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EXP 04/00

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

- High levels of ratio-balanced B vitamins with 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 bone support.**

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 may contribute to a 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 unless instructed to do so by a healthcare practitioner.

Caution: Keep out of the reach of children.

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.



Multigenics® without Iron

Optimum multiple vitamin/mineral formula
Fast-release tablet

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).....	150 mcg 100%
Dietary Fiber.....	2 g 7%**	Magnesium (as magnesium bis-glycinate and magnesium citrate)	250 mg 60%
Vitamin A.....	3,000 mcg 333%	Zinc (as zinc citrate).....	20 mg 182%
(from mixed carotenoids, beta-carotene, [†] and retinyl acetate)		Selenium (as selenium aspartate).....	200 mcg 364%
Vitamin C (as ascorbic acid).....	1,200 mg 1,333%	Copper (as copper citrate).....	2 mg 232%
Vitamin D.....	0.5 mcg (20 IU) 3%	Manganese (as manganese citrate).....	1 mg 43%
(as cholecalciferol)		Chromium (as chromium citrate).....	200 mcg 571%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	67 mg 447%	Molybdenum.....	100 mcg 232%
Thiamin (as thiamin mononitrate).....	30 mg 2,500%	(as molybdenum aspartate complex)	
Riboflavin.....	34 mg 2,615%	Potassium (as potassium aspartate).....	90 mg 2%
Niacin (as niacinamide and niacin).....	420 mg 2,625%	Betaine HCl.....	325 mg **
Vitamin B ₆ (as pyridoxine HCl).....	40 mg 2,353%	Myo-Inositol.....	188 mg **
Folate.....	1,360 mcg DFE 340%	Citrus Bioflavonoid Complex.....	100 mg **
(as calcium L-5-methyltetrahydrofolate) ^{††}		para-Aminobenzoic Acid (PABA).....	50 mg **
Vitamin B ₁₂	200 mcg 8,333%	Quercetin.....	25 mg **
(as methylcobalamin)		Mixed Carotenoids.....	5.85 mg **
Biotin.....	300 mcg 1,000%	(including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	
Pantothenic Acid.....	200 mg 4,000%		
(as calcium D-pantothenate)			
Choline (as choline bitartrate).....	200 mg 36%		
Calcium (as calcium citrate).....	500 mg 50%		

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

MANUFACTURED BY: METAGENICS
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[†]Caro-xan®, a proprietary blend of beta-carotene and Betatene® mixed carotenoids (Betatene Ltd., Corp., Australia).
^{††}As Metafolin®, Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

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