

Multigenics[®] is a unique vitamin and mineral formula designed for optimal digestion 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.
- 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 5000 IU of preformed vitamin A (retinyl acetate) per day.

CAUTION: Keep out of the reach of children.

STORAGE: Keep tightly closed in a cool, dry place.

Formulated to Exclude: Wheat, gluten, soy protein, dairy products, nuts, tree nuts, fish, crustacean shellfish, artificial sweeteners, and preservatives.

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

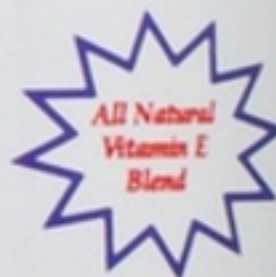
²Patented amino acid chelates U.S. Patent No. 5,516,925 Albion[®].

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

180 TABLETS

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A	10,000 IU	200%
[75% (7500 IU as retinyl acetate, 25% (2500 IU as beta-carotene)]		
Vitamin C (as ascorbic acid)	1200 mg	2000%
Vitamin D (as cholecalciferol)	20 IU	5%
Vitamin E	100 IU	333%
(as α -tocopherol succinate and mixed tocopherols)		
Thiamine	30 mg	2000%
(as thiamine mononitrate)		
Riboflavin	34 mg	2000%
Niacin	420 mg	2100%
(as niacinamide and niacin)		
Vitamin B ₆	40 mg	2000%
(as pyridoxine HCl)		
Pantoic Acid	800 mcg	200%
Vitamin B ₁₂	200 mcg	3333%
(as cyanocobalamin)		
Biotin	300 mcg	100%
Pantothenic Acid	200 mg	2000%
(as β -calicum pantothenate)		
Calcium (as calcium citrate)	500 mg	50%
(as iron glycinate ²)		
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium bis-glycinate ² and magnesium citrate)	250 mg	63%
Zinc (as zinc citrate)	20 mg	133%

	Amount Per Serving	% Daily Value
Selenium	200 mcg	200%
(as selenium aspartate)		
Copper (as copper citrate)	2 mg	100%
Manganese	1 mg	50%
(as manganese aspartate)		
Chromium	200 mcg	167%
(as chromium nicotinate glycinate ²)		
Molybdenum	100 mcg	133%
(as molybdenum aspartate)		
Potassium	99 mg	2%
(as potassium aspartate)		
Betaine HCl	325 mg	-
Choline (as choline bitartrate)	200 mg	-
Inositol	158 mg	-
Citrus Bioflavonoid Complex	100 mg	-
PABA	50 mg	-
(as para-aminobenzoic acid)		
Quercetin	25 mg	-
Mixed Carotenoids	5.85 mg	-
(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)		
Gamma Tocopherol	67 mg	-
(as mixed tocopherols)		

²Daily Value not established

Other Ingredients: Microcrystalline cellulose, cellulose, stearic acid, silica, croscarmellose sodium, magnesium stearate, and coating (deionized water, hydroxypropyl methylcellulose, 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.