



Multigenics Chewable

Comprehensive Multivitamin/Mineral Formula

Multigenics Chewable is a high quality multiple vitamin and mineral supplement with excellent nutrient bioavailability designed especially for children or for those adults who prefer a chewable tablet.

Why Multigenics Chewables?

- Provides an essential, comprehensive foundation for optimal health in a delicious chewable form.
- Delivers amino acid chelates designed to be highly absorbable, ratio-balanced B vitamins, and broad-spectrum antioxidant protection.
- Contains Caro-xant, a proprietary blend of beta-carotene and Betatene mixed carotenoids for balanced antioxidant protection.

Form: 90 Chewable Tablets
Serving Size: 1 Chewable Tablet

Ingredient	Amount Per Serving
Calories	5
Total Carbohydrates	1 g
Sugars	< 1g
Sugar Alcohols	< 1g
Vitamin A [50% (1,250 IU) as retinyl acetate and 50% (1,250 IU) as beta-carotene† and mixed carotenoids]	2500 IU
Vitamin C (as magnesium ascorbate and ascorbic acid)	100 mg
Vitamin D (as cholecalciferol)	100 IU
Vitamin E (as d-alpha tocopheryl acetate)	20 IU
Thiamin (as thiamin mononitrate)	1.4 mg
Riboflavin	1.6 mg
Niacin (as niacinamide)	20 mg
Vitamin B6 (as pyridoxine HCl)	1.4 mg
Folate (as calcium L-5-methyltetrahydrofolate)	300 mcg
Vitamin B12 (as methylcobalamin)	6 mcg
Biotin	38 mcg
Pantothenic Acid (as D-calcium pantothenate)	10 mg
Calcium (as calcium citrate malate)	15 mg
Iron (as iron glycinate)	2 mg
Iodine (as potassium iodide)	70 mcg
Magnesium (as magnesium citrate and magnesium ascorbate)	15 mg
Zinc (as zinc gluconate)	2 mg
Copper (as copper lysinate)	100 mcg
Manganese (as manganese aspartate)	200 mcg
Quercetin	2 mg
Mixed Carotenoids (including beta-carotene, alpha-carotene, cryptoxanthin, zeaxanthin, and lutein)	748.5 mcg

Other Ingredients: fructose, xylitol, sorbitol, stearic acid (vegetable), natural flavours, silica, guar gum, malic acid, and citric acid. **Contains: Soy.**

Directions: Children 2 to 4 years: Take one tablet daily. Children 4 to 7 years: Take one tablet one to two times daily. Children over 7 and adults: Take one tablet three times daily or as directed.

This product is non-GMO and gluten-free.

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 centre immediately.

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.