

**Hypoallergenic**

# Multi-VM™

a special multivitamin  
antioxidant formula



**Target  
Release**

Dietary Supplement

**120 Vegetarian Capsules**

Directions: 2-6 capsules daily as  
a dietary vitamin supplement or as  
directed by your health professional.

THE FORMULA IS HYPOALLERGENIC:  
IT IS FREE OF YEAST, EGG, GLUTEN,  
CORN, WHEAT, MILK, STARCH,  
ARTIFICIAL COLORS, SWEETENERS OR  
PRESERVATIVES.

## Supplement Facts: Serving Size: 6 Capsules

### Six Capsules Contain % Daily Value

|                                                      |      |
|------------------------------------------------------|------|
| Vitamin A (Retinol palmitate) 10,000 IU              | 200  |
| Mixed Carotenoids 40 mcg 80,000 IU                   | 1333 |
| incl. Lycopene (2mg), Lutein (6mg), Xanthines (1mg)  |      |
| Vitamin B-1 (Thiamine nitrate) 60 mg                 | 4000 |
| Vitamin B-2 (Riboflavin) 60 mg                       | 3525 |
| Vitamin B-3 (Niacinamide) 150 mg                     | 900  |
| Niacin 40 mg                                         | 200  |
| Vitamin B-5 (Calcium pantothenate) 450 mg            | 4500 |
| Vitamin B-6 (Pyridoxine hydrochloride) 50 mg         | 2270 |
| Vitamin B-12 (on beta-Cyclodextrin) 74 mcg           | 1200 |
| Biotin 300 mcg                                       | 100  |
| Choline (Bitartrate) 45 mg                           | *    |
| Folic Acid 700 mcg                                   | 175  |
| Inositol 100 mg                                      | *    |
| Para-Aminobenzoic acid 45 mg                         | *    |
| Vitamin C (Ca/Mg ascorbates) 800 mg                  | 1333 |
| Bioflavonoids (Hesperidin, Rutin, Quercetin) 50 mg   | *    |
| Vitamin D-3 100 IU                                   | 25   |
| Vitamin E (d-alpha-Tocopheryl Acid Succinate) 400 IU | 1333 |

### Six Capsules Contain %Daily Value

|                                         |     |
|-----------------------------------------|-----|
| Boron (Borate) 20 mg                    | *   |
| Calcium (Ascorbate/Citrate) 300 mg      | 25  |
| Magnesium (Ascorbate/Citrate) 500 mg    | 125 |
| Manganese (Aspartate, Picolinate) 14 mg | 200 |
| Potassium (Aspartate) 99 mg             | 2.3 |
| Zinc (Picolinate) 15 mg                 | 100 |
| L-Leucine (amino acid) 30 mg            | *   |

### SeaSEL\*\* -Pacific Kelp 200 mg, supplying:

|                                                                         |     |
|-------------------------------------------------------------------------|-----|
| Chromium (GTF) 190 mcg                                                  | *   |
| Selenium 200 mcg                                                        | 100 |
| Iodine 260 mcg                                                          | 160 |
| Molybdenum 50 mcg                                                       | *   |
| Other trace minerals: Cobalt, Silicon,<br>Vanadium, Nickel, etc. 60 mcg |     |

\* Daily Value not established \*\* SeaSEL  
Selenium Kelp is a product and registered  
trademark of Scientific Consulting Service.

Other Ingredients: Magnesium stearate, Methyl-  
cellulose (coating)

CAUTION: KEEP THE BOTTLE CLOSED IN A COOL,  
DRY PLACE, PROTECTED FROM SUN LIGHT. # 53C

Intensive Nutrition Inc., San Leandro, CA 1-800-333-7414 • [www.intensivenutrition.com](http://www.intensivenutrition.com) • made in U.S.A