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Multi

Data Sheet

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Your basic supply for a comprehensive range of vital and micronutrients.

MULTI, extracted purely from natural sources, replenishes the body's stores of vitamins, essential trace elements, and valuable micronutrients.

MULTI helps people who may not always manage to cover the ideal need for vitamins, minerals, and trace elements through a varied diet.

Vitamins A, C, D, and the trace elements selenium and zinc contribute to the normal function of the immune system. It's not just our immune system that benefits from the powerful nutrient composition: Vitamins B1, B2, B3, B6, B7 (biotin), B12, and iodine contribute to the normal function of the nervous system¹.

- Natural Vital and Micronutrients
- Diverse Vitamins
- Daily Vitality
- Support for the Immune System
- Support for the Nervous System

What is Multi?

MULTI is a high-quality vitamin and mineral complex designed to provide the body with essential vital and micronutrients. In an ideal world, we could get all our nutrients from a balanced diet, but in reality, this is not always possible due to a hectic everyday life. Especially with a one-sided or special diet, pregnancy, stress, or physical exertion, deficiencies can occur.

MULTI offers valuable support by **replenishing the body's stores with natural nutrients**, contributing to **better nutrient supply**.

Particularly noteworthy is the effect of MULTI on the immune system. **Vitamins A, C, D, and trace elements such as selenium and zinc contribute to the normal function of the immune system.**

Not only does our immune system benefit from this powerful nutrient composition: **Vitamins B1, B2, B3, B6, B7 (biotin), B12, and iodine contribute to the normal function of the nervous system.**

This means that, through the regular intake of MULTI, the body is better protected from external influences, thus enhancing overall well-being. These nutrients contribute not only to physical but also to mental health, helping to better cope with everyday stress.

By taking one capsule of MULTI daily, you can optimally support your body. It complements your daily diet, brings more variety to your nutrient balance, and ensures that the necessary vitamins and minerals are always present in sufficient amounts.

Why Multi from artgerecht?

- Comprehensive nutrient supply with 21 vital substances
- All necessary vitamins, minerals & trace elements
- B vitamins, iron & vitamin C support energy metabolism
- Folic acid, selenium & vitamin B6 for mental well-being
- Especially gentle extraction process
- 100% from natural sources & vegan
- Significantly higher bioavailability than synthetic vitamins
- GMO-free extraction with a gentle maceration of raw materials
- Gluten, lactose, and fructose-free
- Pure plant-based capsule shells made from hydroxypropylmethylcellulose

Scientific background to Multi?

Since the beginning of time, our bodies have obtained vitamins, minerals, and micronutrients through food. Variety and diversity are crucial when it comes to nutrition. We are convinced that a species-appropriate diet forms the basis of a healthy life. However, the reduction of micronutrients, such as vitamins, minerals, and trace elements, in our food today means that optimal nutrition may not always be ensured, especially with a one-sided diet.

The ingredients for MULTI are extracted using a very gentle process. Furthermore, the extraction is done without genetic engineering and uses water in a gentle maceration of the raw materials.

MULTI is based on the understanding that a balanced intake of vitamins and minerals is essential for maintaining health. Studies show that a variety of micronutrients, such as vitamins A, C, and D, as well as trace elements like selenium and zinc, play a critical role in supporting the immune system. According to a study in the *Journal of Nutrition*, selenium and zinc, in particular, are key to the immune response, as they regulate immune cell activity and promote anti-inflammatory processes. These nutrients are essential, especially in times of increased infection risk.

Moreover, the importance of optimal micronutrient intake in the prevention of chronic diseases is becoming increasingly evident. A review study in the *European Journal of Clinical Nutrition* 4 suggests that suboptimal intake of vitamins and minerals correlates with an increased risk of cardiovascular diseases, diabetes, and other chronic conditions. MULTI provides a valuable supplement to meet nutrient needs and promote overall health, particularly in a time when many people suffer from unbalanced diets and heightened stress.

Frequently Asked Questions

What are Vitamins?

As the Latin word *\vita* (life) suggests, vitamins are essential for life. They perform numerous

functions in the body and are primarily needed for metabolism.

Why do we need Vitamins and Minerals?

Our body requires various co-factors in the form of vitamins and minerals (micronutrients) in addition to macronutrients like carbohydrates, proteins, and fats for the optimal functioning of all body processes, such as maintaining our immune system. It is not always possible to meet the ideal requirement through diet alone. Deficiencies can occur, especially with a one-sided or special diet, during pregnancy, stress, or physical exertion. Furthermore, the nutrient density in our food has been steadily decreasing for the past 50 years. For example, Zinc¹ contributes to normal carbohydrate metabolism and protein synthesis. Vitamin B6¹ supports normal protein and glycogen metabolism.

What are Natural Vitamins?

The market for vitamin products is vast, but most manufacturers offer multivitamin supplements that are predominantly chemically or synthetically produced. Natural vitamins derived from plants are more difficult to obtain and are therefore significantly more expensive, as only raw materials from natural and organic sources are used.

Do I need MULTI if I eat a balanced diet?

Since ancient times, our body has obtained vitamins, minerals, and micronutrients from food. Variety and balance in diet are crucial for proper nutrition. We believe that a balanced diet is the foundation of a healthy life. However, the reduction of micronutrients such as vitamins, minerals, and trace elements in our food means that optimal nutrition may not always be guaranteed with a one-sided diet.

What is special about MULTI?

With the combination, amount, and concentration of ingredients in MULTI, we have developed a formula tailored to human needs. Just one capsule daily is enough to provide a proper supply of essential vitamins and minerals. For example, Vitamin B1¹ helps maintain normal energy metabolism, mental function, and heart health, while Vitamin C¹ supports the immune system.

Balanced Combination:

Additionally, one capsule of MULTI covers the daily requirement of the following vitamins, minerals, and trace elements:

Vitamin A for iron metabolism, cell specialization, and the normal function of the immune system.

Vitamin B1 for energy metabolism, mental health, and heart function.

Vitamin B2 for skin, vision, red blood cells, reducing fatigue and exhaustion, and protecting cells from oxidative stress.

Vitamin C for the immune system, improved iron absorption, and collagen formation (supporting bones, cartilage, blood vessels, skin, and hair).

Folic Acid for metabolic and growth processes in blood and cells.

Zinc for the maintenance of skin, hair, nails, immune function, as well as supporting acid-base balance and carbohydrate metabolism.

Where do the ingredients in MULTI come from?

Our vitamins, minerals, and micronutrients are 100% sourced from natural origins. Compared to synthetically produced vitamins, which may have lower bioavailability, our natural ingredients contain essential secondary plant compounds that are crucial for absorption and function. For example, spinach provides primarily B-vitamins, Chlorella is rich in Vitamin B12, as well as Vitamins C, D, E, and Folic Acid, broccoli also offers Vitamin C, pumpkin contains Vitamins C and E, as well as the minerals potassium, calcium, and iron.

How is MULTI made?

The ingredients for MULTI are obtained through a very gentle extraction process. Additionally,

the extraction is free from genetic modification and uses water, with a mild maceration of the raw materials.

Ingredients

Multivitamin and Micronutrient complex extracted from 100% natural raw materials (e.g., broccoli, spinach, kale, pumpkin, sweet potato, sunflower seeds, and others), Hydroxypropylmethylcellulose (capsule shell).

Content	Per Daily Dose (1 Capsule)	NRV3
Vitamin A (Beta-Carotene)	920 µg	115.0 %
Vitamin B1 (Thiamine)	1.21 mg	110.0 %
Vitamin B2 (Riboflavin)	1.33 mg	95.0 %
Vitamin B3 (Niacin)	16 mg	100.0 %
Vitamin B5 (Pantothenic Acid)	5 mg	83.33 %
Vitamin B6	1.75 mg	125.0 %
Vitamin B7 (Biotin)	30 µg	60.0 %
Folate	400 µg	200.0 %
Vitamin B12	2.4375 µg	97.5 %
Vitamin C	92 mg	115.0 %
Vitamin D2	20.75 µg	415.0 %
Vitamin E	15.3 mg	127.5 %
Vitamin K1	123.75 µg	165.0 %
Chromium	36 µg	90.0 %
Copper	0.935 mg	93.5 %
Iodine	155 µg	100.0 %
Manganese	2.389 mg	119.5 %
Molybdenum	46.75 µg	93.5 %
Selenium	55 µg	100.0 %
Zinc	11 mg	110.0 %
Iron	18.2 mg	130.0 %

Recommended intake

Take 1 capsule daily with 150 ml of water with a meal.

Additional information

- SKU/MPN: 15087
- Content: 30 Capsules
- Net filling quantity: 18 g
- EAN/GTIN: 4260656120248
- PZN (DE): 16697606
- PZN (AT): 5338933
- Customs tariff number: 29369000
- Origin: USA
- Version: 18.12.2025



1) According to the health claims of the European Commission, confirmed by the European Food Safety Authority (EFSA). 2) Lactose content less than 0.1 g / 100 g. 3) Nutrient reference values. 4) Vaghari-Tabari, M., Jafari-Gharabaghlo, D., Sadeghsoltani, F., Hassanpour, P., Qujeq, D., Rashtchizadeh, N., & Ghorbanihaghjo, A. (2021). Zinc and selenium in inflammatory bowel disease: trace elements with key roles?. *Biological Trace Element Research*, 199, 3190-3204.

Vitamin B1, B2, Niacin, Pantothenic acid, B6, Biotin, and B12 play a role in energy metabolism. Thiamine, B2, Niacin, B6, Biotin, and B12 support normal nerve function. Pantothenic acid supports mental performance. Folic acid and Vitamin B6 support normal psychological functions. Iron and Vitamin C contribute to the reduction of tiredness and fatigue. Zinc contributes to the maintenance of skin, hair, and nails. Selenium contributes to the protection of cells from oxidative stress.