



Multigenics®

Optimum Multiple Vitamin/Mineral Formula Fast-Release Tablet

Form: Tablets

Flavor:

Size: 180 Tablets

Multigenics® is a unique vitamin and mineral formula designed for optimal disintegration and digestibility, featuring:

- High levels of ratio-balanced B vitamins with extra B₁₂ to support homocysteine metabolism.*
- Caro-xan®, our proprietary blend of betacarotene and Betatene® mixed carotenoids for antioxidant protection.*
- A 2-to-1 ratio of calcium to magnesium for nutritional bone support.*

Ingredient	Amount	Daily Value
Serving Size	6 Tablets	
Servings Per Container	30	
Total Carbohydrate	2 g	1%
Dietary Fiber	2 g	7%
Vitamin A (from mixed carotenoids, beta-carotene,† and retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid)	1,200 mg	1,333%
Vitamin D (as cholecalciferol)	0.5 mcg (20 IU)	3%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	67 mg	447%
Thiamin (as thiamin mononitrate)	30 mg	2,500%
Riboflavin	34 mg	2,615%
Niacin (as niacinamide and niacin)	420 mg	2,625%
Vitamin B ₆ (as pyridoxine HCl)	40 mg	2,353%
Folate (as calcium L-5-methyltetrahydrofolate)††	1,360 mcg DFE	340%
Vitamin B ₁₂ (as methylcobalamin)	200 mcg	8,333%
Biotin	300 mcg	1000%
Pantothenic Acid (as calcium D-pantothenate)	200 mg	4,000%
Choline (as choline bitartrate)	200 mg	36%
Calcium (as calcium citrate)	500 mg	38%
Iron (as iron glycinate)	10 mg	56%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium bis-glycinate and magnesium citrate)	250 mg	60%
Zinc (as zinc citrate)	20 mg	182%

Selenium (as selenium aspartate)	200 mcg	364%
Copper (as copper citrate)	2 mg	222%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium citrate)	200 mcg	571%
Molybdenum (as molybdenum aspartate)	100 mcg	222%
Potassium (as potassium aspartate)	99 mg	2%
Betaine HCl	325 mg	**
Myo-Inositol	188 mg	**
Citrus Bioflavonoid Complex	100 mg	**
para-Aminobenzoic Acid (PABA)	50 mg	**
Quercetin	25 mg	**
Mixed Carotenoids (including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	5.85 mg	**

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, coating [hypromellose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)], magnesium stearate (vegetable), and silica.

Directions: Take six tablets daily with meals or as directed by your healthcare practitioner.

This product is non-GMO and gluten-free.

Warning: Excess vitamin A may contribute to a risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl acetate) per day unless instructed to do so by a healthcare practitioner.

Caution: Keep out of the reach of children.

Storage: Keep tightly closed 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 the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

**Daily Value not established.

† Caro-xan®, a proprietary blend of beta-carotene and Betatene® mixed carotenoids

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