

Suggested Usage: As a dietary supplement, adults take 4 tablets two times daily with food or as directed by your healthcare professional. This product is best taken once in the morning and once at night.

This product contains NO yeast, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

KEEP OUT OF REACH OF CHILDREN.
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity)
Tamper resistant package, do not use if outer seal is missing.

Distributed by:
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DR. MERCOLA® PREMIUM SUPPLEMENTS

WHOLE FOOD MULTIVITAMIN PLUS Vital Minerals

Dietary Supplement

240 Tablets

Supplement Facts

Serving Size: 8 Tablets

Servings Per Container: 30

Amount Per Serving	%DV
Vitamin A (from natural beta carotene).....	5,000 IU 100%
Vitamin C (as Calcium, Magnesium, Niacinamide Ascorbates and Ascorbyl Palmitate).....	500 mg 833%
Vitamin D-3 (as cholecalciferol).....	5,000 IU 1,250%
Vitamin E (natural, as d-alpha tocopheryl plus mixed tocopherols).....	400 IU 1,333%
Thiamine (as Thiamine Pyrophosphate).....	3 mg 200%
Riboflavin (as Riboflavin-5-Phosphate).....	3.4 mg 200%
Niacin/Niacinamide (as Niacinamide Ascorbate).....	40 mg 200%
Vitamin B-6 (as Pyridoxal-5-Phosphate).....	4 mg 200%
Folate (as L-methylfolate, Metafolin®).....	400 mcg 100%
Vitamin B-12 (as methylcobalamin).....	100 mcg 1,667%
Biotin.....	900 mcg 300%
Pantothenic Acid (as d-Calcium Pantothenate).....	30 mg 300%
Calcium (as Calcium Ascorbate, Citrate/Malate Complex).....	250 mg 25%
Iodine (from Kelp).....	200 mcg 133%
Magnesium (as Magnesium Ascorbate/ Amino Acid Chelate Complex).....	500 mg 125%
Zinc (as Zinc Amino Acid Chelate).....	15 mg 100%
Selenium (as Amino Acid Chelate Complex).....	200 mcg 286%
Copper (as Copper Amino Acid Chelate).....	50 mcg 3%
Manganese (as Manganese Amino Acid Chelate).....	2 mg 100%
Chromium (as Amino Acid Chelate).....	200 mcg 167%
Molybdenum (as Amino Acid Chelate).....	100 mcg 133%
Potassium (as Potassium Krebs† and Amino Acid Chelate Complex).....	99 mg 2%
Lutein (natural).....	6 mg *
Lycopene (natural).....	6 mg *
Zeaxanthin.....	1 mg *
Other Minerals, Nutrients and Trace Elements	
Inositol.....	100 mg *
Trace Elements (from Sea Vegetation).....	approx. 100 mcg *
Strontium (from 0.5 mg strontium carbonate).....	297 mcg *
Silica.....	100 mg *
Choline (from 150 mg Choline Citrate/Bitartrate).....	60 mg *

Amount Per Serving	%DV
PABA (para-aminobenzoic acid).....	50 mg *
Boron (as Amino Acid Chelate Complex).....	1.5 mg *
Vanadium (as Amino Acid Chelate).....	50 mcg *
Amino Acids and Enzymes	
L-Cysteine/N-Acetyl L-Cysteine.....	150 mg *
Betaine (from 150 mg Betaine HCl).....	114 mg *
Bromelain (2,000 GDU/g).....	50 mg *
Glutamic Acid (from 25 mg Glutamic Acid HCl).....	20 mg *
L-Methionine.....	12.5 mg *
Bioflavonoids and Proanthocyanidins	
Rose Hips.....	100 mg *
Lemon Bioflavonoids.....	100 mg *
Red Wine Proanthocyanidins/Pine Bark Extract.....	50 mg *
Hesperidin.....	35 mg *
Rutin.....	25 mg *
Vegetables Fruits and Herbs	
Proprietary Blend.....	700 mg *
Kale (leaf), Spinach (leaf), Carrot (root), Radish (root), Celery (leaf and stalk), Apricot (fruit), Blackberry (fruit), Cranberry (fruit), Grape (fruit) and Pineapple (fruit).....	
Blueberry (fruit).....	100 mg *
Garlic (bulb, Pure-Gar®, odorless).....	100 mg *
Broccoli (entire plant).....	100 mg *
Cauliflower (entire plant).....	100 mg *
Spirulina.....	100 mg *
Chlorella (broken cell wall).....	100 mg *
Green Papaya Extract (fruit).....	100 mg *
Green Tea Extract (leaf).....	50 mg *
Sprouted Barley Juice (entire plant).....	50 mg *
Wheat Grass Juice (entire plant).....	50 mg *
Beet Extract (root).....	50 mg *
Apple Pectin (fruit).....	50 mg *

*Daily Value not established.

Other Ingredients: Cellulose.

† Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Formula #201060 / #2169951

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