

- GMP Manufacturing • Quality Assured • Independent Testing
- Do Not Use if Safety Seal is Broken
- Store Tightly Sealed in a Cool, Dry Place

Discussion: Multi Basics 3™ includes all recognized essential vitamins as part of a multivitamin/mineral complex for the maintenance of good health.*

Directions: Take 3 capsules daily with a meal containing fat, or as directed by a qualified health care practitioner. Take a few hours before or after taking other medications.

Warning: Do not use if you are pregnant or lactating. Consult your physician before use if you have medical condition, or are taking any medication (eg. blood thinners). Keep out of reach of children.

Cautions: Consult a health care practitioner for use beyond 12 weeks.

*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.

Manufactured by AOR™ Inc.
30 Industrial West, Clifton, NJ, 07012 • Product of Canada
To report a serious adverse event or obtain product information, call 1-866-215-0450

Item# AOR08153 NV01.00



AOR™
Advanced Orthomolecular Research

Multi Basics 3™



Non-GMO

Essential Multivitamin and Mineral Supplement

180

VEGETARIAN
CAPSULES

ADVANCED

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 3 Capsules Servings Per Container: 60	Amount per serving	% Daily Value
Vitamin A Complex - Retinol (palmitate) - beta-Carotene	1000 mcg RAE 100 mcg RAE 900 mcg RAE	100 % 100 % 100 %
Vitamin C (from magnesium ascorbate)	100 mg	133 %
Vitamin D3 (Cholecalciferol)	1000 IU	125 %
Vitamin E (from alpha-tocopherol)	2.1 mg	47 %
Vitamin K2 (as MK-4, HK-7)	120 mcg	100 %
Thiamin (Vitamin B1)	9 mg	750 %
Riboflavin (Vitamin B2)	2.5 mg	782 %
Niacin (Vitamin B3 from inositol hexanicolinate)	115 mg	719 %
Vitamin B6 (as Pyridoxine)	25 mg	1471 %
Folate (as calcium L-5-MTHF)	1335 mcg DFE (800 mcg folic acid)	333 %
Vitamin B12 (as Cyanocobalamin)	847 mcg	26958 %
Biotin	300 mcg	1000 %
Pantothenic acid (as calcium D-pantothenate)	100 mg	2000 %
Choline (from choline bitartrate)	100 mg	18 %
Calcium (from calcium citrate malate, calcium D-pantothenate)	70 mg	5 %
Iodine (from potassium iodide)	50 mcg	100 %
Magnesium (from magnesium citrate and magnesium ascorbate)	60 mg	14 %
Zinc (from zinc citrate)	11 mg	100 %
Selenium (as Selenomethionine)	55 mcg	100 %
Copper (from copper citrate)	1.5 mg	187 %
Manganese (from manganese bisglycinate)	2.3 mg	100 %
Chromium (from chromium picolinate)	100 mcg	286 %
Molybdenum (from sodium molybdate)	45 mcg	100 %
Potassium (from potassium iodide)	50 mg	<1 %
Mixed Tocopherols - delta tocopherol - gamma tocopherol - beta tocopherol	100 mg 13.9 mg 94.8 mg 1.3 mg	
Inositol (from inositol, inositol hexanicolinate)	83 mg	
Quercetin	65 mg	
Mixed Citrus Bioflavonoids	25 mg	
Mixed Tocotrienols - gamma tocotrienol - alpha tocotrienol - delta tocotrienol - beta tocotrienol	10 mg 5.1 mg 2.8 mg 1.4 mg 0.4 mg	
Lutein esters	6 mg	
Silicon (from HVP chelate)	5 mg	
Baron (from boron citrate)	700 mcg	
Vanadium (from vanadium citrate)	18 mcg	

† Daily Value not established.

Other Ingredients: maltodextrin, palm oil, pea starch, capsule (hypromellose and purified water), rice starch, lactose, hypromellose, corn starch, silicon dioxide, citric acid (preservative), glycine, L-aspartic acid, soy starch, magnesium trisilicate, sodium carboxymethylcellulose, gum arabic, sodium alginate, ascorbyl palmitate (preservative), fatty acid esters, dicalcium and tricalcium phosphate, dextrin, talc, sodium ascorbate.

Contains: soy.

AOR guarantees that all ingredients have been declared on the label. Made without wheat, gluten, peanuts, rye, seeds, sulfites, mustard, dairy or eggs.