



Multigenics® is a unique vitamin and mineral formula designed for optimal disintegration and digestibility, featuring:

- High levels of selected nutrients to support healthy liver and adrenal function.
- High levels of ratio-balanced B vitamins, with extra B₁₂, to support homocysteine metabolism.
- Caro-xan™, our proprietary blend of beta-carotene and Betatene® mixed carotenoids for balanced antioxidant protection.
- A 2 to 1 ratio of calcium to magnesium for balanced nutritional bone support.
- Proprietary mineral amino acid chelates for optimal mineral absorption.

***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.**

DIRECTIONS: Take six tablets daily with meals or as directed by your healthcare practitioner.

WARNING: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5,000 IU of pre-formed vitamin A (retinyl acetate) per day.

How many Multigenics should you take?

The best way to assess the optimal intake of Multigenics is to discuss this matter with your healthcare provider. Otherwise, rate your diet to determine dosage. A healthy diet is low in saturated and trans fats and sugar, and high in fruits and vegetables:

1. **Healthy:** 2-3 tablets
2. **Average:** 3-4 tablets
3. **Poor:** 4-6 tablets



Metagenics®
Genetic Potential Through Nutrition



Multigenics®

Optimum Multiple Vitamin/Mineral Formula

• Fast-Release Tablet •

Dietary Supplement

90 TABLETS

Supplement Facts

Serving Size: 6 Tablets
Servings Per Container: 15

	Amount Per Serving	% Daily Value
Vitamin A [15% (1,500 IU) as retinyl acetate, 85% (8,500 IU) as beta-carotene]	10,000 IU	200%
Vitamin C (as ascorbic acid)	1,200 mg	2000%
Vitamin D (as cholecalciferol)	20 IU	5%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	100 IU	333%
Thiamin (as thiamin mononitrate)	30 mg	2000%
Riboflavin	34 mg	2000%
Niacin (as niacinamide, niacin)	420 mg	2100%
Vitamin B ₆ (as pyridoxine HCl)	40 mg	2000%
Folate (as folic acid)	800 mcg	200%
Vitamin B ₁₂ (as cyanocobalamin)	200 mcg	3333%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2000%
Calcium (as calcium citrate)	500 mg	50%
Iron (as iron glycinate ¹)	10 mg	55%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium bis glycinate ¹ and magnesium citrate)	250 mg	63%
Zinc (as zinc citrate)	20 mg	133%

	Amount Per Serving	% Daily Value
Selenium (as selenium aspartate)	200 mcg	266%
Copper (as copper citrate)	2 mg	100%
Manganese (as manganese aspartate)	1 mg	50%
Chromium (as chromium nicotinate glycinate ¹)	200 mcg	167%
Molybdenum (as molybdenum aspartate)	100 mcg	133%
Potassium (as potassium aspartate)	99 mg	3%
Betaine HCl	325 mg	
Choline (as choline bitartrate)	200 mg	
Inositol	188 mg	
Citrus Bioflavonoid Complex	100 mg	
PABA (as para-aminobenzoic acid)	50 mg	
Quercetin	25 mg	
Mixed Carotenoids (including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	5.85 mg	
Gamma Tocopherol (as mixed tocopherols)	6.7 mg	

¹Daily Value not established

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid, silica, croscarmellose sodium, magnesium stearate, and coating (deionized water, hypromellose, maltodextrin, polyethylene glycol, and sodium copper chlorophyllin).

Developed and Manufactured by:

METAGENICS, INC., Makers of Professional Quality Supplements
100 Ave. La Pata, San Clemente, CA 92673 • www.metagenics.com

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.

¹Caro-xan™, a proprietary blend of beta-carotene and Betatene® mixed carotenoids.

¹ Patented mineral amino acid chelates U.S. Patent No. 5,516,925 **Albion®**