

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

All Natural
Vitamin E
Blend

Multigenics without Iron

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			Amount Per Serving % Daily Value		
Vitamin A	10,000 IU	200%	Selenium	200 mcg	296%
(15% (1500 IU) as retinyl acetate, 85% (8500 IU) as beta-carotene*)			(as selenium aspartate)		
Vitamin C (as ascorbic acid)	1200 mg	2000%	Copper (as copper citrate)	2 mg	100%
Vitamin D (as cholecalciferol)	20 IU	5%	Manganese	1 mg	50%
Vitamin E	100 IU	333%	(as manganese aspartate)		
(as d-alpha-tocopheryl succinate and mixed tocopherols)			Chromium	200 mcg	167%
Thiamin	30 mg	2000%	(as chromium nicotinate glycinate*)		
(as thiamin mononitrate)			Molybdenum	100 mcg	133%
Riboflavin	34 mg	2000%	(as molybdenum aspartate)		
Niacin	420 mg	2100%	Potassium	99 mg	7%
(as niacinamide and niacin)			(as potassium aspartate)		
Vitamin B6	40 mg	2000%	Betaine HCl	325 mg	
(as pyridoxine HCl)			Choline (as choline bitartrate)	200 mg	
Folate (as folic acid)	800 mcg	200%	Inositol	188 mg	
Vitamin B12	200 mcg	3333%	Citrus Bioflavonoid Complex	100 mg	
(as cyanocobalamin)			para-Aminobenzoic Acid	50 mg	
Biotin	300 mcg	100%	(PABA)		
Pantothenic Acid	200 mg	2000%	Quercetin	25 mg	
(as d-calcium pantothenate)			Mixed Carotenoids		
Calcium (as calcium citrate)	500 mg	50%	(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)		
Iodine (as potassium iodide)	150 mcg	100%	Gamma Tocopherol	67 mg	
Magnesium (as magnesium bis-glycinate** and magnesium citrate)	250 mg	63%	(as mixed tocopherols)		
Zinc (as zinc citrate)	20 mg	133%	*Daily 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

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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®

