

LOT: 00000000  
EXP: 00/00

**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 B<sub>12</sub> 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 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.



\*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.



# Multigenics® without Iron

Optimum Multiple Vitamin/Mineral Formula  
Fast-Release Tablet

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

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

