

Multi-Vi-Min[®] without Copper & Iron

Similar formula to Multi-Vi-Min[®], excluding copper and iron. Now with riboflavin-5-phosphate, pyridoxal-5-phosphate, 5-methyltetrahydrofolate, methylcobalamin, vitamin K, and iodine.

Suggested Use

As a dietary supplement, 1 capsule one to three times daily with meals, or as directed by a healthcare practitioner.

Taking more than 400 mcg of selenium per day from all sources should only be done under the guidance of a healthcare professional.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

 **Quatrefolic[®]** Quatrefolic[®] is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.



Rev. 018

Formulated exclusively for
Allergy Research Group[®]
South Salt Lake, UT 84115
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AllergyResearchGroup[®]

Multi-Vi-Min[®] without Copper & Iron

Classic Multivitamin Formula



dietary supplement
150 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Vitamin A (as 1000 IU of Retinyl Palmitate)	300 mcgRAE 33%	Pantothenic Acid (as Calcium-D-Pantothenate)	100 mg 2000%
Vitamin C (as Ascorbic Acid)	50 mg 56%	Calcium (as Calcium Citrate)	40 mg 3%
Vitamin D3 (as 400 IU of Cholecalciferol)	10 mcg 50%	Iodine (as Potassium Iodide)	75 mcg 50%
Mixed Tocopherols	40 IU †	Magnesium (as Magnesium Citrate)	15 mg 4%
Vitamin K (from 30 mcg Vitamin K1 Phytonadione and 25 mcg Vitamin K2 Menaquinone-7)	55 mcg 46%	Zinc (as Zinc Citrate)	6 mg 55%
Thiamin (as Thiamin Hydrochloride)	20 mg 1667%	Selenium (as Sodium Selenite)	40 mcg 73%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg 769%	Manganese (as Manganese Citrate)	3 mg 130%
Niacin (as Niacinamide)	30 mgNE 188%	Chromium (as Chromium Picolinate)	80 mcg 229%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-Phosphate)	25 mg 1471%	Molybdenum (as Sodium Molybdate)	40 mcg 89%
Folate (as 60 mcg 5-Methyltetrahydrofolate (from 111 mcg [6S]-5-methyltetrahydrofolate acid, glucosamine salt)	100 mcgDFE 25%	Potassium (as Potassium Chloride)	20 mg <1%
Vitamin B12 (as Methylcobalamin)	80 mcg 3333%	Boron (as Boron Citrate)	200 mcg †
Biotin (as d-Biotin)	80 mcg 267%	Vanadium (as Sodium Metavanadate)	40 mcg †
		Glutamic Acid	40 mg †

† Daily Value not established.

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

Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate, silicon dioxide.