

Multi-Vi-Min®

Formulated to have low allergen potential. Now with riboflavin-5-phosphate, pyridoxal-5-phosphate, 5-MTHF, methylcobalamin, vitamin C, two forms of K (non-soy), sunflower E, and iodine.

Suggested Use

As a dietary supplement, 1 capsule one or two times daily with meals, or as directed by a healthcare practitioner.

Taking more than 400 mcg of selenium per day from all sources should only be done under the guidance of a healthcare professional.

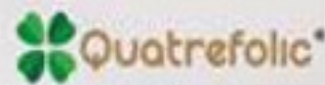
WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or a poison control center immediately.

Variations in product color may occur. Keep in a cool, dry place, tightly capped.

Rev. 018



Formulated exclusively for
Allergy Research Group®
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Quatrefolic® is a registered
trademark of Genis S.p.A.
U.S. Patent No. 7,947,662.

AllergyResearchGroup®

Multi-Vi-Min®

Updated Classic Formula



dietary supplement
150 vegetarian capsules

Supplement Facts

Serving Size

1 Capsule

Servings Per Container

150

Amount Per Serving		% Daily Value*
Vitamin A (as 1000 IU of Retinyl Palmitate)	300 mcgRAE	33%
Vitamin C (as Ascorbic Acid)	50 mg	56%
Vitamin D3 (as 400 IU of Cholecalciferol)	10 mcg	50%
Vitamin E (as 40 IU of d-alpha Tocopherol) (from Sunflower)	27 mg	180%
Vitamin K (from 30 mcg Vitamin K1 Phylloquinone and 25 mcg Vitamin K2 Menoquinone-7)	55mcg	46%
Vitamin B1 (as Thiamine HCl)	20 mg	1667%
Vitamin B2 (as Riboflavin-5-Phosphate)	10 mg	769%
Vitamin B3 (as Niacinamide)	30 mgNE	188%
Vitamin B6 (from 10 mg Pyridoxine HCl and 5 mg Pyridoxal-5-Phosphate)	15 mg	882%
Folate (as 60 mcg 5-Methyltetrahydrofolate (from 111 mcg [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)	100 mcgDFE	25%
Vitamin B12 (as Methylcobalamin)	80 mcg	3333%
Biotin (as d-Biotin)	80 mcg	267%
Pantothenic Acid (as D-Calcium Pantothenate)	50 mg	1000%
Calcium (as Calcium Citrate and D-Calcium Pantothenate)	20 mg	2%
Iron (as Ferrous Gluconate)	4 mg	22%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Citrate)	20 mg	5%
Zinc (as Zinc Citrate)	6 mg	55%
Selenium (as Selenium Selenate)	40 mcg	73%
Copper (as Copper Bisglycinate)	300 mcg	33%
Manganese (as Manganese Citrate)	3 mg	130%
Chromium (as Chromium Picolinate)	80 mcg	229%
Molybdenum (as Sodium Molybdenum)	40 mcg	89%
Potassium (as Potassium Chloride and Potassium Iodide)	20 mg	<1%
Boron (as Boric Acid)	200 mcg	†
Glutamic Acid	40 mg	†

† Daily Value not established.

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

Other ingredients: Hydroxypropyl methylcellulose, stearic acid, microcrystalline cellulose, magnesium stearate, silicon dioxide.