

# Multi-Vi-Min®

## Hypoallergenic

Item no. 70170

Available in bottles of 150 vegetarian capsules

### Pure Multiple for Sensitive Systems

Multi-Vi-Min® was formulated by Stephen A. Levine, Ph.D. to be hypoallergenic, and many people who cannot tolerate a complex nutrient formula do well with the Multi-Vi-Min formulas. The formula utilizes the purest USP grade materials, which are ultimately synthesized from naturally occurring sources. Vitamins B2 and B6 are supplied partially in their coenzyme (“activated”) forms. Vitamin C was purposely left out because of its ability to enhance iron absorption.\*

### Suggested Use

As a dietary supplement, 1 capsule one to three times daily with meals, or as directed by a healthcare practitioner. Keep out of reach of children.

DO NOT EXCEED 400 MICROGRAMS OF SELENIUM PER DAY FROM ALL SOURCES.

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 a poison control center immediately.

Serving Size: 1 Capsule  
Servings Per Container: 150

#### Amount Per Serving:

Vitamin A (as Retinyl Palmitate) . . . . .	2000 IU
Vitamin D3 (as Cholecalciferol). . . . .	100 IU
Vitamin E (as DL-alpha-Tocopheryl Acetate) . . . . .	80 IU
Vitamin B1 (as Thiamine Hydrochloride) . . . . .	20 mg
Vitamin B2 (as Riboflavin-5-Phosphate). . . . .	10 mg
Vitamin B3 (as Niacinamide). . . . .	30 mg
Vitamin B6 (96% as Pyridoxine Hydrochloride and 4% as Pyridoxal-5-Phosphate). . . . .	31 mg
Folic Acid . . . . .	60 mcg
Vitamin B12 (as Cyanocobalamin) . . . . .	80 mcg
Biotin (as d-Biotin) . . . . .	80 mcg
Pantothenic Acid (as Calcium Pantothenate). . . . .	100 mg
Calcium (as Calcium Citrate) . . . . .	20 mg
Iron (as Ferric Citrate). . . . .	4 mg
Magnesium (as Magnesium Citrate). . . . .	20 mg
Zinc (as Zinc Citrate) . . . . .	6 mg
Selenium (as Sodium Selenite) . . . . .	40 mcg
Copper (as Copper Bisglycinate) . . . . .	0.3 mg
Manganese (as Manganese Citrate). . . . .	3 mg
Chromium (as Chromium Picolinate) . . . . .	80 mcg
Molybdenum (as Sodium Molybdate) . . . . .	40 mcg
Potassium (as Potassium Chloride) . . . . .	20 mg
Boron (as Boric Acid) . . . . .	200 mcg
Glutamic Acid. . . . .	40 mg

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