

Multigenics® without Iron is a unique vitamin and mineral formula designed for optimal tablet 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.
- A 2-to-1 ratio of calcium to magnesium for 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® without Iron

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%	Selenium (as selenium aspartate)	200 mcg	286%
[85% (8,500 IU) as beta-carotene† and 15% (1,500 IU) as retinyl acetate]			Copper (as copper citrate)	2 mg	100%
Vitamin C (as ascorbic acid)	1,200 mg	2,000%	Manganese (as manganese citrate)	1 mg	50%
Vitamin D (as cholecalciferol)	20 IU	5%	Chromium (as chromium citrate)	200 mcg	167%
Vitamin E	100 IU	333%	Molybdenum (as molybdenum aspartate)	100 mcg	133%
(as d-alpha tocopheryl succinate and mixed tocopherols)			Potassium (as potassium aspartate)	99 mg	3%
Thiamin (as thiamin mononitrate)	30 mg	2,000%			
Riboflavin	34 mg	2,000%	Betaine HCl	325 mg	*
Niacin (as niacinamide and niacin)	420 mg	2,100%	Choline (as choline bitartrate)	200 mg	*
Vitamin B6 (as pyridoxine HCl)	40 mg	2,000%	Inositol	188 mg	*
Folate	800 mcg	200%	Citrus Bioflavonoid Complex	100 mg	*
(as calcium L-5-methyltetrahydrofolate††)			para-Aminobenzoic Acid (PABA)	50 mg	*
Vitamin B12 (as methylcobalamin)	200 mcg	3,333%	Quercetin	25 mg	*
Biotin	300 mcg	100%	Mixed Carotenoids	5.85 mg	*
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2,000%	(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)		
Calcium (as calcium citrate)	500 mg	50%			
Iodine (as potassium iodide)	150 mcg	100%			
Magnesium	250 mg	63%			
(as magnesium bis-glycinate and magnesium citrate)					
Zinc (as zinc citrate)	20 mg	133%			

\*Daily Value not established.

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 • [METAGENICS.COM](http://METAGENICS.COM)

<sup>†</sup>Caro-xan®, a proprietary blend of beta-carotene and Betatene® mixed carotenoids (Betatene Ltd., Corp., Australia).

<sup>††</sup>As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany