

**Multigenics® Intensive Care** 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 micronutrients. This comprehensive formula is suitable for adolescents, adults, and seniors, and features\*:

- Calcium L-5-methyltetrahydrofolate—a body-ready folate
- Caro-xan®, our proprietary blend of beta-carotene and Betatene® mixed carotenoids for antioxidant protection

**Directions:** Take six tablets daily with meals or as directed by your healthcare practitioner.

**This product is non-GMO and gluten-free.**

**Warning:** Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl acetate) per day.

**Caution:** If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of the reach of children.

**Tamper Evident:** Do not use if safety seal is missing or broken.

**Storage:** Keep tightly closed in a cool, dry place.



\*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.

 **Metagenics®**

# Multigenics® Intensive Care

Advanced nutritional support  
designed for optimal health\*

DIETARY  
SUPPLEMENT

180 TABLETS

PRACTITIONER EXCLUSIVE

## Supplement Facts

Serving Size 6 Tablets  
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Carbohydrate	2 g.....1%**	Iodine (as potassium iodide)	114 mcg..... 76%
Dietary Fiber	2 g.....7%**	Magnesium	185 mg..... 44%
Vitamin A (84% as beta-carotene)	2,250 mcg.....250%	(as magnesium bis-glycinate and magnesium citrate)	
(from mixed carotenoids, beta-carotene, <sup>1</sup> and retinyl acetate)		Zinc (as zinc citrate)	15.5 mg.....141%
Vitamin C (as ascorbic acid)	900 mg.....1,000%	Selenium (as selenium aspartate)	150 mcg.....273%
Vitamin D (as cholecalciferol)	7.5 mcg (300 IU).....38%	Copper (as copper citrate)	1.5 mg.....167%
Vitamin E	100.5 mg.....670%	Manganese (as manganese citrate)	0.75 mg.....33%
(as d-alpha tocopheryl succinate and mixed tocopherols)		Chromium (as chromium citrate)	150 mcg.....429%
Thiamin (as thiamin mononitrate)	22.5 mg.....1,875%	Molybdenum	78 mcg.....173%
Riboflavin	25.5 mg.....1,962%	(as molybdenum aspartate complex)	
Niacin (as niacinamide and niacin)	315 mg.....1,969%	Potassium (as potassium aspartate)	100 mg.....2%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	30 mg.....1,765%		
Folate	1,020 mcg DFE.....255%	Betaine HCl	131.25 mg.....***
(as calcium L-5-methyltetrahydrofolate) <sup>††</sup>		Myo-Inositol	90 mg.....***
Vitamin B <sub>12</sub> (as methylcobalamin)	150 mcg.....6,250%	Citrus Bioflavonoid Complex	75 mg.....***
Biotin	150 mcg.....500%	para-Aminobenzoic Acid (PABA)	37.5 mg.....***
Pantothenic Acid	150 mg.....3,000%	Quercetin	18.75 mg.....***
(as calcium D-pantothenate)		Mixed Carotenoids	4.38 mg.....***
Choline (as choline bitartrate)	90 mg.....16%	(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	
Calcium (as calcium citrate and microcrystalline hydroxyapatite concentrate)	370 mg.....28%		
Iron (as iron bis-glycinate)	7.5 mg.....42%		
Phosphorus	60 mg.....5%		
(as microcrystalline hydroxyapatite concentrate)			

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\*Daily Value not established.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, coating [hydroxypropylcellulose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)], magnesium stearate (vegetable), and silica.

**MANUFACTURED BY: METAGENICS**  
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**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 5. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

<sup>1</sup>Caro-xan®, a proprietary blend of beta-carotene and Betatene® mixed carotenoids.

<sup>††</sup>As Metabolan®, Metabolan® is a registered trademark of Merck KGaA, Darmstadt Germany.