

SUGGESTED USE: 4-8 capsules per day with food or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, yeast, artificial colors and flavors. If you are pregnant or nursing, consult your physician before taking this product. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN. This product was sealed for your protection. Do not use if outer neck seal or inner-seal is missing or damaged.

152.005

Mfg for:
Holtorf Medical Group, Inc.
23456 Hawthorne Blvd. Ste. 160
Torrance, CA 90505

HoltraCeuticals™



Multiplex

Dietary Supplement

Super Multivitamin and Mineral Supplement

240 capsules

HOLTORF MEDICAL GROUP, INC.

CENTER FOR HORMONE IMBALANCE, HYPOTHYROIDISM AND FATIGUE

Supplement Facts

Serving Size: 4 Capsules/8 Capsules
Servings Per Container: 60/30

	4 capsules contain	% Daily Value	8 capsules contain	% Daily Value
Vitamin A (as Betatene® Natural Mixed Carotenoids, Palmitate)	7,500 IU	150%	15,000 IU	300%
Vitamin C (as Ascorbic Acid USP Ascorbate)	500 mg	833%	1,000 mg	1,667%
Vitamin D3 (as Cholecalciferol)	500 IU	125%	1,000 IU	250%
Vitamin E (as d-Alpha Tocopherol Succinate)	100 IU	333%	200 IU	667%
Vitamin K (as Phytanadione)	50 mcg	63%	100 mcg	125%
Thiamine (B1 from Thiamine HCl USP)	25 mg	1,667%	50 mg	3,333%
Riboflavin (Vitamin B2 USP)	25 mg	1,471%	50 mg	2,941%
Niacin (as Niacin USP, Niacinamide USP)	25 mg	125%	50 mg	250%
Vitamin B6 (as Pyridoxine HCl USP)	38 mg	1,900%	75 mg	3,750%
Folic Acid	400 mcg	100%	800 mcg	200%
Vitamin B12 (as Methylcobalamin)	500 mcg	8,333%	1,000 mcg	16,667%
Biotin	200 mcg	67%	400 mcg	133%
Pantothenic Acid (as d-Calcium Pantothenate USP)	150 mg	1,500%	300 mg	3,000%
Calcium (as DimaCal™ Di-Calcium Malate)	100 mg	10%	200 mg	20%
Iodine (from Kelp)	113 mcg	75%	225 mcg	150%
Magnesium (as Di-Magnesium Malate, 200 mg Ascorbate, TRAACS® Magnesium Glycinate Chelate Buffered)	200 mg	50%	400 mg	100%
Zinc (as TRAACS® Zinc Glycinate Chelate)	10 mg	67%	20 mg	133%
Selenium (as Selenium Glycinate Complex)	100 mcg	143%	200 mcg	286%
Copper (as TRAACS® Copper Glycinate Chelate)	1 mg	50%	2 mg	100%
Manganese (as TRAACS® Manganese Glycinate Chelate)	2.5 mg	125%	5 mg	250%
Chromium (as ChromeMate®)	200 mcg	167%	400 mcg	333%
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	25 mcg	33%	50 mcg	67%
Potassium (as Citrate)	50 mg	1%	100 mg	3%
Choline Bitartrate USP	50 mg	*	100 mg	*
Inositol	50 mg	*	100 mg	*
Mixed Tocopherols	50 mg	*	100 mg	*
Lipoic Acid	25 mg	*	50 mg	*
Rutin	25 mg	*	50 mg	*
Lutein (from Asteracea Family)	3 mg	*	6 mg	*
Boron (as Boronate)	1.5 mg	*	3 mg	*
Lycopene	1 mg	*	2 mg	*
Vanadyl Sulfate Hydrate	1 mg	*	2 mg	*

* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose, and Silicon Dioxide. Betatene® is a registered trademark of Cognis B.V. ChromeMate® is a registered trademark of InterHealth N.I., ChromeMate® brand niacin-bound chromium (U.S. Patents 4,923,855, 4,954,492 and 5,194,615). DimaCal and TRAACS are trademarks of Albion Laboratories, Inc.



WARNING: All forms of Vitamin K may interact with blood thinning medications. If you are taking such medicines please consult with your physician before taking this product.



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