



Multigenics® without Iron is a unique vitamin and mineral formula designed for optimal tablet disintegration and digestibility, featuring:

- High levels of selected nutrients to support 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.

How many Multigenics without Iron should you take?

The best way to assess the optimal intake of Multigenics without Iron 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® without Iron

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	10,000 IU	2000%
[15% (1500 IU) as retinyl acetate, 85% (8500 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 d-alpha tocopheryl succinate and mixed tocopherols)		
Thiamin	30 mg	2000%
(as thiamin mononitrate)		
Riboflavin	34 mg	2000%
Niacin	420 mg	2100%
(as niacinamide and niacin)		
Vitamin B ₆	40 mg	2000%
(as pyridoxine HCl)		
Folate (as folic acid)	800 mcg	200%
Vitamin B ₁₂	200 mcg	3333%
(as cyanocobalamin)		
Biotin	300 mcg	100%
Pantothenic Acid	200 mg	2000%
(as d-calcium pantothenate)		
Calcium (as calcium citrate)	500 mg	50%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium	250 mg	63%
(as magnesium bis-glycinate** and magnesium citrate)		
Zinc (as zinc citrate)	20 mg	133%

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

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

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

	Amount Per Serving	% Daily Value
Selenium	200 mcg	286%
(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**)		
Molybdenum	100 mcg	133%
(as molybdenum aspartate)		
Potassium	99 mg	3%
(as potassium aspartate)		
Betaine HCl	325 mg	
Choline (as choline bitartrate)	200 mg	
Inositol	188 mg	
Citrus Bioflavonoid Complex	100 mg	
para-Aminobenzoic Acid		
(PABA)	50 mg	
Quercetin	25 mg	
Mixed Carotenoids	5.85 mg	
(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)		
Gamma Tocopherol	67 mg	
(as mixed tocopherols)		

*Daily Value not established.