

XFactor Plus™

Your daily dose of health.



The Problem With Your Current Multivitamin

We live in an age of medical breakthroughs, but it seems that we are not getting any healthier. Fast foods sales have increased 2000% since 1981. Only 31.5% of Canadians eat the daily recommendation of fruits and vegetables. We are overfed and undernourished—XFactor Plus may help.^{1,2}

Nearly 71% of Canadians have used natural health products, like vitamins and minerals. With so many options on the market today, how do you know which ones truly work? How do you know that your multi is giving your body the nutrients it needs? The truth is that many multivitamin formulas on the market today use cheap forms that are not bioavailable—meaning they can't be used by the body. Many multi's also contain binders, lubricants, and coatings, adding to the absorption issue and putting unwanted substances into your body.³

It's time for a multivitamin that gives your body the nutrients it really needs.

How XFactor Plus Works

Plexus XFactor Plus takes multi to the next level. Our scientists searched high and low to find premium forms of the best ingredients, to help you stay healthier and feel better—from head to toe.

XFactor Plus gives you a complete multivitamin for overall health and wellness, with 25 vitamins and minerals. XFactor Plus is specially formulated with the most bioactive and bioavailable forms of key nutrients.

Among these nutrients are L-5-Methyltetrahydrofolate. Although other supplements contain standard forms of folate or folic acid, these common forms must go through a complicated metabolic process before your body can use them. Methylated folate bypasses this process, giving you an already active form of folate that your body can utilize and benefit from. Methylated vitamin B12 is also included, which, unlike other forms of B12, is tissue-ready and easily processed by the liver, so your body can use it right away. XFactor Plus also contains vitamins K1 and K2. K1 plays a critical role in the maintenance of bones, and K2 is particularly difficult to find in foods or other supplements, but as the most bioavailable form of vitamin K, it is crucial to your health.

XFactor Plus also uses several minerals in their most bioavailable forms. Many of these minerals, such as molybdenum and boron, are chelated. Chelated minerals have complex structures that allow the minerals to travel freely in the digestion process into the small intestine, where they can be effectively absorbed into the bloodstream. This maximizes the benefit that these minerals give to you and your health.

This revolutionary formula also delivers powerful polyphenols, like paradise apple and grape seed extract which acts as a powerful antioxidant.

All this, without binders, gluten, priority allergens, or GMOs.

Leave your old multi behind. Get your daily dose of health, every day, with XFactor Plus.

Primary Benefits

- Helps to maintain immune function
- Helps to build strong bones and teeth
- Helps to maintain proper muscle function, including the heart muscle
- Helps to maintain healthy skin, hair, and nails
- Helps to maintain normal blood glucose levels
- Provides antioxidants to protect cells against free radical damage
- Helps to maintain eyesight and in the development and maintenance of night vision
- Supports normal thyroid function
- Helps support energy metabolism in the body
- Helps to maintain cognitive function
- Helps to produce and repair connective tissue

Plexus Advantage

- 25 vitamins and minerals
- No added preservatives or artificial flavours
- Gluten Free
- 100% Vegetarian
- Non-GMO
- Yeast Free
- Free of Priority Allergens

Who should use this product?

XFactor Plus is recommended for anyone wanting to improve their overall health and wellness by filling their "nutrient gap" with a high quality, highly bioavailable, complete multivitamin.

Did you know?

- Vitamin B12 is essential to your health, supporting energy metabolism in the body.
- Up to 39% of the North American population carries the gene mutation that prevents them from being able to convert folate into its active, usable (or methylated) form 5-MTHF. Folate is essential for cell replication and growth assisting in the normal utilization of amino acids and proteins, as well as supporting formation of building block of DNA and RNA.⁴

Sources:

¹hathernacupuncture.co.uk/supplement/

²statcan.gc.ca/pub/82-625-x/2017001/article/14764-eng.htm

³canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription/regulation/about-products.html

⁴mayomedicallaboratories.com/test-catalog/Clinical+and+Interpretive/81648

Frequently Asked Questions

What is XFactor Plus?

XFactor Plus is so much more than your ordinary multivitamin. XFactor Plus delivers the highest quality ingredients in their most bioactive and bioavailable forms that provide 25 vitamins and minerals to the body.

I already eat healthy, so why should I take XFactor Plus?

Although most of us eat healthy everyday, many of us do not get enough essential nutrients through diet alone and could benefit from supplementation for better health. For example, did you know that you would need to eat 40 large bananas alone to get the same amount of vitamin B6 as in XFactor Plus. XFactor Plus delivers the highest quality ingredients in their most bioactive and bioavailable forms that provide 25 vitamins and minerals to the body.

What's the advantage of bioactive & bioavailable ingredients?

A bioactive ingredient is simply a substance that has a more beneficial effect on health, while a more bioavailable ingredient can be absorbed and utilized more by the body. XFactor Plus uses these higher bioactive ingredients and that's why XFactor Plus delivers exceptional health benefits.

Why is there 5-MTHF instead of Folic Acid?

Up to 39% of the North American population cannot utilize absorbed Folic Acid. XFactor Plus is formulated with the most bioactive form that everyone can utilize.

Why isn't there any Iron in this formula?

Since iron is abundant in animal- and plant-based foods such as beef, poultry, beans, lentils, green leafy vegetables, and iron-fortified cereals, most healthy adults could get the iron they need from their diet. Too much supplemental iron, when you don't need it, may be toxic.

Can I take XFactor Plus while taking blood-thinning medications?

XFactor Plus contains vitamins and polyphenols that may impact the blood clotting process. These include vitamin K and grape seed extract. If you are currently on blood-thinning or other medication, consult with your health care practitioner prior to taking any supplement.

Frequently Asked Questions

Why does my urine turn yellow when taking XFactor Plus?

B-Vitamins, especially B2 (riboflavin), are the primary reasons for seeing yellow urine after taking a high quality, complete multivitamin. When you see yellow urine after taking your XFactor Plus, this means that your body is fully absorbing the nutrients your body NEEDS, while excreting the EXCESS. When taking a multivitamin and you don't see any yellow urine, this means that your body may not be absorbing enough vitamins. The potency of the new XFactor Plus provides even more bioavailable vitamins and minerals than the original XFactor, ensuring that your vitamins are being fully absorbed.

Many multivitamins are in tablet forms, so why does XFactor Plus come in a capsule?

Tablets take longer for the body to dissolve into an absorbable form than a capsule which means that the formula in XFactor Plus will go to work sooner. Additionally, many tablets have fillers and binding agents that do not provide health benefits. XFactor Plus does not use those fillers for our capsule.

What is the serving size?

Serving size is 2 capsules.

When is the best time to take XFactor Plus?

It is recommended that you get into a routine of taking XFactor Plus whenever convenient for you. Those with a sensitive stomach may consider taking it with a meal.

Is XFactor Plus Gluten Free?

Yes.

Is XFactor Plus Non-GMO?

Yes.

Is XFactor Plus 100% Vegetarian?

Yes. It is 100% Vegetarian.

Is XFactor Plus Allergen Free?

XFactor Plus does not contain priority allergens (dairy, egg, peanut, soy, shellfish, tree nut, yeast, or wheat).

Does XFactor Plus contain aloe?

Yes, XFactor Plus contains aloe from the inner leaf of the plant.

Does XFactor Plus contain black currant?

Yes, XFactor Plus contains black currant from New Zealand.

What colours the capsule green?

The XFactor Plus capsule contains natural sodium copper chlorophyllin which provides the green colour.

What is the age recommendation?

XFactor Plus is designed for adults over 18.

Is XFactor Plus safe to consume while pregnant or nursing?

If pregnant or nursing, please consult your health care practitioner prior to use.

Can I use this product with my medication?

Since some vitamins or polyphenol supplements may reduce the absorption of certain drugs into the body or interact with the metabolism of certain drugs, you should consult your health care practitioner or pharmacist about any possible interactions when you receive a new prescription for a medication. It is also recommended taking the medication and vitamins at different times of day, so one does not interfere with the efficacy of the other.



Ingredient Glossary

Vitamin A (Beta carotene and Vitamin A palmitate)

Vitamin A is a fat-soluble vitamin that plays an important role in bone and tooth development, development and maintenance of vision (including night vision), immune function and healthy skin and membranes (NNHPD 2016). XFactor Plus utilizes two sources of vitamin A: vitamin A palmitate—a bioavailable form that is more easily absorbed by the body, and beta-carotene—a carotenoid that is known as “provitamin A” (NNHPD 2016).

Thiamine (as Thiamine mononitrate)

Thiamine is an essential water-soluble vitamin. Every cell of the body requires thiamine to help maintain the body's ability to metabolize nutrients, and to help in energy production (NNHPD 2016). Thiamine also supports normal growth (NNHPD 2016). Thiamine mononitrate is used in XFactor Plus to help prevent thiamine deficiency (NNHPD 2016).

Riboflavin (as Riboflavin 5-phosphate)

Riboflavin is a water-soluble vitamin that is an important vitamin because it supports energy metabolism by helping to maintain the body's ability to metabolize nutrients (NNHPD 2016). Riboflavin helps to maintain normal metabolism of iron and maintain normal red blood cells. It supports both tissue formation and the maintenance of healthy mucous membranes (NNHPD 2016). Riboflavin-5-phosphate is considered the most bioactive form of riboflavin and is included in XFactor Plus.

Niacin (as Niacinamide)

Niacin is a water-soluble vitamin that is necessary for normal growth and development (NNHPD 2016). Niacin is another important vitamin that the body uses for energy metabolism support and for tissue formation. Niacin helps to maintain the body's ability to metabolize nutrients (NNHPD 2016). Niacinamide found in XFactor Plus is a non-flushing form of niacin.

Pantothenic acid (as d-Calcium pantothenate)

Pantothenic acid is a water-soluble vitamin that supports energy metabolism and tissue formation (NNHPD 2016). D-Calcium pantothenate is included in XFactor Plus because as a salt it allows for better absorption than pantothenic acid in the digestive tract. Furthermore, the amount of this vitamin provided by XFactor Plus helps to prevent pantothenic acid deficiency (NNHPD 2016).

Vitamin B6 (as Pyridoxal 5-phosphate and Pyridoxine hydrochloride)

Vitamin B6 is necessary to help the formation of red blood cells and of tissue (NNHPD 2016). With respect to energy metabolism, this vitamin helps to maintain the body's ability to metabolize nutrients (NNHPD 2016). Pyridoxal 5-Phosphate is the most bioactive form of vitamin B6 and is provided by XFactor Plus to help prevent vitamin B6 deficiency.

Biotin

Biotin is an essential water-soluble B vitamin that helps to maintain cognitive functions (NNHPD 2016). Biotin also helps to maintain healthy hair, nail, mucous membranes, and skin (NNHPD 2016). XFactor Plus provides sufficient biotin to help prevent biotin deficiency (NNHPD 2016).

Vitamin B12 (as Methylcobalamin)

Vitamin B12 is a water-soluble B vitamin. Vitamin B12 supports the metabolism of nutrients, thereby helping energy metabolism in the body (NNHPD 2016). Vitamin B12 works to help make red blood cells, and helps in the normal function of the immune system (NNHPD 2016). Methylcobalamin found in XFactor Plus is already in the bioactive, tissue-ready form. Methylcobalamin is the most bioavailable form that is used most efficiently by the body.

Folate (as L-5-Methyltetrahydrofolate, calcium salt)

Folate is an essential water-soluble B vitamin. Folate is essential for helping the body to maintain its ability to metabolize nutrients (NNHPD 2016). Folate plays a key role in maintaining the formation of red blood cells (NNHPD 2016). With regards to pregnancy and fetal health, this vitamin helps support normal early development of the fetal brain and spinal cord (NNHPD 2016). Additionally, Folate is known to help reduce the risk of neural tube defects when taken daily at least 3 months before becoming pregnant and during the early stages of pregnancy (NNHPD 2016). Folic acid must be converted to its active forms to be used by the body. XFactor Plus uses the most bioactive form of folate, L-5-Methyltetrahydrofolate, calcium salt. The amount provided by XFactor Plus, when used as recommended, helps to prevent folate deficiency (NNHPD 2016).

Ingredient Glossary

Vitamin C (as Ascorbyl palmitate)

Vitamin C is an essential water-soluble vitamin that helps with a range of functions in the body, including helping to maintain immune function and providing antioxidants to help protect cells against the oxidative damage caused by free radicals and to help decrease the adverse effects of free radicals on normal physiological functions (NNHPD 2016). It is also needed to help in the development and maintenance of bones, cartilage, teeth and gums and helps in collagen formation (NNHPD 2016). Vitamin C supports connective tissue formation and helps in wound healing (NNHPD 2016). Ascorbyl palmitate is a fat-soluble form of vitamin C, which is better absorbed than ascorbic acid, the water-soluble form.

Vitamin D3 (as Cholecalciferol)

Vitamin D is a fat-soluble vitamin that aids in the absorption and use of calcium and phosphorus (NNHPD 2016). Vitamin D supports the development and maintenance of bones and teeth, and thereby helps to build strong bones and teeth (NNHPD 2016). Vitamin D also helps to maintain immune system function and helps in the process of normal cell division (NNHPD 2016). Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise may reduce the risk of developing osteoporosis (NNHPD 2016). There are several forms of vitamin D but the form primarily utilized by the human body is cholecalciferol which is the bioavailable form used in XFactor Plus.

Vitamin E (as d-alpha Tocopherol)

Vitamin E is an essential fat-soluble vitamin that is an antioxidant. Vitamin E helps protect cells from free radical damage and helps to protect the fats in body tissues from oxidation (NNHPD 2016). As an antioxidant, this vitamin helps in the maintenance of good health. Vitamin E helps in collagen formation to maintain healthy bones, cartilage, teeth and gums (NNHPD 2016). The form of vitamin E, known as d-alpha tocopherol, is derived from non-GMO sunflower oil and used in XFactor Plus. This form is the most bioactive and is better absorbed and retained in the body.

Vitamin K (as Vitamin K1 and Vitamin K2)

Vitamin K is an essential fat-soluble vitamin and is important for bone maintenance (NNHPD 2016). There are several forms of vitamin K – vitamin K1 can be found in green leafy vegetables; and Vitamin K2 is a more bioavailable form of vitamin K, both of which are important for bone health. XFactor Plus utilizes both vitamins K1 and K2 in the synthetic form.

Calcium (as Calcium citrate)

Calcium is an essential mineral that is a supportive medicinal ingredient in XFactor Plus. Calcium citrate is a highly absorbable form of calcium and found in XFactor Plus.

Magnesium (as Magnesium hydroxide)

Magnesium is an essential mineral and is present in all cells in the body. Magnesium helps in tissue formation, and helps to maintain proper muscle function including the heart muscle (NNHPD 2016). This mineral supports energy metabolism, tissue formation and bone development (NNHPD 2016). For bones and teeth, it supports the development and maintenance of these tissues (NNHPD 2016). Magnesium also helps to maintain normal electrolyte balance (NNHPD 2016). XFactor Plus utilizes magnesium provided from the source ingredient magnesium hydroxide.

Zinc (as Zinc citrate)

Zinc is an essential trace mineral that is involved in several functions in the body. Zinc helps in tissue / connective tissue formation, and in energy metabolism (NNHPD 2016). This mineral also helps to maintain: immune function; healthy skin, bones, hair, and nails; normal DNA synthesis and normal acid-base metabolism (NNHPD 2016). XFactor Plus utilizes Zinc citrate which is highly bioavailable.

Selenium (as Selenomethionine)

Selenium is an essential trace mineral and an antioxidant for the maintenance of good health to help protect against oxidative stress (NNHPD 2016). Selenium supports normal function of the thyroid gland (NNHPD 2016). XFactor Plus uses selenomethionine, which is a highly bioavailable form of selenium derived from selenium chelated to the amino acid methionine.

Copper (as Copper (II) citrate)

Copper is an essential trace mineral to help maintain normal iron transport in the body (NNHPD 2016). Copper assists in the formation of red blood cells and the production and repair of connective tissue (NNHPD 2016). XFactor Plus uses Copper (II) citrate, a highly bioavailable form of copper.

Manganese (as Manganese (II) citrate)

Manganese is an essential trace mineral that helps in the development and maintenance of bones and teeth (NNHPD 2016). This mineral also helps to maintain the body's ability to metabolize nutrients (NNHPD 2016). XFactor Plus uses Manganese (II) citrate, a highly bioavailable form of manganese.

Ingredient Glossary

Chromium (as Chromium (III) nicotinate)

Chromium is a trace mineral essential for several health benefits. Chromium helps to maintain normal glucose levels thereby providing support for healthy glucose metabolism (NNHPD 2016). This mineral helps to maintain the body's ability to metabolize nutrients (NNHPD 2016). XFactor Plus provides Chromium (III) nicotinate as a source of chromium to help prevent chromium deficiency (NNHPD 2016). This form may be more bioavailable than chromium chloride which is recognized to have poor bioavailability. Chromium is also found in Plexus Slim™ and Plexus Block™.

Molybdenum (as Molybdenum (VI) bisglycinate)

Molybdenum is an essential trace mineral that helps to maintain the body's ability to metabolize nutrients (NNHPD 2016). XFactor Plus utilizes Molybdenum (VI) bisglycinate which is a highly absorbable form of molybdenum.

Boron (as Boron glycinate)

Boron is a trace mineral that is a supportive medicinal ingredient in XFactor Plus. XFactor Plus utilizes Boron glycinate which is a highly absorbable form of boron.

Vanadium (as Vanadyl sulfate)

Vanadium is a trace mineral that, like Boron, is a supportive medicinal ingredient in XFactor Plus. XFactor Plus utilizes vanadyl sulfate because it is a more bioactive form.

Grape seed (*Vitis vinifera* Seed extract, standardized to 85% polyphenols)

Grape seed extract is derived from red grape seeds, and the extract provided by XFactor Plus provides 85% polyphenols. This ingredient is provided by XFactor Plus as a supportive medicinal ingredient.

Paradise Apple (*Malus pumila* Mill. Fruit extract, 275:1)

Paradise apple fruit extract is included in XFactor Plus to provide antioxidants to help reduce the oxidative effect of cell damage caused by free radicals (NNHPD 2017).

Cranberry (*Vaccinium macrocarpon* fruit powder)

Cranberry is a source of antioxidants that helps to fight free radicals (NNHPD 2017).

Aloe Vera (*Aloe vera* leaf gel extract 200:1)

Aloe Vera is yet another ingredient provided by X Factor Plus to provide a source of antioxidants (NNHPD 2017) for the maintenance of good health.

Blackcurrant (*Ribes nigrum* fruit extract 125:1, 35% anthocyanins)

Blackcurrant is considered a source of anthocyanins, which are phenolic compounds belonging to the flavonoid family. This extract provides antioxidants which help protect cells against the oxidative damage caused by free radicals (NNHPD 2017).

Resveratrol (trans-Resveratrol, *Reynoutria japonica* root)

Resveratrol is a polyphenolic compound can be found in red wine and grapes and is known to be a provider of antioxidants (NNHPD 2014). *Reynoutria japonica* is a plant that is considered a well-known source of resveratrol and is the source material providing Resveratrol in XFactor Plus.

Sodium copper chlorophyllin

This is used in XFactor Plus to make our vegetarian capsule green. Sodium copper chlorophyllin is a mixture of water-soluble sodium copper salts derived from chlorophyll, which is the pigment that gives plants and algae their green colour.



Ingredient Glossary

Hypromellose (vegetarian capsule)

The vegetarian capsule shell used in XFactor Plus is made from hypromellose, derived from pine trees. This capsule shell is non-GMO, vegan, kosher, and halal.

Microcrystalline cellulose

Cellulose is the structural component of the primary cell wall of green plants, a fine powder used as a filler that the body can break down to absorb at the cellular level.

Silicon dioxide

Silicon dioxide is added to the powder mixture to ease the flow of the material through the manufacturing equipment, and to remove moisture and prevent the powder from clumping.

Sunflower oil

Sunflower oil is extracted from the seeds of the sunflower. This is used as a natural lubricant/excipient to help prevent sticking to metal contact surfaces during encapsulation.

References

NNHPD 2014

NNHPD Resveratrol Monograph. March 7, 2014

<http://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq.do?atid=resveratrol&lang=eng>

NNHPD 2017

NNHPD Antioxidant Monograph. August 1, 2017.

<http://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq.do?atid=antiox&lang=eng>

NNHPD 2016

NNHPD Multi-Vitamin/Mineral Supplements Monograph. February 9, 2016

http://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq.do?atid=multi_vitamin_suppl&lang=eng

Medicinal Ingredients (per capsule)			
Vitamin A (Vitamin A palmitate)	377.74 mcg RAE	Copper (Copper (II) citrate)	1000 mcg
Beta-carotene	750 mcg	Manganese (Manganese (II) citrate)	1 mg
Vitamin C (Ascorbyl palmitate)	30.2 mg	Chromium (Chromium (III) nicotinate)	60 mcg
Vitamin D (Cholecalciferol)	12.5 mcg	Molybdenum (Molybdenum (VI) bisglycinate)	37.5 mcg
Vitamin E (d-alpha Tocopherol)	10.05 mg AT	Boron (Boron glycinate)	250 mcg
Vitamin K1	36 mcg	Vanadium (Vanadyl sulfate)	5 mcg
Vitamin K2	4 mcg	Grape seed extract (Vitis vinifera - seed) (85% Polyphenols)	226.5 mg
Thiamine (Thiamine mononitrate)	7.5 mg	Paradise Apple (Malus pumila Mill., fruit) (275 : 1, QCE 3.4375 g)	12.5 mg
Riboflavin (Riboflavin 5'-phosphate)	8.5 mg	Cranberry (Vaccinium macrocarpon, fruit extract)	10 mg
Niacin (Niacinamide)	10 mg	Aloe vera (Leaf gel) (200:1, QCE 200 mg)	1 mg
Vitamin B6 (Pyridoxal 5'-phosphate, Pyridoxine hydrochloride)	10 mg	Black currant (Ribes nigrum, fruit) (125 : 1, QCE 125 mg, 35 % Anthocyanins)	1 mg
Folate (L-5-Methyltetrahydrofolate, calcium salt)	200 mcg	Resveratrol (trans-Resveratrol, Reynoutria japonica - root)	0.5 mg
Vitamin B12 (Methylcobalamin)	210 mcg		
Biotin	150 mcg		
Pantothenic acid (Calcium D-pantothenate)	5 mg		
Calcium (Calcium citrate)	12.5 mg		
Magnesium (Magnesium hydroxide)	25 mg		
Zinc (Zinc citrate)	7.5 mg		
Selenium (Selenomethionine)	52.5 mcg		

Non-Medicinal Ingredients: Hypromellose, microcrystalline cellulose, silicon dioxide, sunflower oil, sodium copper chlorophyllin, acacia gum, ethylcellulose, tocopherols, dicalcium phosphate dehydrate, maltodextrin, medium chain triglycerides.

