



Multigenics® Chewable is a great tasting vitamin and mineral supplement, designed specifically for children and for adults who prefer a chewable tablet. Multigenics Chewable features a broad spectrum of essential vitamins and patented mineral amino acid chelates designed for excellent nutrient bioavailability. This unique formula is kid tested, all natural, with outrageous orange flavor, ratio-balanced B vitamins, and Caro-xan™ - a proprietary blend of beta-carotene and Betatene® mixed carotenoids.

DIRECTIONS: Children 2 to 4 years: Take one tablet daily. Children 4 to 7 years: Take one tablet one to two times daily. Children over 7 and adults: Take one tablet three times daily 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. It is also recommended that children under four should not regularly consume more than 2500 IU of vitamin A (retinyl acetate) per day.

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



Metagenics®
Genetic Potential Through Nutrition



Multigenics® Chewable

Outrageous Orange Flavor
All Natural • No Sucrose Added

Dietary Supplement
90 TABLETS

Supplement Facts

Serving Size: 1 Tablet
Amount Per Serving

	Amount Per Serving	% Daily Value for Children Under 4 Years of Age	% Daily Value Adults and Children 4 or more Years of Age
Calories	5		
Total Carbohydrates	1 g	**	<1%**
Sugars	0.5 g	**	**
Sugar Alcohols	0.5 g	**	**
Vitamin A (50% (1250 IU) as retinyl acetate and 50% (1250 IU) as beta-carotene* and mixed carotenoids)	2500 IU	100%	50%
Vitamin C (as magnesium ascorbate and ascorbic acid)	100 mg	250%	167%
Vitamin D (as cholecalciferol)	100 IU	25%	25%
Vitamin E (as d-alpha-tocopheryl succinate)	20 IU	200%	67%
Thiamin (as thiamin mononitrate)	1.4 mg	200%	93%
Riboflavin	1.6 mg	200%	94%
Niacin (as niacinamide)	20 mg	222%	100%
Vitamin B6 (as pyridoxine HCl)	1.4 mg	200%	70%
Folate (as folic acid)	300 mcg	150%	75%
Vitamin B12 (as cyanocobalamin)	6 mcg	200%	100%
Biotin	38 mcg	25%	13%
Pantothenic Acid (as D-calcium pantothenate)	10 mg	200%	100%
Calcium (as calcium citrate malate)	15 mg	2%	2%
Iron (as iron glycinate**)	2 mg	20%	11%
Iodine (as potassium iodide)	70 mcg	100%	47%
Magnesium (as magnesium citrate and magnesium ascorbate)	15 mg	8%	4%
Zinc (as zinc gluconate)	2 mg	25%	13%
Copper (as copper lysinate**)	100 mcg	10%	5%
Manganese (as manganese aspartate)	200 mcg	**	10%
Quercetin	2 mg	**	**
Mixed Carotenoids (including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	748.5 mcg	**	**

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

**Daily Value not established.

Other Ingredients: Fructose, xylitol, sorbitol, stearic acid, natural flavors, silica, guar gum, malic acid, and citric acid.

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