

CODE 3817 V2



ACTUAL SIZE

**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.

**SUGGESTED USAGE:** As a dietary supplement, take 2 softgels daily with food.



# Liquid Multi Gels

**MULTI VITAMIN & MINERAL**

- High Potency - Fast Absorption
- Contains Natural Lutein & Lycopene
- Rich in Flax Seed Oil

**180 Softgels**

A Dietary Supplement



## Supplement Facts

Serving Size 2 Softgels Servings Per Container 90

|                                                                                      | Amount Per Serving | %Daily Value |
|--------------------------------------------------------------------------------------|--------------------|--------------|
| Calories                                                                             | 10                 |              |
| Calories from Fat                                                                    | 10                 |              |
| Total Fat                                                                            | 1 g                | 2%*          |
| Trans Fat                                                                            | 0 g                | †            |
| Polyunsaturated Fat                                                                  | 0.5 g              | †            |
| Vitamin A [from 40% Retinyl Palmitate & 60% Beta-Carotene (as pro-Vitamin A 3.6 mg)] | 10,000 IU          | 200%         |
| Vitamin C (as Ascorbic Acid)                                                         | 300 mg             | 500%         |
| Vitamin D (as Cholecalciferol)                                                       | 400 IU             | 100%         |
| Vitamin E (as d-alpha Tocopherol)                                                    | 400 IU             | 1333%        |
| Thiamine (from Thiamine HCl) (Vitamin B-1)                                           | 50 mg              | 3333%        |
| Riboflavin (Vitamin B-2)                                                             | 50 mg              | 2941%        |
| Niacin (as Niacinamide) (Vitamin B-3)                                                | 50 mg              | 250%         |
| Vitamin B-6 (from Pyridoxine HCl)                                                    | 50 mg              | 2500%        |
| Folic Acid                                                                           | 800 mcg            | 200%         |
| Vitamin B-12 (as Cyanocobalamin)                                                     | 100 mcg            | 1667%        |
| Biotin                                                                               | 300 mcg            | 100%         |
| Pantothenic Acid (from Calcium d-Pantothenate)                                       | 50 mg              | 500%         |
| Calcium (from Calcium Carbonate, Calcium Citrate and Calcium AAC**)                  | 100 mg             | 10%          |
| Iron (from Ferrochel® Bisglycinate AAC**)                                            | 9 mg               | 50%          |
| Iodine (from Potassium Iodide)                                                       | 150 mcg            | 100%         |
| Magnesium (from Magnesium Oxide and Magnesium Citrate)                               | 100 mg             | 25%          |
| Zinc (from Amino Acid Chelate)                                                       | 15 mg              | 100%         |
| Selenium (from L-Selenomethionine)                                                   | 70 mcg             | 100%         |
| Copper (from Amino Acid Chelate)                                                     | 1 mg               | 50%          |
| Manganese (from Amino Acid Chelate)                                                  | 2 mg               | 100%         |

|                                                     |         |      |
|-----------------------------------------------------|---------|------|
| Chromium (from Amino Acid Chelate)                  | 120 mcg | 100% |
| Molybdenum (from Sodium Molybdate)                  | 25 mcg  | 33%  |
| Potassium (from Potassium Chloride)                 | 25 mg   | 1%   |
| Organic Flaxseed Oil ( <i>Linum usitatissimum</i> ) | 800 mg  | †    |
| Alpha Lipoic Acid                                   | 50 mg   | †    |
| PABA                                                | 50 mg   | †    |
| Inositol                                            | 25 mg   | †    |
| Boron (from Boron Citrate)                          | 500 mcg | †    |
| Lutein (from Marigold Extract)                      | 250 mcg | †    |
| Lycopene (from Natural Tomato Extract)              | 250 mcg | †    |
| Vanadium (from Vanadyl Sulfate)                     | 25 mcg  | †    |

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Soy Lecithin, Beeswax and Natural Vanilla Extract.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108

Made in the U.S.A. [www.nowfoods.com](http://www.nowfoods.com)

Contains no sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

AAC\*\* = Amino Acid Chelate

Iron Ferrochel® is a registered trademark of Albion Labs.

Natural color variations may occur in this product.

Store in a cool, dry place. Please Recycle.