



Multigenics™ Intensive Care without Iron

A factor in the maintenance of good health

Form: Tablets

Flavour: no flavor

Size: 180 TABLETS

Medicinal Ingredients:

	Each tablet contains:
Vitamin C (ascorbic acid)	150 mg
Calcium (calcium citrate, MCHC*)	61.7 mg
Niacinamide	50 mg
Magnesium (magnesium citrate, magnesium bisglycinate)	30.8 mg
Vitamin E (d-alpha tocopheryl succinate, mixed tocopherols)	14.9 mg
Mixed tocopherols	1.84 mg
Pantothenic Acid (calcium d-pantothenate)	25 mg
Betaine HCl	21.8 mg
Choline (choline bitartrate)	15 mg
Inositol	15 mg
Phosphorus (MCHC*)	10 mg
Citrus Bioflavonoids (<i>Citrus sinensis</i> L., <i>Citrus reticulata</i>) fruit extract standardized to 45% hesperidin	12.5 mg
Potassium (potassium aspartate)	16.67 mg
<i>para</i> -Aminobenzoic Acid (PABA)	6.25 mg
Vitamin B ₆ (pyridoxine HCl)	5 mg
Riboflavin	4.3 mg
Thiamin (thiamin mononitrate)	3.8 mg
Quercetin	3.1 mg
Zinc (zinc citrate)	2.5 mg
Niacin	2.5 mg
Beta-Carotene	637.5 mcg
Copper (copper citrate)	0.25 mg
Manganese (manganese citrate)	0.13 mg

Folate (calcium L-5-methyltetrahydrofolate)	100 mcg
Vitamin A (retinyl acetate)	56.25 mcg
Biotin	25 mcg
Vitamin B ₁₂ (methylcobalamin)	25 mcg
Chromium (chromium citrate)	25 mcg
Selenium (HVP [†] chelate)	25 mcg
Iodine (potassium iodide)	19 mcg
Molybdenum (HVP [†] chelate)	13 mcg
Vitamin D (cholecalciferol)	1.25 mcg

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

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

Recommended Use: Provides antioxidants for the maintenance of good health.

Caution: Do not use this product with other potassium-containing supplements or with potassium-containing salt-substitutes. Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you are taking sulfonamides, if you have a history of non-melanoma skin cancer, if you have a peptic ulcer or excess stomach acid or if you are taking prescription medication as citrus bioflavonoids may alter the effectiveness of these medications. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Stop use if hypersensitivity occurs. Do not use if perma seal is missing.

This product is non-GMO and gluten free.

*Microcrystalline hydroxyapatite from New Zealand

[†]HVP= Hydrolyzed Vegetable Protein

^{††}Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany