

LOT: 0000000
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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 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 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.



LMU033273

MU029



*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 90 TABLETS

PRACTITIONER EXCLUSIVE

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 15

	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, ¹ and retinyl acetate)			Selenium (as selenium aspartate)	200 mcg	364%
Vitamin C (as ascorbic acid)	1,200 mg	1,333%	Copper (as copper citrate)	2 mg	222%
Vitamin D (as cholecalciferol)	0.5 mcg (20 IU)	3%	Manganese (as manganese citrate)	1 mg	43%
Vitamin E	67 mg	447%	Chromium (as chromium citrate)	200 mcg	571%
(as d-alpha tocopheryl 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 ₆ (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 ₁₂ (as methylcobalamin)	200 mcg	8,333%	para-Aminobenzoic Acid (PABA)	50 mg	**
Biotin	300 mcg	1,000%	Quercetin	25 mg	**
Pantothenic Acid	200 mg	4,000%	Mixed Carotenoids	5.85 mg	**
(as calcium D-pantothenate)			(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)		
Choline (as choline bitartrate)	200 mg	36%			
Calcium (as calcium citrate)	500 mg	38%			
Iodine (as potassium iodide)	150 mcg	100%			

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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¹Caro-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