

Multi-Vi-Min[®] Updated Classic Formula

Multi-Vi-Min[®] without Copper & Iron

Multi-Vi-Min[®] is formulated to have low allergen potential, and many people who cannot tolerate a complex nutrient formula do well with the **Multi-Vi-Min[®]** formulas. The nutrients used in the formulas are derived from the purest USP grade materials, which are ultimately synthesized from naturally occurring sources.

Now updated with riboflavin-5-phosphate, pyridoxal-5-phosphate, 5-MTHF, methylcobalamin, vitamin C, two forms of K (non-soy), sunflower E, iodine, and vanadium.

Multi-Vi-Min[®] without Copper & Iron is formulated for those who do not wish to ingest extra copper and iron.



#70170
150 vegetarian capsules



#70200
150 vegetarian capsules



800.545.9960
info@allergyresearchgroup.com
www.allergyresearchgroup.com



Multi-Vi-Min® Updated Classic Formula

#70170 • 150 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving	% Daily Value*	
Vitamin A (as 1000 IU of Retinyl Palmitate)	300 mcgRAE	33%
Vitamin C (as Ascorbic Acid)	50 mg	56%
Vitamin D3 (as 400 IU of Cholecalciferol)	10 mcg	50%
Vitamin E (as 40 IU of d-alpha Tocopherol) (from Sunflower)	27 mg	180%
Vitamin K (from 30 mcg Vitamin K1 Phylloquinone and 25 mcg Vitamin K2 Menaquinone-7)	55 mcg	46%
Vitamin B1 (as Thiamine HCl)	20 mg	1667%
Vitamin B2 (as Riboflavin-5-Phosphate)	10 mg	769%
Vitamin B3 (as Niacinamide)	30 mgNE	188%
Vitamin B6 (from 10 mg Pyridoxine HCl and 5 mg Pyridoxal-5-Phosphate)	15 mg	882%
Folate (as 60 mcg 5-Methyltetrahydrofolate (from 111 mcg [6S]-5-Methyltetrahydrofolic acid, glucosamine salt)	100 mcgDFE	25%
Vitamin B12 (as Methylcobalamin)	80 mcg	3333%
Biotin (as d-Biotin)	80 mcg	267%
Pantothenic Acid (as D-Calcium Pantothenate)	50 mg	1000%
Calcium (as Calcium Citrate and D-Calcium Pantothenate)	20 mg	2%
Iron (as Ferrous Gluconate)	4 mg	22%
Iodine (as Potassium Iodide)	75 mcg	50%
Magnesium (as Magnesium Citrate)	20 mg	5%
Zinc (as Zinc Citrate)	6 mg	55%
Selenium (as Selenium Selenate)	40 mcg	73%
Copper (as Copper Bisglycinate)	300 mcg	33%
Manganese (as Manganese Citrate)	3 mg	130%
Chromium (as Chromium Picolinate)	80 mcg	229%
Molybdenum (as Sodium Molybdenum)	40 mcg	89%
Potassium (as Potassium Chloride and Potassium Iodide)	20 mg	<1%
Boron (as Boric Acid)	200 mcg	†
Glutamic Acid	40 mg	†

† Daily Value not established. * Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, stearic acid, microcrystalline cellulose, magnesium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, 1 capsule one or two times daily with meals, or as directed by a healthcare practitioner.

Taking more than 400 µg of selenium per day from all sources should only be done under the guidance of a healthcare professional.

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 a poison control center immediately.

Multi-Vi-Min® without Copper & Iron

#70200 • 150 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 150

Amount Per Serving	% Daily Value*		Amount Per Serving	% Daily Value*	
Vitamin A (as 1000 IU of Retinyl Palmitate)	300 mcgRAE	33%	Pantothenic Acid (as Calcium-D-Pantothenate)	100 mg	2000%
Vitamin C (as Ascorbic Acid)	50 mg	56%	Calcium (as Calcium Citrate)	40 mg	3%
Vitamin D3 (as 400 IU of Cholecalciferol)	10 mcg	50%	Iodine (as Potassium Iodide)	75 mcg	50%
Mixed Tocopherol (as 40 IU)	90 mg	†	Magnesium (as Magnesium Citrate)	15 mg	4%
Vitamin K (from 30 mcg Vitamin K1 Phylloquinone and 25 mcg Vitamin K2 Menaquinone-7)	55 mcg	46%	Zinc (as Zinc Citrate)	6 mg	55%
Thiamine (as Thiamine Hydrochloride)	20 mg	1667%	Selenium (as Sodium Selenite)	40 mcg	73%
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	769%	Manganese (as Manganese Citrate)	3 mg	130%
Niacin (as Niacinamide)	30 mgNE	188%	Chromium (as Chromium Picolinate)	80 mcg	229%
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal-5-Phosphate)	25 mg	1471%	Molybdenum (as Sodium Molybdate)	40 mcg	89%
Folate (as 60 mcg 5-Methyltetrahydrofolate (from 111 mcg [6S]-5-methyltetrahydrofolic acid, glucosamine salt)	100 mcgDFE	25%	Potassium (as Potassium Chloride)	20 mg	<1%
Vitamin B12 (as Methylcobalamin)	80 mcg	3333%	Boron (as Boron Citrate)	200 mcg	†
Biotin (as d-Biotin)	80 mcg	267%	Vanadium (as Sodium Metavanadate)	40 mcg	†
			Glutamic Acid	40 mg	†

† Daily Value not established.

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

Other ingredients: Hydroxypropyl methylcellulose, magnesium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, 1 capsule one to three times daily with meals, or as directed by a healthcare practitioner.

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