

Multi-Vi-Min®

Multi-Vi-Min® was formulated by Stephen A. Levine, Ph.D., to have low allergen potential. Vitamin C was purposely left out because of its ability to enhance iron absorption.*

Suggested Use

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

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

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

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.

*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.



Formulated exclusively for
Allergy Research Group®
Alameda, CA, 94502
www.allergyresearchgroup.com
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Multi-Vi-Min®
A multiple vitamin/mineral supplement



dietary supplement
HYPOALLERGENIC
150 vegetarian capsules

Supplement Facts		
Serving Size	1 Capsule	
Servings Per Container	150	
Amount Per Serving	% Daily Value*	
Vitamin A (as Retinyl Palmitate)	2000 IU	40%
Vitamin D3 (as Cholecalciferol)	100 IU	25%
Vitamin E (as DL-alpha-Tocopheryl Acetate)	80 IU	270%
Thiamine (as Thiamine Hydrochloride)	20 mg	1330%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	590%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-Phosphate)	31 mg	1550%
5-Methyltetrahydrofolate (from (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	60 mcg	15%
Vitamin B12 (as Cyanocobalamin)	80 mcg	1330%
Biotin (as d-Biotin)	80 mcg	27%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	1000%
Calcium (as Calcium Citrate)	20 mg	2%
Iron (as Ferrous Citrate)	4 mg	22%
Magnesium (as Magnesium Citrate)	20 mg	5%
Zinc (as Zinc Citrate)	6 mg	40%
Selenium (as Sodium Selenite)	40 mcg	57%
Copper (as Copper Bisglycinate)	0.3 mg	15%
Manganese (as Manganese Citrate)	3 mg	150%
Chromium (as Chromium Picolinate)	80 mcg	67%
Molybdenum (as Sodium Molybdate)	40 mcg	53%
Potassium (as Potassium Chloride)	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.