

Multi-Vi-Min®

Multi-Vi-Min® was formulated by Stephen A. Levine, Ph.D., to have low allergen potential. Vitamin C was purposely left out because of its ability to enhance iron absorption.*

Suggested Use

As a dietary supplement, 1 capsule one to three times daily with meals, or as directed by a healthcare practitioner.

Taking more than 400 µg of selenium per day from all sources should only be done under the guidance of a healthcare professional.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

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

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Rev. 012



Formulated exclusively for
Allergy Research Group®
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AllergyResearchGroup®

Multi-Vi-Min®

Classic Hypoallergenic Formula



dietary supplement
HYPOALLERGENIC
150 vegetarian capsules

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	150
Amount Per Serving	% Daily Value*
Vitamin A (as Retinyl Palmitate)	2000 IU 40%
Vitamin D3 (as Cholecalciferol)	100 IU 25%
Vitamin E (as DL-alpha-Tocopheryl Acetate)	80 IU 270%
Thiamine (as Thiamine Hydrochloride)	20 mg 1330%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg 590%
Niacin (as Niacinamide)	30 mg 150%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-Phosphate)	31 mg 1550%
5-Methyltetrahydrofolate (from 111 µg (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	60 µg 15%
Vitamin B12 (as Methylcobalamin)	80 µg 1330%
Biotin (as d-Biotin)	80 µg 27%
Pantothenic Acid (as Calcium Pantothenate)	100mg 1000%
Calcium (as Calcium Citrate)	20mg 2%
Iron (as Ferrous Citrate)	4 mg 22%
Magnesium (as Magnesium Citrate)	20mg 5%
Zinc (as Zinc Citrate)	6 mg 40%
Selenium (as Sodium Selenite)	40µg 57%
Copper (as Copper Bisglycinate)	300 µg 15%
Manganese (as Manganese Citrate)	3 mg 150%
Chromium (as Chromium Picolinate)	80µg 67%
Molybdenum (as Sodium Molybdate)	40µg 53%
Potassium (as Potassium Chloride)	20mg <1%
Boron (as Boric Acid)	200µg †
Glutamic Acid	40mg †

† Daily Value not established.

* Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Hydroxypropyl methylcellulose, stearic acid, microcrystalline cellulose, magnesium stearate, silicon dioxide.