

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

- High levels of ratio-balanced B vitamins with 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 may contribute to a risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl acetate) per day unless instructed to do so by a healthcare practitioner.

Caution: Keep out of the reach of children.

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



Multigenics®

Optimum Multiple Vitamin/Mineral Formula
Fast-Release Tablet



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

DIETARY
SUPPLEMENT

180 TABLETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Carbohydrate..... 2 g..... 1%*		Magnesium..... 250 mg..... 60%	
Dietary Fiber..... 2 g..... 7%*		(as magnesium bis-glycinate and magnesium citrate)	
Vitamin A..... 3,000 mcg..... 333%		Zinc (as zinc citrate)..... 20 mg..... 182%	
(from mixed carotenoids, beta-carotene, [†] and retinyl acetate)		Selenium..... 200 mcg..... 364%	
Vitamin C (as ascorbic acid)..... 1,200 mg..... 1,333%		(as selenium aspartate)	
Vitamin D..... 0.5 mcg (20 IU)..... 3%		Copper (as copper citrate)..... 2 mg..... 222%	
(as cholecalciferol)		Manganese..... 1 mg..... 43%	
Vitamin E (as d-alpha tocopheryl..... 67 mg..... 447%		(as manganese citrate)	
succinate and mixed tocopherols)		Chromium..... 200 mcg..... 571%	
Thiamin (as thiamin mononitrate)..... 30 mg..... 2,500%		(as chromium citrate)	
Riboflavin..... 34 mg..... 2,615%		Molybdenum..... 100 mcg..... 222%	
Niacin..... 420 mg..... 2,625%		(as molybdenum aspartate complex)	
(as niacinamide and niacin)		Potassium..... 99 mg..... 2%	
Vitamin B ₆ (as pyridoxine HCl)..... 40 mg..... 2,353%		(as potassium aspartate)	
Folate..... 1,360 mcg DFE..... 340%			
(as calcium L-5-methyltetrahydrofolate) ^{††}		Betaine HCl..... 325 mg..... **	
Vitamin B ₁₂ 200 mcg..... 8,333%		Myo-Inositol..... 188 mg..... **	
(as methylcobalamin)		Citrus Bioflavonoid Complex..... 100 mg..... **	
Biotin..... 300 mcg..... 1,000%		para-Aminobenzoic Acid (PABA)..... 50 mg..... **	
Pantothenic Acid..... 200 mg..... 4,000%		Quercetin..... 25 mg..... **	
(as calcium D-pantothenate)		Mixed Carotenoids (including..... 5.85 mg..... **	
Choline (as choline bitartrate)..... 200 mg..... 36%		beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	
Calcium (as calcium citrate)..... 500 mg..... 38%			
Iron (as iron glycinate)..... 10 mg..... 56%			
Iodine (as potassium iodide)..... 150 mcg..... 100%			

*Percent Daily Values are based on a 2,000 calorie diet.
**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

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

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