



Multigenics™

To provide antioxidants for the maintenance of good health

Form: Tablets

Flavour: no flavor

Size: 180 Tablets

Medicinal Ingredients	Amount
Each tablet contains:	
Vitamin C (ascorbic acid)	200 mg
Calcium (calcium citrate)	83 mg
Niacinamide	66.5 mg
Betaine HCl	54 mg
Magnesium (magnesium citrate, magnesium bisglycinate)	41.6 mg
Choline (choline bitartrate)	33.3 mg
Pantothenic Acid (calcium d-pantothenate)	33.3 mg
Inositol	31.3 mg
Mixed Tocopherols	22 mg
Citrus Bioflavonoids fruit extract standardized to 45% hesperidin	17 mg
Potassium (potassium aspartate)	16.5 mg
Vitamin E (d-alpha tocopheryl succinate, mixed tocopherols)	11 mg AT
<i>para</i> -Aminobenzoic Acid (PABA)	8.3 mg
Vitamin B ₆ (pyridoxine HCl)	6.7 mg
Riboflavin	5.7 mg
Thiamin (thiamin mononitrate)	5 mg
Quercetin	4.1 mg
Niacin	3.5 mg
Zinc (zinc citrate)	3.3 mg
Iron (iron bisglycinate)	1.7 mg
Mixed Carotenoids	975 mcg
Beta-Carotene (beta-carotene, mixed carotenoids)	946 mcg
Copper (copper citrate)	0.3 mg
Manganese (manganese citrate)	0.2 mg
Folate (calcium L-5-methyltetrahydrofolate) [†]	133 mcg
Vitamin A (retinyl acetate)	75 mcg
Biotin	50 mcg
Vitamin B ₁₂ (methylcobalamin)	33 mcg

Chromium (chromium citrate)	33 mcg
Selenium (HVP ^{††} chelate)	33 mcg
Iodine (potassium iodide)	25 mcg
Molybdenum (HVP ^{††} chelate)	17 mcg
Vitamin D (cholecalciferol)	0.08 mcg

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, coating (hypromellose, hydroxypropylcellulose, medium-chain triglycerides, and sodium copper chlorophyllin), magnesium stearate (veg), and silicon dioxide.

Recommended Dose: Adults take 6 tablets daily with meals or as directed by your healthcare practitioner. Take a few hours before or a few hours after taking other medications.

Recommended Use: Helps in energy metabolism, tissue formation, bone development, and helps to maintain proper muscle function, including the heart muscle.

Caution: For adult use only. Consult a healthcare practitioner prior to use if you are pregnant, breastfeeding, have a peptic ulcer or excess stomach acid. If you are taking prescription medication, consult a healthcare practitioner as citrus bioflavonoids may alter the effectiveness of these medications. Hypersensitivity to PABA and iron have been known to occur; in which case, discontinue use. Folate supplementation can mask a vitamin B₁₂ deficiency. If you are unsure whether you are taking enough vitamin B₁₂, consult a healthcare practitioner prior to use. People sensitive to nicotinic acid may experience a sensation of flushing that is generally mild and transient. Do not use if perma seal is missing.

This product is non-GMO and gluten-free.

[†]Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

^{††}HVP = Hydrolyzed Vegetable Protein