

**Directions:** Adults only, take one (1) tablet a day with food. Do not take this supplement within one hour of taking medications. Do not exceed the recommended dosage.

| <b>Supplement Facts</b>                                |                    |               |
|--------------------------------------------------------|--------------------|---------------|
| Serving Size 1 Tablet / Servings Per Container 450     |                    |               |
|                                                        | Amount Per Serving | % Daily Value |
| Vitamin A (as vitamin A acetate and beta-carotene)     | 3500 IU            | 70%           |
| Vitamin C (as ascorbic acid and ascorbyl palmitate)    | 60 mg              | 100%          |
| Vitamin D (as calciferol)                              | 400 IU             | 100%          |
| Vitamin E (as vitamin E acetate)                       | 30 IU              | 100%          |
| Vitamin K                                              | 25 mcg             | 31%           |
| Thiamin (as thiamin mononitrate)                       | 1.5 mg             | 100%          |
| Riboflavin                                             | 1.7 mg             | 100%          |
| Niacin (as niacinamide)                                | 20 mg              | 100%          |
| Vitamin B6 (as pyridoxine hydrochloride)               | 2 mg               | 100%          |
| Folic acid                                             | 400 mcg            | 100%          |
| Vitamin B12                                            | 6 mcg              | 100%          |
| Biotin                                                 | 30 mcg             | 10%           |
| Pantothenic Acid (as d-calcium pantothenate)           | 10 mg              | 100%          |
| Calcium (as calcium carbonate and d-calcium phosphate) | 152 mg             | 15%           |
| Iron (as ferrous fumarate)                             | 18 mg              | 100%          |
| Phosphorous (as d-calcium phosphate)                   | 109 mg             | 10%           |
| Iodine (as potassium iodide)                           | 150 mcg            | 100%          |
| Magnesium (as magnesium oxide)                         | 100 mg             | 25%           |
| Zinc (as zinc oxide)                                   | 15 mg              | 100%          |
| Copper (as copper oxide)                               | 2 mg               | 100%          |
| Manganese (as manganese sulfate)                       | 2 mg               | 100%          |
| Potassium (as potassium chloride)                      | 80 mg              | < 5%          |
| Chloride (as potassium chloride)                       | 72 mg              | < 5%          |
| Selenium                                               | 20 mcg             | 28%           |
| Chromium                                               | 120 mcg            | 100%          |
| Molybdenum                                             | 75 mcg             | 100%          |
| Lycopene                                               | 300 mcg            | *             |
| Lutein                                                 | 250 mcg            | *             |
| Boron                                                  | 150 mcg            | *             |
| Silicon                                                | 10 mcg             | *             |
| Vanadium                                               | 10 mcg             | *             |
| Tin                                                    | 10 mcg             | *             |
| Nickel                                                 | 5 mcg              | *             |
| *Daily Value not established.                          |                    |               |

**Other Ingredients:** Microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate.

**WARNING:** Anyone taking medications should consult a health care professional before using any nutritional product. If any adverse reactions occur, discontinue use and consult a health care professional.

**Not for use by children under the age of 18. Keep bottle tightly closed and out of reach of children.**

**Store in a cool, dry place. Do not use if seal under cap has been broken.**

**IRON WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six (6). **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.



450 Tablets

1-000-9059-00