

# MVM-A

with Antioxidants

Multiple vitamin and mineral formula with additional nutrients featuring N-acetyl-L-carnitine and 5-methyltetrahydrofolate, the active form of folate.\*

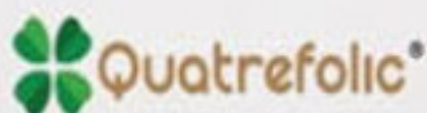
Developed by Martin Pall, Ph.D. and Allergy Research Group.

## Suggested Use

As a dietary supplement, 2 capsules, one or two times daily, with food, or as directed by a healthcare practitioner.

Variations in product color may occur.

Keep in a cool, dry place, tightly capped.



Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

\*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.

Rev. 018

Formulated exclusively for  
Allergy Research Group®  
South Salt Lake, UT 84115  
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# MVM-A

with Antioxidants



dietary supplement  
180 vegetarian capsules

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 90

Amount Per Serving	% Daily Value*
Vitamin A (as 525 IU of Retinyl Palmitate)	158 mcgRAE 18%
Vitamin C (as Ascorbic Acid)	67 mg 74%
Vitamin D3 (as 540 IU of Cholecalciferol)	13.5 mcg 68%
Vitamin K1 (as Phylomenadione)	25 mcg 21%
Thiamine (as Thiamine Hydrochloride)	8 mg 667%
Riboflavin (as Riboflavin, Riboflavin-5-Phosphate)	10 mg 769%
Vitamin B3 (as Inositol Hexanicolinate)	30 mgNE 188%
Vitamin B6 (as Pyridoxine HCl, Pyridoxine-5-Phosphate)	8 mg 471%
Folate (as 400 mcg of 5-Methyltetrahydrofolate (from 742 mcg (6S)-5-methyltetrahydrofolic acid, glucosamine salt)	667 mcgDFE 167%
Vitamin B12 (as Hydroxycobalamin)	30 mcg 1250%
Biotin	100 mcg 333%
Pantothenic Acid (as D-Pantothenate Calcium)	20 mg 400%
Calcium (as Calcium Carbonate, Sulfate, Citrate)	83 mg 6%
Iodine (as Potassium Iodide)	50 mcg 33%
Magnesium (as Sulfate, Citrate, Malate, Bisglycinate)	120 mg 29%
Zinc (as Zinc Citrate)	7 mg 64%
Selenium (as Selenomethionine)	67 mcg 122%
Copper (as Copper Bisglycinate)	0.4 mg 44%
Manganese (as Manganese Sulfate)	1.5 mg 65%
Chromium (as Chromium Picolinate)	50 mcg 143%
Molybdenum (as Sodium Molybdate)	30 mcg 67%
N-Acetyl L-Carnitine	100 mg †
Taurine	83 mg †
Alpha Lipoic Acid	40 mg †
Glycine (as Magnesium Bisglycinate)	8 mg †
Boron (as Boric Acid)	1 mg †

Daily Value not established.

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

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, ascorbyl palmitate, silicon dioxide.