Multi-Vi-Min®

Formulated to have low allergen potential. Now with riboflavin-5-phosphate, pyridoxal-5-phosphate, 5-MTHF, methylcobalamin, vitamin C, two forms of K (non-soy), sunflower E, iodine, and vanadium.

Suggested Use

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

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

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.

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

Rev. 015

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Formulated exclusively
for NutriCology®
South Salt Lake, UT 84115
www.nutricology.com
Phone: 800.545.9960

Quatrefolic®

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

NutriCology®
Innovative Nutrition

Multi-Vi-Min®

Updated Classic Formula

Dietary Supplement

150 vegetarian capsules

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	150

Amount Per Serving		% Daily Value*
Vitamin A (as 1000 IU of Retinyl Palmitate)	300 µgRAE	33%
Vitamin C (as Ascorbic Acid)	50 mg	56%
Vitamin D3 (as 400 IU of Cholecalciferol)	10 µg	50%
Vitamin E (as 40 IU of d-alpha Tocopherol) (from Sunflower)	27 mg	180%
Vitamin K (from 30 µg Vitamin K1 Phylloquinone and 25 µg Vitamin K2 Menaquinone-7)	55 µg	46%
Vitamin B1 (as Thiamine HCl)	20 mg	1667%
Vitamin B2 (as Riboflavin-5-Phosphate)	10 mg	769%
Vitamin B3 (as Niacinamide)	30 mgNE	188%
Vitamin B6 (from 10 mg Pyridoxine HCl and 5 mg Pyridoxal-5-Phosphate)	15 mg	882%
Folate (as 60 µg 5-Methyltetrahydrofolate (from 111 µg (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	100 µgDFE	25%
Vitamin B12 (as Methylcobalamin)	80 µg	3333%
Biotin (as d-Biotin)	80 µg	267%
Pantothenic Acid (as D-Calcium Pantothenate)	50 mg	1000%
Calcium (as Calcium Citrate and D-Calcium Pantothenate)	40 mg	3%
Iron (as Iron Citrate)	4 mg	22%
Iodine (as Potassium Iodide)	75 µg	50%
Magnesium (as Magnesium Citrate)	20 mg	5%
Zinc (as Zinc Citrate)	6 mg	55%
Selenium (as Selenium Selenate)	40 µg	73%
Copper (as Copper Glycinate Chelate)	300 µg	33%
Manganese (as Manganese Citrate)	3 mg	130%
Chromium (as Chromium Picolinate)	80 µg	229%
Molybdenum (as Sodium Molybdenum)	40 µg	89%
Potassium (as Potassium Chloride and Potassium Iodide)	20 mg	<1%
Boron (as Sodium Borate, decahydrate)	200 µg	†
Vanadium (as Sodium Metavanadate)	40 µg	†
Glutamic Acid	40 mg	†

† Daily Value not established. * Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, stearic acid, microcrystalline cellulose, magnesium stearate, silicon dioxide.