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# Ultra Vita-Min™

Over 35 Key Nutrients

Multivitamin & Multimineral  
Supplement

Comprehensive  
Nutritional Support\*

Dietary Supplement

100 TABLETS



## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

	% Daily Value
Vitamin A (as Retinyl Palmitate and Beta-Carotene)	10,000 IU 200%
Vitamin C (as Ascorbic Acid)	150 mg 250%
Vitamin D (as Cholecalciferol)	400 IU 100%
Vitamin E (as d-Alpha Tocopherol Succinate)	12.5 IU 42%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	25 mg 1,667%
Riboflavin (Vitamin B-2)	25 mg 1471%
Niacin (as Nicotinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	15 mg 750%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin (as d-Biotin)	1 mcg <1%
Pantothenic Acid (as d-Calcium Pantothenate)	12.5 mg 125%
Calcium (as Dicalcium Phosphate and Oyster Shell)	60 mg 6%
Iron (as Ferrous Gluconate)	5.79 mg 32%
Phosphorus (as Dicalcium Phosphate)	24 mg 2%
Iodine (as Potassium Iodide)	100 mcg 67%
Magnesium (as Magnesium Gluconate)	0.39 mg <1%
Zinc (as Zinc Gluconate)	0.66 mg 4%

Selenium (as Sodium Selenite)	10 mcg 14%
Copper (as Cupric Gluconate)	0.035 mg 2%
Manganese (as Manganese Gluconate)	0.70 mg 35%
Chromium (as Chromium Picolinate)	2.35 mcg 2%
Molybdenum (as Sodium Molybdate)	10 mcg 13%
Potassium (as Potassium Gluconate)	0.5 mg <1%
PABA (Para-Aminobenzoic Acid)	15 mg "
Choline Bitartrate	25 mg "
Inositol	25 mg "
Boron (as Sodium Borate)	500 mcg "
Betaine Hydrochloride	25 mg "
Rose Hips (Rosa canina) (fruit)	10 mg "
Rutin	5 mg "
Citrus Bioflavonoid Complex (Citrus sinensis) (fruit)	15 mg "
Royal Jelly	5 mg "
Bee Propolis	5 mg "
Coenzyme Q-10	30 mcg "
Ostacosanol	50 mcg "
Garlic (Allium sativum) (bulb)	10 mg "
Korean Ginseng (Panax ginseng) (root)	15 mg "
RNA	2 mg "
DNA	2 mg "

\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose. Contains <2% of: Alfalfa Leaf, Calcium Citrate, Kelp, Parsley Leaves, Silica, Soy Lecithin, Titanium Dioxide Color, Vegetable Magnesium Stearate, Watercress.

**No Gluten, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Sugar, No Preservatives, No Artificial Flavor.**

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

**Directions:** Take one (1) tablet daily, preferably with a meal.

Multivitamins are by far the most popular type of dietary supplement, and they provide you with all the important nutrients you need for good health.\* By offering a way to fill in the nutritional gaps missing from your daily meal plan, multivitamins are a convenient way to get your recommended daily allowances (RDAs) of essential vitamins, minerals and more.\*

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to bees or bee products. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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