

the why and how behind

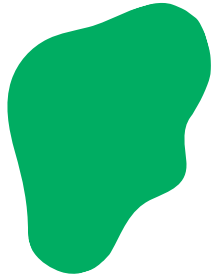
byMae

multi+ for adults
with immunity training

multi+ for littles
with immunity training



"Sneezes and coughs and boogers - oh my!"



a note from the founders

When our kids get sick, the entire family feels it. With seven little ones under seven between us, we know firsthand how quickly daycare sniffles turn into household chaos—scrambling schedules, last-minute childcare, and too many sick days. Preschoolers face about eight viruses a year, and parents simply don't have enough sick days to keep up.

Childcare costs add even more stress. Daycare expenses alone have jumped 13% in the past two years, according to Care.com. Parents staying home or working remotely aren't spared—they're also seeing huge hikes in nanny and babysitter fees.

That's why we developed byMae® multi+ for littles and byMae® multi+ for adults. Inspired by groundbreaking immunology research from Dr. Mihai Netea, these aren't ordinary vitamins—they're immunity training multivitamins. Featuring clinically-backed ABB C1®, probiotics for gut health, and essential daily nutrients, each product is designed to simplify your family's routine while strengthening everyone's foundational health.

We created this because your family's health shouldn't be just another item on your to-do list—it should be the strength that holds everything else together.

We made this for you,

Vivian Michelle D'nae



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01 introduction

We didn't set out to create a multivitamin for multivitamins' sake. There are ample "good enough" multivitamins sold online and on store shelves. In fact, that is partly the problem. Looking for a multivitamin? There's a product for that. Need immune support? You'll have to grab a separate bottle. Searching for a probiotic for your gut health? That's a third item to buy. And then try to get your kids to take multiple supplements at breakfast—are you asking for a tantrum on your way out the door?

What sets byMae's products apart, and makes it so powerful, is the unique combination of multivitamins with the needed immune and gut support. We've paired ABB C1® (a yeast-based probiotic supplement) with the essential vitamins and minerals that not only promote overall health individually but also work synergistically to boost each others' effectiveness.

The immune system's enhanced ability to fight off pathogens and reduce inflammation is quite powerful, particularly in strengthening its defenses against viral attacks. The ingredients in our formula were chosen to bolster that impact, creating a powerhouse effect that supercharges your wellbeing. Vitamin C and zinc join forces to boost the body's defense army, especially those IgG antibodies that help fight off nasty viruses and infections. They also team up to enhance protein synthesis, which is like giving the body's cells the building blocks they need to stay strong. Vitamin D3 is your immune system's maintenance crew, keeping everything running smoothly. And when it's paired with K2 (in the superior MK7 form), they work together to tackle inflammation. Finally, ABB C1® swoops in to fortify the gut barrier, creating a shield against infections and allergies. This dream team of ingredients helps the body fight off everyday invaders to keep us healthy and 'ready for anything.'

02 the complexity of our immune systems

Our immune system is absolutely essential for our survival. It's our body's defense force, protecting us from bacteria, viruses, and other invaders. It's a microscopic security system, working around the clock to keep us healthy, even when one is exposed to all sorts of germs. If the immune system is compromised, we become more susceptible to illness, which is why keeping it in top shape is so important. A strong immune system is also crucial for maintaining good oral health, which is especially important for littles and their growing teeth! Excitingly, new immunotherapy treatments are showing promise in helping the body fight off infections.

02 the complexity of our immune systems (cont.)

Our immunity is a complex system made up of various cells, organs, proteins, and tissues that work together throughout our body. It's incredibly smart, able to tell the difference between our own healthy cells and foreign invaders, and it even helps clean up damaged cells. The immune system consists of two key players: innate immunity and adaptive immunity. Innate immunity acts as the body's first line of defense, ready to tackle microbes head-on the moment they try to invade. It utilizes special antibodies like immunoglobulin A (IgA), found in our mucous membranes, to neutralize these threats. In addition, it dispatches natural killer (NK) cells, which eliminate pathogens before they can enter the bloodstream³.

In contrast, our adaptive immunity is a bit more methodical. It needs to be introduced to specific invaders (antigens) before it can mount a response, making it a bit slower to act⁴. However, once it's up to speed, it's incredibly powerful. The innate immune response actually helps train the adaptive immune system, teaching it the most effective ways to combat different microbes. It does this by producing various antibodies, such as immunoglobulin G (IgG) and immunoglobulin M (IgM). Adaptive immunity also calls upon T lymphocytes, a specialized line of defense that engulfs and destroys invaders. What's more, innate immunity doesn't just fight off infections—it also plays a crucial role in cleaning up damaged tissues and kickstarting the repair process.

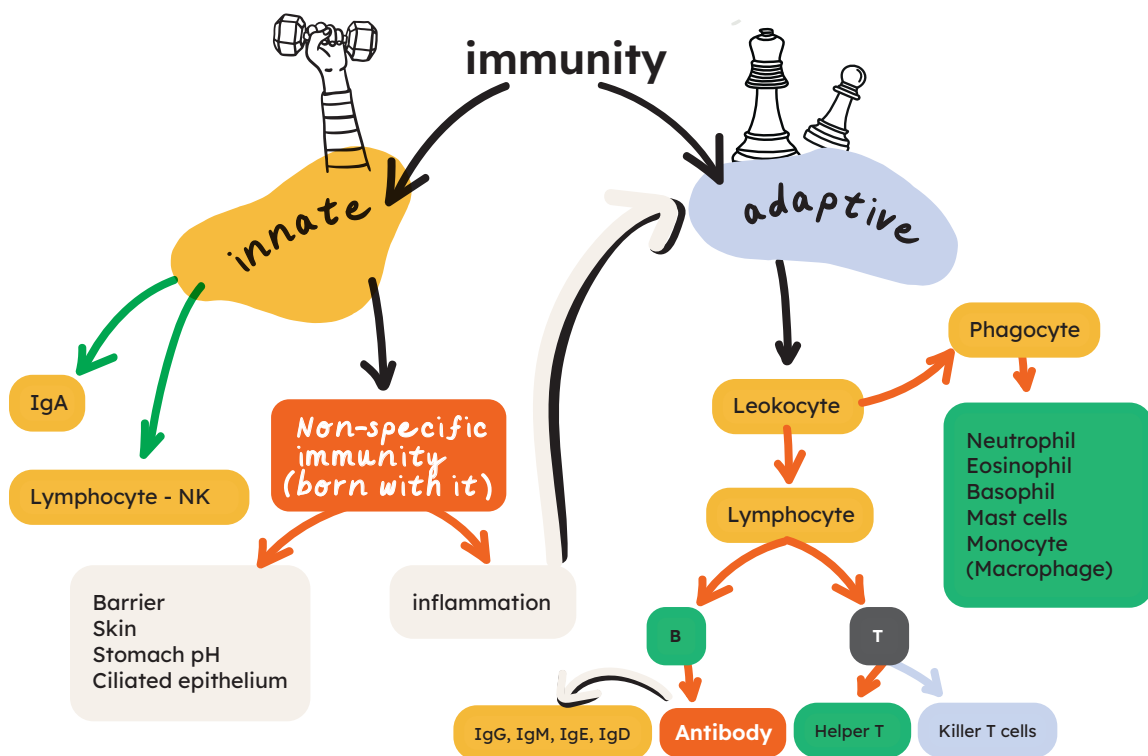


Figure 1.1

03 immunity training byMae®

In 2011, European Physician and Spinoza Prize winner, Dr. Netea, discovered that it was possible to enhance the innate immune system by training it to take on some of the adaptive immune system's properties—like long-term memory against infections. The ingredients in byMae multi+ provide your immune system with a playbook, helping it to recognize, respond to, and remember health threats more efficiently. Think of immunity training as conditioning a muscle—your immune system retains memory and requires rest to build strength. Unlike traditional immunity supplements that offer temporary boosts, byMae's approach is about creating lasting, foundational improvements to your health. For this reason, we recommend the following regimen when taking byMae multi+ for adults and byMae multi+ for littles:

- Take daily Monday-Friday (when you're likely to encounter higher levels of stress and germs)
- Take weekends off – your body needs recovery time to put those nutrients to work, rebuilding stronger each week
- Like prepping for a marathon, shift to more intensive training by taking your byMae multi+ immunity training 7 days a week to build immunity for big events like back-to-school, travel, etc. We suggest daily use up to 4 weeks before your event, then back to weekdays only.

ABB C1® : Bridging the Gap Between Innate and Adaptive Immunity

ABB C1® is a yeast-based probiotic supplement designed to support the immune system⁵. It's enriched with zinc, selenium yeast, and beta glucans, all of which bolsters our innate immune system. That can provide long-term protection against future infections, and it also supports the immune system's response to viruses and allergies.

ABB C1® has been clinically proven to bridge the gap between innate and adaptive immunity, training the immune system to function at its best. It also strengthens the gut barrier and helps the body fight off infections and allergies more effectively. It also amplifies the adaptive immune system, helping to counteract the negative impacts of infections. Specialized *Saccharomyces cerevisiae* yeast is highly bioavailable and non-toxic. It delivers organic selenium and a special blend of zinc salts, promoting gut health by reducing inflammation and helping the body respond to infections without overreacting. ABB C1® is a gamechanger with its multifaceted approach to immune health—an absolute standout in the world of wellness.

03 immunity training by Mae®

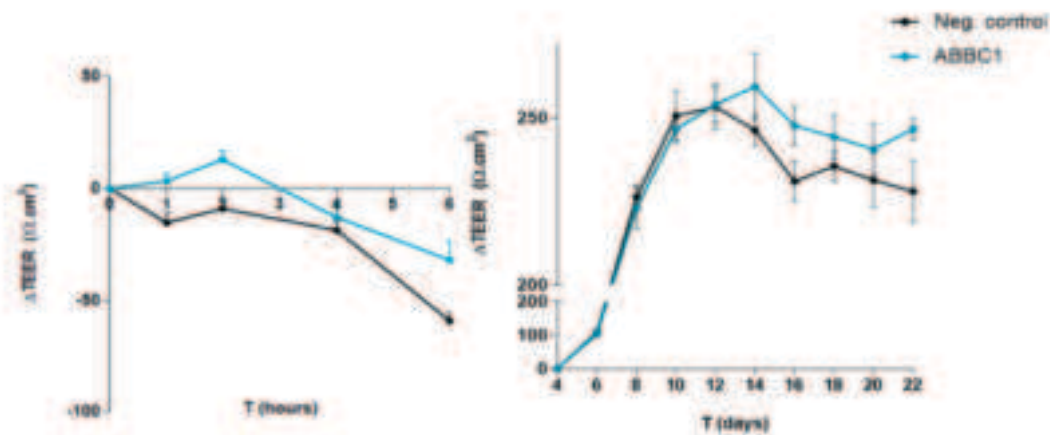


Figure 1.2. Gut barrier integrity assay in the presence of an infectious agent causing disruption of the gut epithelium. 1 h difference in the reduction of ΔTEER was statistically significant in favour of ABB C1® ($p < 0.05$). A trend towards statistical significance in favour of ABB C1® was found at 6 h difference in the reduction of ΔTEER and in the total negative AUC ($p < 0.1$) (left panel). The comparison of ΔTEER values over the course of 22 days indicates a higher spontaneous build-up of the epithelium monolayer for the ABB C1® condition versus a negative control, even if it did not reach statistical significance (right panel). Both experiments were performed once in triplicate.

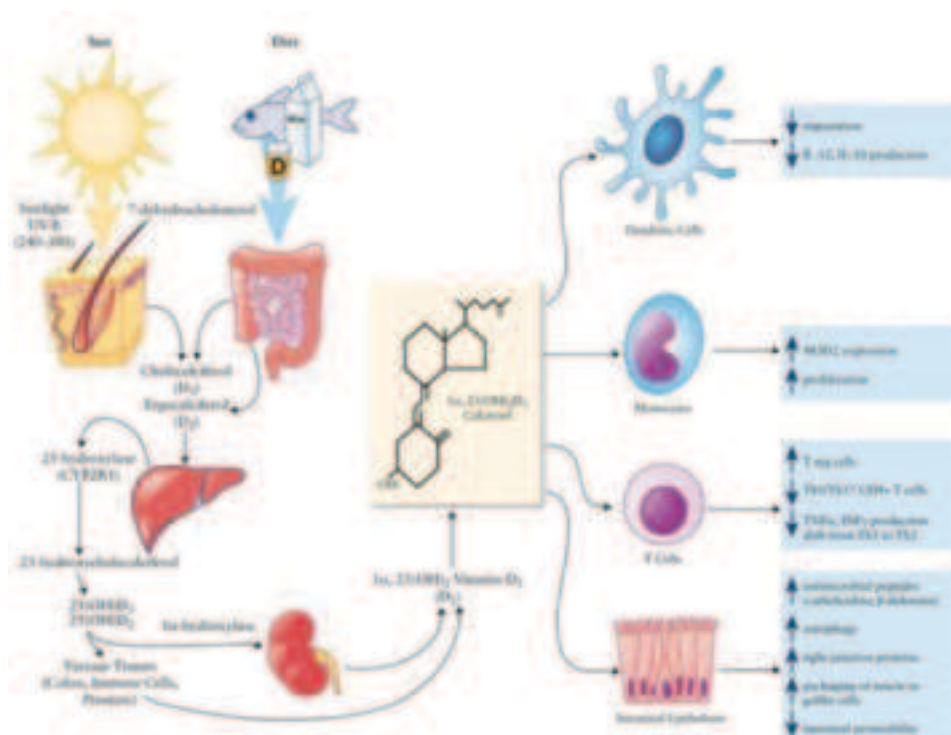
04 immunity supporting vitamins in our formula

Vitamin D3⁶

The impact of vitamin D deficiency on the immune system has become increasingly clear in recent years. When we don't get enough vitamin D, it seems we're more prone to infections and, for those genetically predisposed, autoimmune issues. Traditionally, vitamin D is instrumental in balancing our calcium levels and bolstering bone health. But did you know vitamin D was used to treat infections like tuberculosis before antibiotics even existed? Back then, tuberculosis patients were sent to sanatoriums for treatment including sun exposure, which was thought to directly kill the bacteria. Cod liver oil, a rich source of vitamin D, was also used to treat tuberculosis and boost overall immunity. Of course, modern science has brought more effective treatments to diseases such as tuberculosis, but studies have consistently shown a connection between low vitamin D and higher rates of infections like the flu, bacterial vaginosis, and even HIV. Since immune cells (B cells, T cells, and antigen-presenting cells) have vitamin D receptors and can even make the active form of vitamin D, it can act directly within a local immune environment. This means vitamin D can influence both our innate and adaptive immune responses.

04 immunity supporting vitamins in our formula (cont.)

Figure 1.3. Journal of Crohn's and Colitis, Volume 9, Issue 2, February 2015, Pages 198–209.



Vitamin K2 (mk7)⁷

Vitamin K isn't a single entity—it's a whole family of similar molecules, each sourced from different foods. The major molecular forms are Vitamin K1 (mainly from leafy greens), Vitamin K2-MK-4 (found in some animal products), and Vitamin K2-MK-7 (mainly in fermented foods like natto). Studies suggest that MK-7 might be the most potent form of Vitamin K2. Both Vitamins D and K are essential for calcium metabolism—think of them as a dynamic duo. Together, vitamins D and K play a critical role in calcium metabolism. Vitamin D helps produce proteins that depend on Vitamin K, while Vitamin K activates these proteins, ensuring they function optimally.

Studies on animals and humans suggest that optimal concentrations of this dynamic duo are crucial for bone and heart health. Most clinical trials have found the combination of vitamin D and K supplements support bone health in postmenopausal women. While few intervention studies have explored the impact of vitamin D and K supplements on cardiovascular and immune health, research does show that Vitamin K2 has immunomodulatory activities⁸, meaning it can stimulate the immune system in order to maintain desired levels of immune protection⁹. Current evidence suggests that a combination of the two vitamin supplements may be more effective than individual consumption for bone, cardiovascular, and immune health. This highlights the importance of including both vitamins in daily routines.

04 immunity supporting vitamins in our formula (cont.)

Figure 1.4

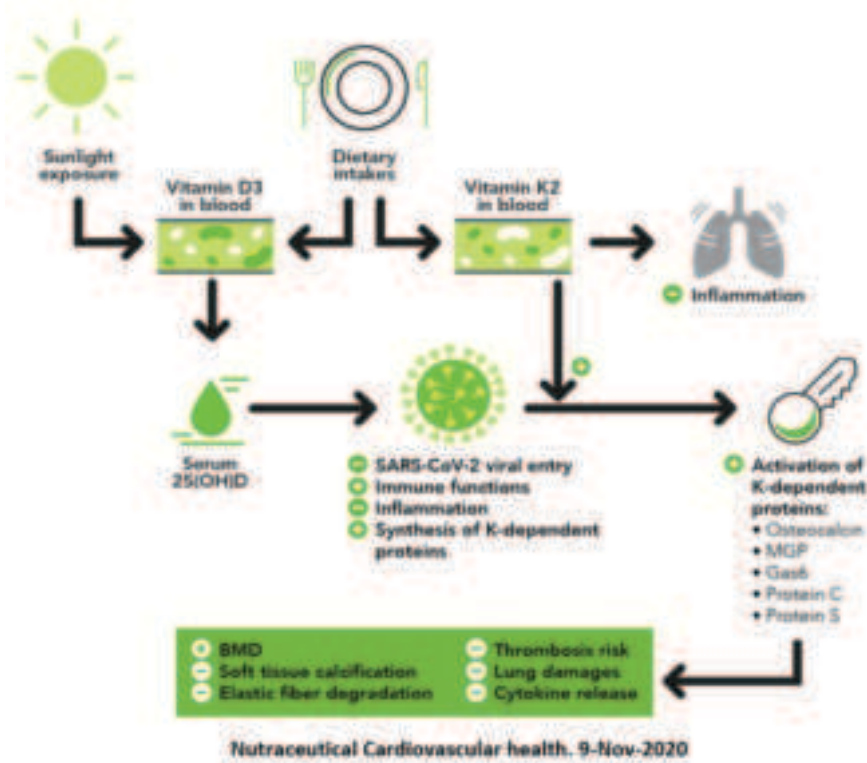
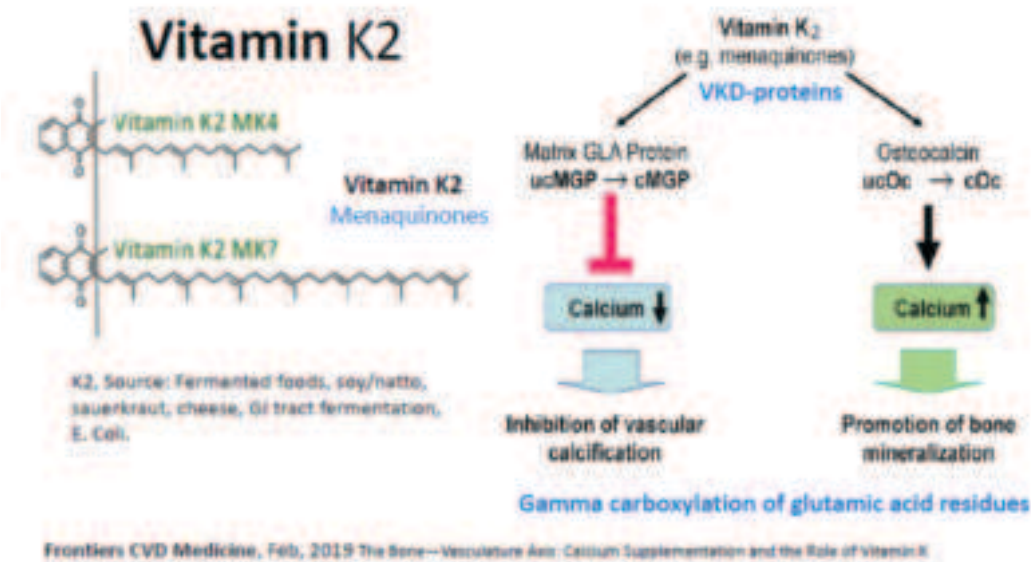


Figure 1.5

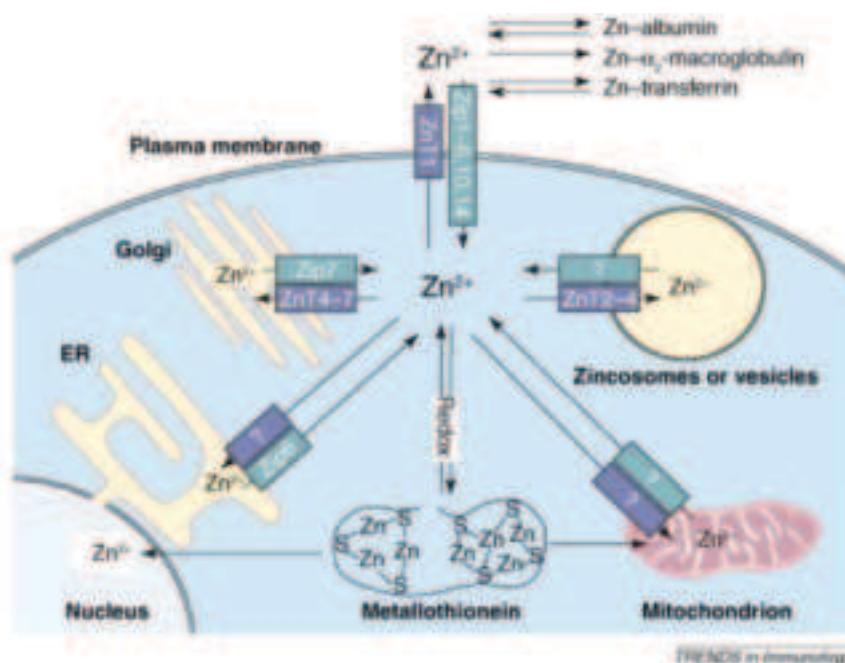
04 immunity supporting vitamins in our formula (cont.)

Zinc¹⁰

Zinc is a mineral that plays a crucial role in the body and its overall function in many ways. It supports a strong immune system, aids in healing wounds, and promotes normal growth. Considered a powerhouse mineral, zinc is essential for the normal development and function of cells mediating innate immunity. That includes neutrophils, NK cells, and macrophages. It also influences T and B cell growth and function. Zinc's antioxidant properties and ability to stabilize membranes suggest it plays a vital role in preventing free radical damage during inflammatory responses.

Zinc deficiency has been shown to impair the cellular makeup of the innate immune system including macrophages and Phagocytosis (which work in sync)¹¹. Macrophages, a type of white blood cell, use phagocytosis to capture and kill pathogens, remove dead cells, and maintain homeostasis. Thus a zinc deficiency can weaken our innate immune system, making it less effective at fighting off germs.

Figure 1.6 Trends in immunology VOLUME 28, ISSUE 1, P1-4, JANUARY 01, 2007.



05 the full list of essential vitamins in our byMae multi+ formula

Apart from the immunity boosting, gut supporting ingredients in byMae multi+ for littles and byMae multi+ for adults, our products include an all-star lineup of high quality, potent vitamins and minerals. Below, we've listed out the complete list of ingredients in our formulas.

meet your little's 18 essentials

Parenting is a full-contact sport, and you need every edge you can get. That's why our byMae multi+ for littles is packed with 18 essential vitamins and minerals—each carefully chosen to fuel fast-growing bodies. From brain boosts to immunity support, here's why byMae multi+ for littles is more than just a multivitamin—it's your secret weapon for nurturing strong, resilient kids. Amounts listed below are for 2 byMae+ littles chewables.



ABB C1® Betaglucan Complex:

- **Benefit:** ABB C1® combines highly functional yeast postbiotics and beta-glucans, rich in both zinc and selenium, to support immune training and a healthy gut microbiome.
- **Form:** *Saccharomyces cerevisiae*
- **Amount:** 100 mg
- **Found in:** Baker's yeast, cereal grains, and mushrooms

Chromium¹⁴

- **Benefit:** Chromium is your child's built-in power booster, helping their body turn food into brain and muscle fuel while also helping to regulate blood sugar levels
- **Form:** Chromium Picolinate
- **Amount:** 35 mcg
- **Found in:** Broccoli, liver, brewers' yeast, potatoes, whole grains, seafood, and meats.
- **Food quantity for benefits:** Approximately 1.5 cups cooked broccoli

Manganese¹⁵

- **Benefit:** Manganese, a mighty mineral for growing children of all ages, is vital for those growing bones, cartilage and the brain. It even helps scrapes and cuts to heal faster.
- **Form:** Manganese Citrate
- **Amount:** 0.3 mg
- **Found in:** Brown rice, oatmeal, seafood (clams and mussels), nuts, beans, and kale
- **Food quantity for benefits:** Approximately 1.5 cups asparagus

05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Selenium¹⁶

- **Benefit:** Selenium is a secret weapon for raising super kids. It's a boost for their immunity, powering up white blood cells—the body's defense team against germs. It's also an antioxidant, fighting off sickness. And it helps keep the thyroid working smoothly, build strong muscles, and a healthy heart.
- **Form:** selenium amino acid
- **Amount:** 12 mcg
- **Found in:** Brazil nuts, seafood, liver, beef, and chicken
- **Food quantity for benefits:** Approximately 2 oz cooked chicken breast

Vitamin A¹⁷

- **Benefit:** Vitamin A, a must-have for your growing child, supercharges the immunity system, promotes healthy vision, and builds strong bones and teeth. Plus, it supports their overall growth and development, helping them reach their full potential.
- **Form:** Beta-carotene
- **Amount:** 250 mcg RAE
- **Found in:** Cod liver oil, liver pâté, eggs, dairy products, fish, mangos, sweet potatoes, and carrots
- **Food quantity for benefits:** Approximately 3.3 eggs

Vitamin B1¹⁸

- **Benefit:** A spark plug for your child's body, vitamin B1 helps turn food into fuel for energy, supports a healthy brain and heart, and keeps their digestive system running smoothly.
- **Form:** Cocarboxylase, Thiamine HCL
- **Amount:** 0.50 mg
- **Found in:** Asparagus, brussels sprouts, flaxseeds, spinach, cabbage, black beans, oats and tofu
- **Food quantity for benefits:** Approximately 0.6 cup black beans

Vitamin B12¹⁹

- **Benefit:** A superstar nutrient, Vitamin B12 helps children's bodies and brains develop to their full potential—from building brain power to making red blood cells. But here's the catch: our bodies don't produce vitamin B12 on its own, so children need to get it through their diet or supplements.
- **Form:** Methylcobalamin
- **Amount:** 1.75 mcg
- **Found in:** Beef, turkey, salmon, cheddar cheese, spinach, kidney beans, nutritional yeast and yogurt
- **Food quantity for benefits:** Approximately 4.4 oz beef

05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Vitamin B2²⁰

- **Benefit:** A superhero for your growing child, Vitamin B2 helps their brain and nerves stay sharp, their energy levels soar, and their skin glow.
- **Form:** Riboflavin
- **Amount:** 0.76 mg
- **Found in:** Fortified breakfast cereals, yougurt, milk, eggs, wheat flour and bread, beef and fortified tofu
- **Food Quantity for Benefits:** Approximately 1 cup plain or fat-free yogurt

Vitamin B3²¹

- **Benefit:** Vitamin B3 is a shield for your child's tummy, helping them break down food and soak up all the good stuff. Consider it a turbocharger for their digestive system, ensuring they get the most out of every meal and stay healthy and strong.
- **Form:** Niacinamide
- **Amount:** 5 mg NE
- **Found in:** Liver, beef, turkey, pork, salmon, mangoes, avocados and beets
- **Food Quantity for Benefits:** Approximately 1.5 oz chicken breast

Vitamin B5²²

- **Benefit:** Vitamin B5 is the ultimate body booster for growing children, helping with everything from energy conversion to brain and heart health. It's a multitasking marvel that supports healthy skin, hair and nails—it even helps regulate hormones and boost immunity.
- **Form:** D-Calcium Pantothenate
- **Amount:** 2.8 mg
- **Found in:** Avocadoes, broccoli, kale, eggs, lentils, milk, mushrooms
- **Food Quantity for Benefits:** Approximately 1.5 avocados

Vitamin B6²³

- **Benefit:** Vitamin B6 is a key player in kids' health, helping their brains develop, moods stay sunny, and their bodies fight off sickness. It's a brain-boosting, mood-lifting superhero for kids' wellbeing!
- **Form:** Pyridoxine HCL
- **Amount:** 3 mg
- **Found in:** Spinach, nuts and seeds, whole grains, potatoes, watermelon, grapefruit and banana
- **Food Quantity for Benefits:** Approximately 7.5 bananas

05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Vitamin B7²⁴

- **Benefit:** Vitamin B7 packs a one-two punch for children. It helps hair grow faster and stronger, gives skin a healthy glow, and keeps nails strong. But B7 also helps kids' bodies turn food into energy and supports their metabolism.
- **Form:** Biotin
- **Amount:** 90 mcg
- **Found in:** Sweet potatoes, mushrooms, eggs, spinach, legumes, broccoli and whole grains
- **Food quantity for benefits:** Approximately 9 eggs

Vitamin B9²⁵

- **Benefit:** Vitamin 9, the star of the B-vitamin complex family, is the building block for growing bodies and brains, supporting everything from their brainpower to their energy levels.
- **Form:** L-5-Methyltetrahydrofolate Calcium
- **Amount:** 200 mcg DFE
- **Found in:** Asparagus, spinach, broccoli, liver, brussel sprouts, eggs, and citrus fruits like orange
- **Food quantity for benefits:** Approximately 3.4 cups boiled spinach

Vitamin C²⁶

- **Benefit:** Vitamin C, a superhero shield for children's bodies, helps them fight off those nasty germs and build collagen for strong bones and teeth. It supports brain development, heals wounds faster, and helps kids absorb important minerals like iron.
- **Form:** Ascorbic Acid
- **Amount:** 90 mg
- **Found in:** Oranges, berries, kiwis, strawberries and broccoli
- **Food quantity for benefits:** Approximately 1 large orange

Vitamin D3²⁷

- **Benefit:** Vitamin D3 is a multifaceted nutrient that the body produces when exposed to sunlight, helping a child's overall bone health. It also supports their immune system and mental well-being, making it a must-have for growing children!
- **Form:** Cholecalciferol
- **Amount:** 22.5 mcg
- **Found in:** Salmon, eggs, mushrooms, tuna, milk, cheese, fortified milk, sardines and soy milk
- **Food quantity for benefits:** Approximately 4.7 oz sockeye salmon

05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Vitamin E [28]

- **Benefit:** A shield for growing bodies and brains, Vitamin E is a powerful antioxidant that helps children fight off germs and infections. It's essential for brain development and a healthy nervous system—and it helps keep blood vessels strong and clear.
- **Form:** D-Alpha Tocopheryl Acid Succinate
- **Amount:** 7.5 mg
- **Found in:** Sunflower seeds, avocado, almonds, spinach, broccoli, hazelnuts, and wheat germ oil
- **Food quantity for benefits:** Approximately 1 oz almonds

Vitamin K2 [29]

- **Benefit:** Vitamin K2, the unsung hero for Growing Kids, is a mighty powerhouse for building strong bones, healthy hearts, sharp minds, and more. K2 helps kids grow and develop to their full potential.
- **Form:** Menaquinone-7
- **Amount:** 45 mcg
- **Found in:** Broccoli, natto (fermented soy), collard greens, kale, edamame, pine nuts, blueberries, and grapes
- **Food quantity for benefits:** Approximately 1 cup cooked edamame

Zinc [30]

- **Benefit:** Zinc is a crucial mineral for a child's growth and development at every stage. It's involved in essential processes happening inside their bodies, like building new cells, fighting off infections, and healing wounds. It even helps them taste and smell properly!
- **Form:** Zinc Citrate
- **Amount:** 1.8 mg
- **Found in:** Oysters, pumpkin seeds, chickpeas, lentils, eggs and sesame seeds
- **Food quantity for benefits:** Approximately 1.4 oz beef



05 the full list of essential vitamins in our byMae multi+ formula (cont.)

meet byMae's multi+ for adults 24 essentials

These vitamins and minerals are here to keep up with your life. Thoughtfully chosen ingredients, smart design—because you deserve more than just a multivitamin. Let's get to know what makes byMae multi+ your new best ally.

ABB C1® Beta Glucan Complex

- **Benefit:** ABB C1® combines highly functional yeast postbiotics and beta-glucans, rich in both zinc and selenium, to support immune training and a healthy gut microbiome.
- **Form:** *Saccharomyces cerevisiae*
- **Amount:** 250 mg
- **Found in:** Baker's yeast, cereal grains, and mushrooms

Calcium³¹

- **Benefit:** Calcium, a mineral powerhouse found most abundant in the body, is not just for strong bones and teeth! This mighty mineral keeps your muscles moving, your nerves firing, your blood flowing, and your heart beating.
- **Form:** Calcium Citrate
- **Amount:** 100 mg
- **Found in:** Milk, yogurt (as well as calcium-fortified soy milk or yogurt), turnip greens, almonds, canned salmon and sardines, whey protein, and hummus
- **Food quantity for benefits:** Approximately 1/3 cup milk

Choline³²

- **Benefit:** Choline, the unsung hero of your body's command center, fuels your brain power—bolstering your memory and focus. It also keeps your muscles moving, liver humming, and cells healthy.
- **Form:** DL-Choline Bitartrate
- **Amount:** 80 mg
- **Found in:** Eggs, chicken, broccoli, quinoa, soybeans, cauliflower, shiitake mushrooms, wheat germ, and kidney beans
- **Food quantity for benefits:** Approximately 3 oz chicken breast



Chromium

- **Benefit:** Chromium, a metabolic master, helps to regulate blood sugar levels, supports the breakdown of carbohydrates and fats, and even plays a role in bone health by preserving key nutrients.
- **Form:** Chromium Polynicotinate
- **Amount:** 45 mcg
- **Benefit:** Helps regulate blood sugar levels, weight management, lipid metabolism
- **Found in:** Broccoli, liver, brewers' yeast, potatoes, whole grains, seafood and meats
- **Food quantity for benefits:** Approximately 2 cups cooked broccoli

05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Iodine³³

- **Benefit:** A trace mineral, iodine orchestrates your body's energy use, fueling growth and development. It's a key player in thyroid hormone production, which influences everything from bone health to brain function. And remember — a little iodine goes a long way.
- **Form:** Iodine Amino Acid Chelate
- **Amount:** 150 mcg
- **Found in:** Naturally produced in the body, seafood (cod, haddock, shrimp), seaweed, and beef liver
- **Food quantity for benefits:** Approximately 6.67g Nori seaweed

Iron³⁴

- **Benefit:** Iron, the mighty mineral among vital micronutrients, is essential for numerous functions within the body. It also helps make red blood cells, which carry oxygen throughout your body. And it keeps your overall immune system strong.
- **Form:** Ferrochel® ferrous bisglycinate chelate
- **Amount:** 13.5 mg
- **Found in:** Beef, liver, chicken, eggs, seafood (mussels, shrimp, tuna), and spinach
- **Food quantity for benefits:** Approximately 20 oz beef

Lutein³⁵

- **Benefit:** Lutein, a naturally occurring antioxidant and carotenoid, helps protect against age-related macular degeneration (AMD), a leading cause of vision loss for those over age 60. It also helps with cognitive and heart health.
- **Form:** Marigold extract—Tagetes Erecta
- **Amount:** 2 mg
- **Found in:** Egg yolks, broccoli, spinach, kale, corn, orange pepper, kiwi fruit, grapes, zucchini, and squash.
- **Food quantity for benefits:** Approximately 1 cup cooked broccoli

Magnesium³⁶

- **Benefit:** A superhero for the body, magnesium is instrumental in helping with everything from how your muscles and nerves work to keeping your sleep cycle in check. It also helps manage stress and ease PMS symptoms.
- **Form:** Magnesium Bisglycinate
- **Amount:** 50 mg
- **Found in:** Bananas, cherries, avocados, kale, green peas, edamame, nuts and seeds, and whole grain
- **Food quantity for benefits:** Approximately 1/2 cup cooked, shelled edamame

05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Manganese

- **Benefit:** Manganese is a vital mineral that supports strong bones, powers metabolism, and helps the brain stay sharp. It even helps tame inflammation.
- **Form:** Manganese Citrate
- **Amount:** 2.6 mg
- **Found in:** Brown rice, oatmeal, seafood (clams and mussels), nuts, beans, and kale
- **Food quantity for benefits:** Approximately 1 cup cooked brown rice

Selenium

- **Benefit:** Selenium, a powerhouse mineral, is your body's secret weapon for fighting off illness, aging, and inflammation. It boosts your immune system, protects your cells, and even helps keep your skin clear and elastic.
- **Form:** L-Selenomethionine
- **Amount:** 70 mcg
- **Found in:** Brazil nuts, seafood, liver, steak, and chicken
- **Food quantity for benefits:** Approximately 6 oz steak

Vitamin A:

- **Benefit:** A fat-soluble vitamin stored in the liver, vitamin A is an unsung hero for the immune system. It's essential for sharp vision, reproductive health, glowing skin, and powerful antioxidant protection.
- **Form:** Beta-carotene
- **Amount:** 975 mcg RAE
- **Found in:** Cod liver oil, liver pâté, eggs, dairy products, fish, mangos, sweet potatoes, and carrots
- **Food quantity for benefits:** Approximately 1 cup raw carrots

Vitamin B1

- **Benefit:** Vitamin B1, the ultimate stress-buster and mood-lifter, supports a healthy heart, aids digestion, keeps your nerves firing, and even gives your skin a youthful glow. It's also been linked to improved memory, a stronger immune system, and a healthier metabolism.
- **Form:** Cocarboxylase, Thiamine HCL
- **Amount:** 1.4 mg
- **Found in:** Egg noodles, black beans, tuna, macaroni, rice, and oatmeal
- **Food quantity for benefits:** Approximately 1.75 cups green beans



05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Vitamin B12

- **Benefit:** Vitamin B12, an energy and mood booster, is essential for keeping your blood healthy, brain sharp, and overall body energized. It supports the immune system and helps prevent anemia.
- **Form:** Methylcobalamin
- **Amount:** 14 mcg
- **Found in:** Beef, turkey, salmon, cheddar cheese, spinach, kidney beans, nutritional yeast and yogurt
- **Food quantity for benefits:** Approximately 17.5 oz beef

Vitamin B2

- **Benefit:** Vitamin B2, an ultimate energy booster and antioxidant, helps convert food into fuel, supports a healthy heart, protects your eyes, and maintains a strong immune system. It's also been shown to help with digestion and reduce the frequency of migraines.
- **Form:** Riboflavin, Riboflavin 5 Phosphate Sodium
- **Amount:** 1.6 mg
- **Found in:** Fortified breakfast cereals, milk, eggs, wheat flour and bread, beef and fortified tofu
- **Food quantity for benefits:** Approximately 3 cups 2% milk

Vitamin B3

- **Benefit:** Vitamin B3, the body's ultimate helper, is essential for regulating cholesterol levels, easing arthritis, and boosting brain function.
- **Form:** Niacinamide
- **Amount:** 18 mg NE
- **Found in:** Liver, beef, turkey, pork, salmon, mangos, avocados and beets
- **Food quantity for benefits:** Approximately 5 oz chicken breast

Vitamin B5

- **Benefit:** Vitamin B5, a body booster, helps convert food into energy, supports healthy skin, hair, and nails — and it even helps manage stress and heal scrapes and cuts faster.
- **Form:** D-Calcium Pantothenate
- **Amount:** 7 mg
- **Found in:** Avocados, broccoli, kale, eggs, lentils, milk, and mushrooms
- **Food quantity for benefits:** Approximately 3.5 medium avocados

05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Vitamin B6

- **Benefit:** Vitamin B6 supports cognitive function, a healthy heart, a strong immune system, sharp vision, and helps manage PMS symptoms.
- **Form:** Pyridoxine HCL, Pyridoxal 5 Phosphate Monohydrate
- **Amount:** 9 mg
- **Found in:** Chickpeas, tuna, salmon, chicken, potato, banana, and bulgar
- **Food quantity for benefits:** Approximately 8 cups canned chickpeas

Vitamin B7

- **Benefit:** Vitamin B7 is the body's MVP for healthy locks, radiant skin, and strong nails. It also supports a healthy pregnancy, stable blood sugar, and a well-functioning nervous system.
- **Form:** Biotin
- **Amount:** 35 mcg
- **Found in:** Sweet potatoes, mushrooms, eggs, spinach, legumes, broccoli and whole grains
- **Food quantity for benefits:** Approximately 3.5 cooked eggs

Vitamin B9

- **Benefit:** Vitamin B9, the star of the B-vitamin complex family, is your best friend when it comes to your overall health. It supports everything from brain function to red blood cell formation. Plus, it's great for your hair, skin, and nails.
- **Form:** L-5-Methyltetrahydrofolate Calcium
- **Amount:** 600 mcg DFE
- **Found in:** Asparagus, broccoli, spinach, liver, brussel sprouts, eggs, and citrus fruits like orange
- **Food quantity for benefits:** Approximately 2.3 cups boiled spinach

Vitamin C

- **Benefit:** Vitamin C, a true superpower for your body, repairs tissues, boosts iron absorption, and shields your cells from damage. It's your trusty sidekick for wound healing, strong bones, and a glowing complexion.
- **Form:** Ascorbic Acid
- **Amount:** 100 mg
- **Found in:** Oranges, berries, kiwis, strawberries and broccoli
- **Food quantity for benefits:** Approximately 1 large orange



05 the full list of essential vitamins in our byMae multi+ formula (cont.)

Vitamin D3

- **Benefit:** Vitamin D3 is a multifaceted nutrient that the body produces when exposed to sunlight - creating a robust immune system. It helps your body absorb calcium, which is essential for building strong bones and teeth.
- **Form:** Cholecalciferol
- **Amount:** 37.5 mcg
- **Found in:** Salmon, eggs, mushrooms, tuna, milk, cheese, fortified milk, sardines, and soy milk
- **Food quantity for benefits:** Approximately 8 oz. salmon

Vitamin B7

- **Benefit:** As a powerful antioxidant, vitamin E shields your cells from damage, boosts your immune system, and keeps your skin and eyes healthy. It helps your body make red blood cells and puts vitamin K to work building bones and teeth.
- **Form:** D-Alpha Tocopheryl
- **Amount:** 19 mg
- **Found in:** Sunflower seeds, avocado, almonds, spinach, broccoli, hazelnuts, and wheat germ oil
- **Food quantity for benefits:** Approximately 2.8 oz almonds

Vitamin K2

- **Benefit:** Vitamin K2 is vital for building strong bones, promoting heart health, boosting your immune defenses, and keeping your teeth healthy.
- **Form:** Menaquinone-7
- **Amount:** 90 mcg
- **Found in:** Broccoli, natto (fermented soy), collard greens, kale, edamame, pine nuts, blueberries, and grapes
- **Food quantity for benefits:** Approximately 1/2 cup cooked broccoli

Zinc

- **Benefit:** A mighty mineral, zinc powers your immune system, helps you grow and heal, and keeps your senses sharp. It supports cell growth, protecting them from damage and helping them function at their best. As well, it reduces inflammation in the body.
- **Form:** Zinc Citrate
- **Amount:** 15 mg
- **Found in:** Oysters, beef, pumpkin seeds, chickpeas, lentils, eggs, and sesame seeds
- **Food quantity for benefits:** Approximately 12 oz beef



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