



1-000-9421-00

Active MV - Multivitamin & Mineral Formula

Controlled-release, high antioxidant multivitamin for active teens and adults.

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Studies suggest that active individuals (e.g. athletes, exercisers) require additional vitamins and minerals due to increased energy demands. The dotFIT ActiveMV™ formula is specifically designed to meet these demands. Additionally, this formula contains doses of antioxidants at the higher end of the optimal range.

Why a dotFIT multivitamin? [watch video](#)

Directions:

- As a dietary supplement, athletes or individuals involved in intense physical activity should take 1 tablet, twice daily, with or after main meals.
- Individuals between the ages of 12-17 years of age and those who do not follow a regular exercise program should use 1 tablet daily with a main meal.
- Consume with 8 oz. of water or your favorite beverage.
- For optimal results use daily with dotFIT SuperCalcium+™ if calcium intake from food is less than 1,000mgs/day.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Ingredient	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene 4,000 IU and Acetate 500 IU)	4,500 IU	90%
Vitamin C (as Ascorbic acid)	450 mg	750%
Vitamin D (as Cholecalciferol)	600 IU	150%
Vitamin E (as D-Alpha Tocopheryl Succinate)	150 IU	500%
Vitamin K (as Phytonadione)	50 mcg	63%
Vitamin B1 (as Thiamine Mononitrate)	5 mg	333%
Vitamin B2 (as Riboflavin)	5 mg	294%
Niacin (as Niacinamide)	15 mg	75%
Vitamin B6 (as Pyridoxine HCl)	6 mg	300%
Folic Acid	100 mcg	25%
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%
Biotin	150 mcg	50%
Iron (as Ferrous Fumarate)	5 mg	28%
Iodine (from Kelp)	25 mcg	17%
Magnesium (as Magnesium Oxide)	150 mg	38%
Zinc (as Zinc Citrate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	50 mcg	71%
Copper (as Copper Gluconate)	500 mcg	25%
Chromium (as Chromium Picolinate)	50 mcg	42%

* % Daily Value not established.

Other Ingredients: Calcium Phosphate, Sorbitol, Croscarmellose, Stearic acid (Vegetable source), Hydroxypropylmethylcellulose, Microcrystalline Cellulose, Magnesium Stearate (Vegetable source), Povidone.

Contains No: Dairy, Fish, Crustacean shellfish, Tree nuts, Peanuts, Soy or Gluten.
No Sugar, Salt, Starch, Artificial Coloring, Flavoring or Preservatives added.