

Multigenics® without Iron is a unique vitamin and mineral formula designed for optimal tablet 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.
- A 2-to-1 ratio of calcium to magnesium for 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.



*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.



Multigenics® without Iron

Optimum Multiple Vitamin/Mineral Formula
Fast-Release Tablet

DIETARY
SUPPLEMENT

180 TABLETS

PRACTITIONER EXCLUSIVE

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%*		Iodine (as potassium iodide).....150 mcg.....100%	
Dietary Fiber.....2 g.....7%*		Magnesium (as magnesium.....250 mg.....60%	
Vitamin A.....3,000 mcg.....333%		bis-glycinate and magnesium citrate)	
(from mixed carotenoids, beta-carotene, [†] and retinyl acetate)		Zinc (as zinc citrate).....20 mg.....182%	
Vitamin C (as ascorbic acid).....1,200 mg.....1,333%		Selenium (as selenium aspartate).....200 mcg.....364%	
Vitamin D.....0.5 mcg (20 IU).....3%		Copper (as copper citrate).....2 mg.....222%	
(as cholecalciferol)		Manganese (as manganese citrate).....1 mg.....43%	
Vitamin E (as d-alpha tocopheryl.....67 mg.....447%		Chromium (as chromium citrate).....200 mcg.....571%	
succinate and mixed tocopherols)		Molybdenum.....100 mcg.....222%	
Thiamin (as thiamin mononitrate).....30 mg.....2,500%		(as molybdenum aspartate complex)	
Riboflavin.....34 mg.....2,615%		Potassium (as potassium aspartate).....99 mg.....2%	
Niacin (as niacinamide and niacin).....420 mg.....2,625%			
Vitamin B ₆ (as pyridoxine HCl).....40 mg.....2,353%		Betaine HCl.....325 mg.....**	
Folate.....1,360 mcg DFE.....340%		Myo-Inositol.....188 mg.....**	
(as calcium L-5-methyltetrahydrofolate) ^{††}		Citrus Bioflavonoid Complex.....100 mg.....**	
Vitamin B ₁₂ 200 mcg.....8,333%		para-Aminobenzoic Acid (PABA).....50 mg.....**	
(as methylcobalamin)		Quercetin.....25 mg.....**	
Biotin.....300 mcg.....1,000%		Mixed Carotenoids.....5.85 mg.....**	
Pantothenic Acid.....200 mg.....4,000%		(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	
(as calcium D-pantothenate)			
Choline (as choline bitartrate).....200 mg.....36%			
Calcium (as calcium citrate).....500 mg.....38%			

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
GIG HARBOR, WA 98332 • 800 692 9400 • METAGENICS.COM

[†]Caro-xan®, a proprietary blend of beta-carotene and Betatene® mixed carotenoids (Betatene Ltd., Corp., Australia).

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