Multi-Vi-Min® without Copper & Iron

Same hypoallergenic formula as Multi-Vi-Min®, except includes vitamin C and excludes copper and iron. Formulated by Stephen A. Levine, Ph.D.

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.

Rev. 012

Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
www.allergyresearchgroup.com
Phone: 510.263.2000

AllergyResearchGroup®

Multi-Vi-Min®

without Copper & Iron

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 C (as Ascorbic Acid)	30 mg	50%
Vitamin D3 (as Cholecalciferol)	100 IU	25%
Vitamin E (as DL-alpha-Tocopheryl Acetate)	80 IU	267%
Thiamin (as Thiamin Hydrochloride)	20 mg	1333%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	588%
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	1333%
Biotin (as d-Biotin)	80 µg	27%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	1000%
Calcium (as Calcium Citrate)	20 mg	2%
Magnesium (as Magnesium Citrate)	20 mg	5%
Zinc (as Zinc Citrate)	6 mg	40%
Selenium (as Sodium Selenate)	40 µg	57%
Manganese (as Manganese Citrate)	3 mg	150%
Chromium (as Chromium Picolinate)	80 µg	67%
Molybdenum (as Sodium Molybdate)	40 µg	53%
Potassium (as Potassium Chloride)	20 mg	<1%
Boron (as Boron Citrate)	200 µg	†
Vanadium (as Sodium Metavanadate)	40 µg	†
PABA (Para-Amiimobenzoic Acid)	40 mg	†
Glutamic Acid	40 mg	†

† Daily Value not established. * Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate, silicon dioxide.