

**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.

Certified



Gluten-Free

\*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
Vitamin A.....	10,000 IU	200%
[85% (8,500 IU) as beta-carotene† and 15% (1,500 IU) as retinyl acetate]		
Vitamin C (as ascorbic acid).....	1,200 mg	2,000%
Vitamin D (as cholecalciferol).....	20 IU	5%
Vitamin E.....	100 IU	333%
(as d-alpha tocopheryl succinate and mixed tocopherols)		
Thiamin (as thiamin mononitrate).....	30 mg	2,000%
Riboflavin.....	34 mg	2,000%
Niacin (as niacinamide and niacin).....	420 mg	2,100%
Vitamin B6 (as pyridoxine HCl).....	40 mg	2,000%
Folate.....	800 mcg	200%
(as calcium L-5-methyltetrahydrofolate††)		
Vitamin B12 (as methylcobalamin).....	200 mcg	3,333%
Biotin.....	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate).....	200 mg	2,000%
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%

	Amount Per Serving	% Daily Value
Selenium (as selenium aspartate).....	200 mcg	286%
Copper (as copper citrate).....	2 mg	100%
Manganese (as manganese citrate).....	1 mg	50%
Chromium (as chromium citrate).....	200 mcg	167%
Molybdenum (as molybdenum aspartate).....	100 mcg	133%
Potassium (as potassium aspartate).....	99 mg	3%
Betaine HCl.....	325 mg	*
Choline (as choline bitartrate).....	200 mg	*
Inositol.....	188 mg	*
Citrus Bioflavonoid Complex.....	100 mg	*
para-Aminobenzoic Acid (PABA).....	50 mg	*
Quercetin.....	25 mg	*
Mixed Carotenoids.....	5.85 mg	*
(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)		
*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**  
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†Caro-xan®, a proprietary blend of beta-carotene and Betatene® mixed carotenoids (Betatene Ltd., Corp., Australia).

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