

Multigenics® is a unique vitamin and mineral formula designed for optimal 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 for antioxidant protection.*
- A 2-to-1 ratio of calcium to magnesium for nutritional 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.



Multigenics®

Optimum Multiple Vitamin/Mineral Formula
Fast-Release Tablet



DIETARY
SUPPLEMENT

180 TABLETS

PRACTITIONER EXCLUSIVE

*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.

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 30

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, [†] and retinyl acetate)		Selenium.....	200 mcg.....364%
Vitamin C (as ascorbic acid).....	1,200 mg.....1,333%	(as selenium aspartate)	
Vitamin D.....	0.5 mcg (20 IU).....3%	Copper (as copper citrate).....	2 mg.....222%
(as cholecalciferol)		Manganese.....	1 mg.....43%
Vitamin E (as d-alpha tocopheryl.....	67 mg.....447%	(as manganese citrate)	
succinate and mixed tocopherols)		Chromium.....	200 mcg.....571%
Thiamin (as thiamin mononitrate).....	30 mg.....2,500%	(as chromium citrate)	
Riboflavin.....	34 mg.....2,615%	Molybdenum.....	100 mcg.....222%
Niacin.....	420 mg.....2,625%	(as molybdenum aspartate complex)	
(as niacinamide and niacin)		Potassium.....	99 mg.....2%
Vitamin B ₆ (as pyridoxine HCl).....	40 mg.....2,353%	(as potassium aspartate)	
Folate.....	1,360 mcg DFE.....340%		
(as calcium L-5-methyltetrahydrofolate) ^{††}		Betaine HCl.....	325 mg.....**
Vitamin B ₁₂	200 mcg.....8,333%	Myo-Inositol.....	188 mg.....**
(as methylcobalamin)		Citrus Bioflavonoid Complex.....	100 mg.....**
Biotin.....	300 mcg.....1,000%	para-Aminobenzoic Acid (PABA).....	50 mg.....**
Pantothenic Acid.....	200 mg.....4,000%	Quercetin.....	25 mg.....**
(as calcium D-pantothenate)		Mixed Carotenoids (including.....	5.85 mg.....**
Choline (as choline bitartrate).....	200 mg.....36%	beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	
Calcium (as calcium citrate).....	500 mg.....38%		
Iron (as iron glycinate).....	10 mg.....56%		
Iodine (as potassium iodide).....	150 mcg.....100%		

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, coating [hypromellose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)], magnesium stearate (vegetable), and silica.

MANUFACTURED BY: METAGENICS

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

[†]Caro-xan®, a proprietary blend of beta-carotene and Betatene® mixed carotenoids.

^{††}As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany