

Multigenics® Powder supplies comprehensive, high quality vitamin and mineral nutrition in an easy-to-mix powdered form. Recommended for individuals who dislike swallowing tablets, Multigenics Powder is specially formulated to mix easily in juice or water, providing remarkable ease and flexibility in a dietary supplement.

Multigenics Powder features a balanced spectrum of nutrients designed to be readily absorbable combined with a unique phyto-nutrient profile. To complete this well-rounded formula, Multigenics Powder provides nature identical vitamin E and mixed carotenoid blends to ensure balanced antioxidant protection.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

DIRECTIONS: As a dietary supplement for adults, take one rounded scoop daily mixed with eight ounces (one cup) of apple, orange, or your favorite juice. If desired, this may be divided into two one-half scoop servings daily. Refrigerate any unused mixed beverage promptly; dispose of any remaining mixed beverage after 24 hours.

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: Milk, egg, wheat, gluten, tree nuts, fish, crustacean shellfish, waxes, and colorings. See Allergen Statement. ♦

Metagenics®
Genetic Potential Through Nutrition



Multigenics® Powder

Comprehensive Multivitamin
and Multimineral

Dietary Supplement with Fiber

POWDER • NET WT 7.6 OZ (216 G)

Supplement Facts

Serving Size 1 Rounded Scoop (12 g)
Servings Per Container 18

	Amount Per Serving	% Daily Value
Calories	30	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	2 g	9%*
Protein	1 g	2%*
Vitamin A (85% (8,500 IU) as beta-carotene* and mixed carotenoids 15% (1,500 IU) as retinyl acetate)	10,000 IU	200%
Vitamin C (as calcium ascorbate)	600 mg	1,000%
Vitamin D (as cholecalciferol)	10 IU	3%
Vitamin E (as d-alpha-tocopheryl succinate and mixed tocopherols)	100 IU	333%
Thiamine (as thiamin mononitrate)	15 mg	1,000%
Riboflavin	17 mg	1,000%
Niacin (as niacinamide and niacin)	210 mg	1,050%
Vitamin B ₆ (as pyridoxine HCl)	30 mg	1,500%
Folic Acid	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	66 mcg	1,100%
Biotin	180 mcg	60%
Pantothenic Acid (as d-calcium pantothenate)	80 mg	800%
Calcium (as calcium ascorbate and calcium citrate malate)	288 mg	29%
Iron (as iron glycinate TM)	2 mg	11%
Phosphorus (as rice fiber)	102 mg	10%
Iodine (as potassium iodide)	75 mcg	50%

Other Ingredients: Guar gum, natural flavors, citric acid, and rice protein (seed). Contains: soy (from copper amino acid chelate).

Distributed by: **METAGENICS, INC.**

Makers of Professional Quality Supplements
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*This product is produced in a facility that produces products containing soy, wheat, egg, peanuts, nuts, tree nuts, dairy, fish, and crustacean shellfish.
†Carotenoids are a proprietary blend of beta-carotene and Betatene® mixed carotenoids.
‡Betatene® is a registered trademark of Albion®.

	Amount Per Serving	% Daily Value
Magnesium (as rice fiber and magnesium glycinate TM)	66 mg	16%
Zinc (as zinc aspartate)	10 mg	67%
Selenium (as selenium aspartate)	102 mcg	146%
Copper (as amino acid chelate)	1 mg	50%
Manganese (as rice fiber)	1 mg	50%
Chromium (as chromium nicotinate glycinate TM)	99 mcg	83%
Molybdenum (as molybdenum aspartate)	50 mcg	67%
Potassium (as rice fiber and potassium aspartate)	140 mg	4%
Choline Bitartrate	258 mg	—
Betaine HCl	166 mg	—
Inositol	97 mg	—
Lemon Bioflavonoid Complex	50 mg	—
para-Amino Benzoic Acid (PABA)	25 mg	—
Tomato Fruit Powder (<i>Lycopersicon esculentum</i>)	50 mg	—
Broccoli Aerial Powder (<i>Brassica oleracea</i>)	50 mg	—
Spinach Aerial Powder (<i>Spinacia oleracea</i>)	50 mg	—
Quercetin	15 mg	—
Stevia Leaves (<i>Stevia rebaudiana</i>)	60 mg	—
Vanadium (as vanadyl sulfate)	50 mcg	—
Gamma Tocopherol (as mixed tocopherols)	67 mg	—

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.