

Multigenics® is a unique vitamin and mineral formula designed for optimal disintegration and digestibility, featuring:

- High levels of ratio-balanced B vitamins with extra B₁₂ to support homocysteine metabolism.*
- Caro-xan®, our proprietary blend of beta-carotene and Betatene® mixed carotenoids for antioxidant protection.*
- A 2-to-1 ratio of calcium to magnesium for nutritional bone support.*

Directions: Take six tablets daily with meals or as directed by your healthcare practitioner.

This product is non-GMO and gluten-free.

Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl acetate) per day. If pregnant or nursing, or taking other nutritional supplements or medication, consult your healthcare practitioner before use.

Caution: Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.



*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.



Multigenics®

Optimum Multiple
Vitamin/Mineral Formula
Fast-Release Tablet

DIETARY
SUPPLEMENT

90 TABLETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 15

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A.....	10,000 IU	200%	Zinc (as zinc citrate)	20 mg	133%
[85% (8,500 IU) as beta-carotene† and 15% (1,500 IU) as retinyl acetate]			Selenium (as selenium aspartate)	200 mcg	286%
Vitamin C (as ascorbic acid).....	1,200 mg	2,000%	Copper (as copper citrate).....	2 mg	100%
Vitamin D (as cholecalciferol).....	20 IU	5%	Manganese (as manganese citrate)	1 mg	50%
Vitamin E.....	100 IU	333%	Chromium (as chromium citrate)	200 mcg	167%
(as d-alpha tocopheryl succinate and mixed tocopherols)			Molybdenum (as molybdenum aspartate) ..	100 mcg	133%
Thiamin (as thiamin mononitrate)	30 mg	2,000%	Potassium (as potassium aspartate)	99 mg	3%
Riboflavin.....	34 mg	2,000%			
Niacin (as niacinamide and niacin).....	420 mg	2,100%	Betaine HCl.....	325 mg	*
Vitamin B ₆ (as pyridoxine HCl).....	40 mg	2,000%	Choline (as choline bitartrate)	200 mg	*
Folate	800 mcg	200%	Inositol.....	188 mg	*
(as calcium L-5-methyltetrahydrofolate††)			Citrus Bioflavonoid Complex	100 mg	*
Vitamin B ₁₂ (as methylcobalamin).....	200 mcg	3,333%	para-Aminobenzoic Acid (PABA).....	50 mg	*
Biotin.....	300 mcg	100%	Quercetin.....	25 mg	*
Pantothenic Acid (as calcium D-pantothenate) ..	200 mg	2,000%	Mixed Carotenoids.....	5.85 mg	*
Calcium (as calcium citrate).....	500 mg	50%	(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)		
Iron (as iron glycinate).....	10 mg	55%			
Iodine (as potassium iodide)	150 mcg	100%			
Magnesium.....	250 mg	63%			
(as magnesium bis-glycinate and magnesium citrate)					

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, stearic acid (vegetable), silica, and coating [hypromellose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)].

MANUFACTURED BY: METAGENICS • GIG HARBOR, WA 98332 • 800 692 9400

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

†Caro-xan® a proprietary blend of beta-carotene and Betatene® mixed carotenoids

††As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany