Multi-Vi-Min® without Copper & Iron

Same formula as Multi-Vi-Min®, except includes vitamin C and excludes copper and iron. Now with riboflavin-5-phosphate, pyridoxal-5-phosphate, 5-methyltetrahydrofolate, methylcobalamin, vitamin K, and iodine. 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.

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Rev. 014

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

150 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving		% Daily Value*
Vitamin A (as Retinyl Palmitate)	1000 IU	20%
Vitamin C (as Ascorbic Acid)	50 mg	83%
Vitamin D3 (as Cholecalciferol)	100 IU	25%
Mixed Tocopherols	80 IU	†
Vitamin K (as 30 µg of Vitamin K1 Phytonadione and 25 µg Vitamin K2 Menaquinone-7)	55 µg	46%
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)	25 mg	1250%
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-D-Pantothenate)	100 mg	1000%

Amount Per Serving		% Daily Value*
Calcium (as Calcium Citrate)	40 mg	4%
Iodine (as Potassium Iodide)	75 µg	50%
Magnesium (as Magnesium Citrate)	15 mg	4%
Zinc (as Zinc Citrate)	6 mg	40%
Selenium (as Sodium Selenite)	40 µg	72%
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-Amimobenzoic 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.