



GENESTRA BRANDS

Multi Vite

VITAMIN-MINERAL SUPPLEMENT

90 Tablets

Recommended Adult Dose: Take one tablet daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding; if you are sensitive to pancreatic enzymes or to pork proteins; or if you have a history of systemic lupus erythematosus, do not use. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Nausea, vomiting, abdominal/epigastric pain and/or heartburn have been known to occur; in which case, discontinue use and consult your healthcare practitioner. Hypersensitivity/allergy has been known to occur; in which case, discontinue use. **Guaranteed** to contain no added wheat, yeast, gluten, artificial coloring or flavoring or dairy products. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V2.0 **109**

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 poison control center immediately.

BARCODE LOCATION
883196 12362

Supplement Facts

Serving Size 1 Tablet
Servings per Container 90

| Each Tablet Contains | | % DV |
|---|---------|------|
| Vitamin A (vitamin A palmitate) | 5000 IU | 100% |
| Vitamin C (ascorbic acid) | 50 mg | 83% |
| Vitamin D (cholecalciferol) | 200 IU | 50% |
| Vitamin E (d-alpha tocopherol) | 30 IU | 100% |
| Thiamin (thiamin mononitrate) | 6 mg | 400% |
| Riboflavin | 3 mg | 176% |
| Niacin (nicotinic acid) | 10 mg | 50% |
| Vitamin B ₆ (pyridoxine hydrochloride) | 2.5 mg | 125% |
| Folic Acid | 200 mcg | 50% |
| Vitamin B ₁₂ (cyanocobalamin) | 3 mcg | 50% |
| Biotin | 150 mcg | 50% |
| Pantothenic Acid (calcium d-pantothenate) | 5 mg | 50% |
| Calcium (dibasic calcium phosphate dihydrate/ calcium carbonate/calcium aspartate) | 175 mg | 18% |
| Iron (carbonyl iron) | 5 mg | 28% |
| Phosphorus (dibasic calcium phosphate dihydrate) | 65 mg | 7% |
| Iodine (from kelp) | 50 mcg | 33% |
| Magnesium (magnesium oxide/aspartate) | 75 mg | 19% |

| Each Tablet Contains | | % DV |
|--|---------------------|------|
| Zinc (zinc aspartate) | 4.5 mg | 30% |
| Selenium (selenomethionine) | 30 mcg | 43% |
| Manganese (manganese citrate) | 4 mg | 200% |
| Chromium (chromium nicotinate) | 50 mcg | 42% |
| Molybdenum (molybdenum bisglycinate) | 15 mcg | 20% |
| Potassium (potassium chloride) | 49.5 mg | 1% |
| Choline (choline bitartrate) | 15 mg | * |
| Inositol | 10 mg | * |
| Vanadium (vanadyl sulfate) | 15 mcg | * |
| Pepsin (from porcine stomach) | 45 mg / 450 000 FCC | * |
| Pancreatin ▲ (from porcine pancreas) | 25 mg | * |
| Alfalfa (<i>Medicago sativa</i>) Leaf/Stem | 25 mg | * |
| Parsley (<i>Petroselinum crispum</i>) Aerial Parts | 25 mg | * |
| Rose (<i>Rosa canina</i>) Hips | 25 mg | * |
| Watercress (<i>Rorippa nasturtium-aquaticum</i>) Aerial Parts | 25 mg | * |

* Daily Value (DV) not established

▲ Yielding: 5000 USP protease units/ 5000 USP amylase units/ 1000 USP lipase units

Other ingredients: Cellulose, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin

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