



Multigenics® Intensive Care without Iron is a potent yet gentle vitamin and mineral formula that features high quality ingredients designed for optimal absorption and bioavailability. Rapid tablet disintegration allows quick release of the micro-nutrients. This comprehensive formula is suitable for adolescents, adults, and seniors, and features:

- L-5-methyl tetrahydrofolate—a body-ready, nature identical folate
- Alpha- and gamma-tocopherols in 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.

CAUTION: Keep out of the reach of children.

Formulated to Exclude: Wheat, gluten, soy protein, dairy products, nuts, tree nuts, fish, shellfish, 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, take 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

All Natural
Vitamin E
Blend

Multigenics® Intensive Care without Iron

Advanced Nutritional Support
for Optimal Health*

Dietary Supplement

180 TABLETS

Supplement Facts

Serving Size: 2 Tablets (180 Tablets per Container) 22.5

	Amount Per Serving	% Daily Value
Vitamin A	10,000 IU	200%
Folate (as folic acid and L-5-methyl tetrahydrofolate ⁽¹⁾)	800 mcg	200%
Vitamin C (as ascorbic acid)	1,200 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 ⁽¹⁾)	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 ⁽²⁾)	500 mg	61%
Phosphorus	110 mg	11%
(as microcrystalline hydroxyapatite concentrate)		
Iodine (as potassium iodide)	150 mcg	100%
Magnesium	250 mg	63%
(as magnesium bis-glycinate ⁽³⁾ and magnesium citrate)		

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

Developed and Manufactured by: METAGENICS, INC.

Makers of Professional Quality Supplements

100 Ave. La Plata, San Clemente, CA 92673 • www.metagenics.com

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

†As Metabolan™ U.S. Patent Nos. 5,992,915; 6,254,968

©Patented mineral amino acid chelates: U.S. Patent Nos. 5,516,925; Abusant™

	Amount Per Serving	% Daily Value
Zinc	20 mg	133%
(as zinc glycinate ⁽⁴⁾)		
Selenium (as selenium aspartate)	200 mcg	200%
Copper (as copper citrate)	2 mg	100%
Manganese	1 mg	50%
(as manganese glycinate ⁽⁵⁾)		
Chromium	200 mcg	167%
(as chromium nicotinate glycinate ⁽⁶⁾)		
Molybdenum	100 mcg	133%
(as molybdenum aspartate)		
Potassium (as potassium aspartate)	99 mg	3%
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	
Quercetin	25 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