

Recommended Adult Dose: Take two tablets daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. **Risk Information:** People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. **Guaranteed** to contain no added wheat, starch, yeast, gluten, corn, sodium, sugar, artificial coloring or flavoring, antimicrobial preservatives, dairy or animal products. Ideal for vegans. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

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V1.0171

BARCODE LOCATION
883196 14060



GENESTRA BRANDS

ACTIVE Multi Vite

VITAMIN-MINERAL SUPPLEMENT

120 Tablets

Supplement Facts

Serving Size 2 Tablets
Servings per Container 60

Each Serving Contains		% DV
Vitamin A (100% beta carotene)	6012 IU	120%
Vitamin C (ascorbic acid)	136 mg	227%
Vitamin D (cholecalciferol)	1000 IU	250%
Vitamin E (<i>d</i> -alpha tocopheryl succinate)	57 IU	190%
Thiamine (thiamine hydrochloride)	24 mg	1600%
Riboflavin (riboflavin 5-phosphate sodium)	10 mg	588%
Niacin (nicotinic acid / niacinamide)	31 mg	155%
Vitamin B ₆ (pyridoxal 5-phosphate)	7.4 mg	370%
Folic Acid (calcium L-5-methyltetrahydrofolate) (Metafolin®♦)	440 mcg	110%
Vitamin B ₁₂ (methylcobalamin)	270 mcg	4500%
Biotin	330 mcg	110%
Pantothenic Acid (calcium <i>d</i> -pantothenate)	29 mg	290%
Calcium (calcium citrate malate)	55 mg	6%
Iodine (from whole kelp)	200 mcg	133%
Magnesium (magnesium citrate)	27.5 mg	7%
Zinc (zinc monomethionine)	16.5 mg	110%
Selenium (selenium glycinate)	110 mcg	157%
Copper (copper amino acid chelate)	1 mg	50%
Chromium (chromium amino acid chelate)	132 mcg	110%
Molybdenum (molybdenum amino acid chelate)	110 mcg	147%
Choline (choline bitartrate)	60 mg	*
Inositol	23.6 mg	*
Lycopene (from <i>Solanum lycopersicum</i> fruit flesh)	3.3 mg	*
Lutein (from <i>Tagetes erecta</i> oleoresin)	3.3 mg	*
Zeaxanthin (from <i>Tagetes erecta</i> flower)	1.1 mg	*

* Daily Value (DV) not established

Other ingredients: Cellulose, croscarmellose sodium, magnesium stearate, hypromellose, silica, hypromellose, glycerin

♦ Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.