



Multigenics® Intensive Care is a potent yet gentle vitamin and mineral formula that features high quality ingredients designed for optimal absorption and bioavailability. Rapid disintegration allows quick release of the micronutrients. This comprehensive formula is suitable for adolescents, adults, and seniors, and features:

- L-5-MTHF—a body ready, nature-identical folate
- Alpha- and gamma-tocopherols in a one-to-one ratio
- Select nutrients to support liver and adrenal function
- Patented mineral amino acid chelates designed for optimal mineral absorption
- "Caro-xan™", our proprietary blend of beta-carotene and Betalene® mixed carotenoids for balanced antioxidant protection

• 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 eight 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.

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

How many Multigenics® Intensive Care should you take?

The best way to assess the optimal intake of Multigenics Intensive Care 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 4 tablets 2. Average 4-6 tablets 3. Poor 6-8 tablets



Metagenics®
Genetic Potential Through Nutrition



Multigenics® Intensive Care

Advanced Nutritional Support
Designed for Optimal Health*

Dietary Supplement
180 TABLETS

Supplement Facts

Serving Size 8 Tablets
Servings Per Container 22.5

	Amount Per Serving	% Daily Value
Vitamin A	10,000 IU	200%
(15% (1500 IU) as retinyl acetate and 85% (8500 IU) as beta-carotene*)		
Vitamin C (as ascorbic acid)	1200 mg	2000%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E	200 IU	666%
(as d-alpha-tocopheryl succinate and mixed tocopherols)		
Thiamin (as thiamin mononitrate)	30 mg	2000%
Riboflavin	34 mg	2000%
Niacin (as niacinamide and niacin)	420 mg	2100%
Vitamin B ₆	40 mg	2000%
(as pyridoxine HCl)		
Folate (as folic acid and L-5-methyl tetrahydrofolate**)	800 mcg	200%
Vitamin B ₁₂ (as cyanocobalamin)	200 mcg	3333%
Biotin	200 mcg	67%
Pantothenic Acid	200 mg	2000%
(as D-calcium pantothenate)		
Calcium (as calcium citrate, microcrystalline hydroxyapatite concentrate, and calcium glycinate***)	500 mg	50%
Iron (as iron glycinate***)	10 mg	55%
Phosphorus	110 mg	12%
(as microcrystalline hydroxyapatite concentrate)		
Iodine (as potassium iodide)	150 mcg	100%
Magnesium	250 mg	63%
(as magnesium bis-glycinate*** and magnesium citrate)		

	Amount Per Serving	% Daily Value
Zinc	20 mg	133%
(as zinc glycinate****)		
Selenium (as selenium aspartate)	200 mcg	286%
Copper (as copper citrate)	2 mg	100%
Manganese	1 mg	50%
(as manganese glycinate****)		
Chromium	200 mcg	167%
(as chromium nicotinate glycinate****)		
Molybdenum	100 mcg	133%
(as molybdenum aspartate)		
Potassium	99 mg	3%
(as potassium aspartate)		
Quercetin	25 mg	
Betaine HCl	175 mg	
Choline (as choline bitartrate)	125 mg	
Inositol	120 mg	
L-Glutamine	100 mg	
Citrus Bioflavonoid Complex	100 mg	
para-Aminobenzoic Acid (PABA)	50 mg	
Mixed Carotenoids	5.7 mg	
(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)		
Gamma Tocopherol	134 mg	
(as mixed tocopherols)		

*Daily Value not established

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

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.

Developed and Manufactured by:

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

*Caro-xan™, a proprietary blend of beta-carotene and Betalene® mixed carotenoids

**As Metabion® U.S. Patent Nos. 5,997,915, 6,254,904

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

