

Recommended Adult Dose: Take one tablet daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding; if you are sensitive to pancreatic enzymes or to pork proteins; or if you have a history of systemic lupus erythematosus, do not use. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Nausea, vomiting, abdominal/epigastric pain and/or heartburn have been known to occur; in which case, discontinue use and consult your healthcare practitioner. Hypersensitivity/allergy has been known to occur; in which case, discontinue use. **Guaranteed** to contain no added wheat, yeast, gluten, artificial coloring or flavoring or dairy products. **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.

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 poison control center immediately.

BARCODE LOCATION
883196 12362



GENESTRA BRANDS

Multi Vite

VITAMIN-MINERAL SUPPLEMENT

90 Tablets

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

Each Tablet Contains		% DV
Vitamin A (vitamin A palmitate)	5000 IU	100%
Vitamin C (ascorbic acid)	50 mg	83%
Vitamin D (cholecalciferol)	200 IU	50%
Vitamin E (d-alpha tocopherol)	30 IU	100%
Thiamin (thiamin mononitrate)	6 mg	400%
Riboflavin	3 mg	176%
Niacin (nicotinic acid)	10 mg	50%
Vitamin B ₆ (pyridoxine hydrochloride)	2.5 mg	125%
Folic Acid	200 mcg	50%
Vitamin B ₁₂ (cyanocobalamin)	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic Acid (calcium d-pantothenate)	5 mg	50%
Calcium (dibasic calcium phosphate dihydrate/ calcium carbonate/calcium aspartate)	175 mg	18%
Iron (carbonyl iron)	5 mg	28%
Phosphorus (dibasic calcium phosphate dihydrate)	65 mg	7%
Iodine (from kelp)	50 mcg	33%
Magnesium (magnesium oxide/aspartate)	75 mg	19%

Each Tablet Contains		% DV
Zinc (zinc aspartate)	4.5 mg	30%
Selenium (selenomethionine)	30 mcg	43%
Manganese (manganese citrate)	4 mg	200%
Chromium (chromium nicotinate)	50 mcg	42%
Molybdenum (molybdenum bisglycinate)	15 mcg	20%
Potassium (potassium chloride)	49.5 mg	1%
Choline (choline bitartrate)	15 mg	*
Inositol	10 mg	*
Vanadium (vanadyl sulfate)	15 mcg	*
Pepsin (from porcine stomach)	45 mg / 450 000 FCC	*
Pancreatin ▲ (from porcine pancreas)	25 mg	*
Alfalfa (<i>Medicago sativa</i>) Leaf/Stem	25 mg	*
Parsley (<i>Petroselinum crispum</i>) Aerial Parts	25 mg	*
Rose (<i>Rosa canina</i>) Hips	25 mg	*
Watercress (<i>Rorippa nasturtium-aquaticum</i>) Aerial Parts	25 mg	*

* Daily Value (DV) not established
▲ Yielding: 5000 USP protease units/ 5000 USP amylase units/ 1000 USP lipase units

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

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