitamin K (as phytonadione USP)	120 mcg..... 100%
Thiamin (as thiamin mononitrate)	25 mg..... 2,083%
Riboflavin	15 mg..... 1,154%
Niacin (as niacinamide and niacin)	50 mg..... 313%
Vitamin B ₆ (as pyridoxine HCl)	25 mg..... 1,471%
Folate (as calcium L-5-methyltetrahydrofolate) [†]	1,360 mcg DFE..... 340%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg..... 8,333%
Biotin	500 mcg..... 1,667%
Pantothenic Acid (as calcium D-pantothenate)	75 mg..... 1,500%
Choline (as choline bitartrate)	25 mg..... 5%
Iron (as ferrous bis-glycinate)	18 mg..... 100%
Iodine (as potassium iodide)	150 mcg..... 100%
Magnesium (as magnesium citrate)	40 mg..... 10%
Zinc (as zinc citrate)	15 mg..... 136%
Selenium (as selenium aspartate)	100 mcg..... 182%
Copper (as copper citrate)	1 mg..... 111%
Manganese (as manganese citrate)	0.5 mg..... 22%
Chromium (as chromium polynicotinate)	200 mcg..... 571%
Molybdenum (as molybdenum aspartate complex)	50 mcg..... 111%

Proprietary Phytonutrient Blend of: 400 mg..... *
 Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 43.2 mg gallic acid equivalents (GAE)], grape seed extract [standardized to 85% oligomeric proanthocyanidins], blueberry (*Vaccinium* spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon (*Cinnamomum cassia*) bark powder, Indian gum Arabic tree bark and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 7.6% min sum of carnosol+carosolic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]
 Myo-Inositol..... 25 mg..... *
 Resveratrol (from *Polygonum cuspidatum* root extract)..... 10 mg..... *
 Lutein..... 6 mg..... *
 Lycopene..... 6 mg..... *
 Zeaxanthin..... 2 mg..... *

* Daily Value not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating [hypromellose, medium-chain triglycerides hydroxypropylcellulose, and sodium copper chlorophyllin (color)].

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

[†] Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

Manufactured For: Hometown Evolve Wellness • 333 Lowville Road • Rio WI 53960
 To report adverse events call 866-649-4334.

References

1. Willett WC. Diet and health: what should we eat? *Science*. 1994;264(5158):532-537.
2. Block G, Patterson B, Subar A. Fruit, vegetables, and cancer prevention: a review of the epidemiological evidence. *Nutr Cancer*. 1992;18(1):1-29.
3. Steinmetz KA, Potter JD. Vegetables, fruit, and cancer. I. Epidemiology. *Cancer Causes Control*. 1991 Sep;2(5):325-57.
4. Centers for Disease Control and Prevention (CDC). MMWR Morb Mortal Wkly Rep. 2015;64(26):709-713.
5. Agarwal S, Reider C, Brooks JR, Fulgoni VL 3rd. Comparison of prevalence of inadequate nutrient intake based on body weight status of adults in the United States: an analysis of NHANES 2001-2008. *J Am Coll Nutr*. 2015;34(2):126-34.
6. Potapovich AI, Kostyuk VA. Comparative study of antioxidant properties and cytoprotective activity of flavonoids. *Biochemistry (Mosc)*. 2003 May;68(5):514-9.
7. Stoner GD, Wang LS, Casto BC. Laboratory and clinical studies of cancer chemoprevention by antioxidants in berries. *Carcinogenesis*. 2008 Sep;29(9):1665-74. doi: 10.1093/carcin/bgn142. Epub 2008 Jun 9.
8. Mulberry anthocyanin extracts inhibit LDL oxidation and macrophage-derived foam cell formation induced by oxidative LDL. *J Food Sci*. 2008;73:H113-H121.
9. Hooper PL, Hooper PL, Tytell M, Vigh L. Xenohormesis: health benefits from an eon of plant stress response evolution. *Cell Stress Chaperones*. 2010 Nov;15(6):761-70.
10. Howitz KT, Sinclair DA. Xenohormesis: sensing the chemical cues of other species. *Cell*. 2008 May 2;133(3):387-91
11. Thompson HJ, Heimendinger J, Diker A, O'Neill C, Haegele A, Meinecke B, Wolfe P, Sedlacek S, Zhu Z, Jiang W. Dietary botanical diversity affects the reduction of oxidative biomarkers in women due to high vegetable and fruit intake. *J Nutr*. 2006 Aug;136(8):2207-12.
12. Lerman RH, Desai A, Lamb JJ, Chang JL, Darland G, Konda VR. A Phytochemical-rich Multivitamin-multimineral Supplement Is Bioavailable and Reduces Serum Oxidized Low-density Lipoprotein, Myeloperoxidase, and Plasminogen Activator Inhibitor-1 in a Four-week Pilot trial of Healthy Individuals. *Glob Adv Health Med*. 2014 Mar;3(2):34-9.
13. Tardy AL, Pouteau E, Marquez D, Yilmaz C, Scholey A. Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence. *Nutrients*. 2020 Jan 16;12(1):228.
14. Kennedy DO. B Vitamins and the Brain: Mechanisms, Dose and Efficacy--A Review. *Nutrients*. 2016 Jan 27;8(2):68.