

ACTUAL SIZE



CODE 3820C

V3

**SUGGESTED USAGE:** As a dietary supplement, take one tablet daily with a meal.

**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.

**Do Not Eat Freshness Packet. Keep in Bottle.**  
Store in a cool, dry place. Please Recycle.



# Vit-Min 75+

**MULTI VITAMIN & MINERAL**

- 75 mg B-vitamin Complex
- Rich in Antioxidants

**30 Tablets**

A Dietary Supplement  
Vegetarian Formula



## Supplement Facts

Serving Size 1 Tablet

|                                                         | Amount Per Serving | %Daily Value |
|---------------------------------------------------------|--------------------|--------------|
| Beta-Carotene (as pro-Vitamin A 3 mg)                   | 5,000 IU           | 100%         |
| Vitamin A (from Retinyl Palmitate)                      | 5,000 IU           | 100%         |
| Vitamin C (as Ascorbic Acid and from Calcium Ascorbate) | 250 mg             | 417%         |
| Vitamin D (as Ergocalciferol)                           | 400 IU             | 100%         |
| Vitamin E (from d-alpha Tocopheryl Succinate)           | 150 IU             | 500%         |
| Thiamine (from Thiamine HCl)                            | 75 mg              | 5000%        |
| Riboflavin                                              | 75 mg              | 4412%        |
| Niacin (as Niacinamide)                                 | 75 mg              | 375%         |
| Vitamin B-6 (from Pyridoxine HCl)                       | 75 mg              | 3750%        |
| Folic Acid                                              | 400 mcg            | 100%         |
| Vitamin B-12 (as Cyanocobalamin)                        | 100 mcg            | 1667%        |
| Biotin                                                  | 100 mcg            | 33%          |
| Pantothenic Acid (from Calcium d-Pantothenate)          | 75 mg              | 750%         |
| Calcium (from Calcium Carbonate and Calcium Ascorbate)  | 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)  | 50 mg              | 13%          |
| 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 AAC***) (Chelavite®)                     | 120 mcg            | 100%         |
| Molybdenum (from Sodium Molybdate)                      | 50 mcg             | 67%          |

|                                          |         |      |
|------------------------------------------|---------|------|
| Potassium (from Potassium Chloride)      | 10 mg   | < 1% |
| Inositol                                 | 50 mg   | †    |
| Alpha Lipoic Acid                        | 25 mg   | †    |
| Choline (from Choline Bitartrate)        | 25 mg   | †    |
| Rutin                                    | 25 mg   | †    |
| Citrus Bioflavonoids (37% as Hesperidin) | 25 mg   | †    |
| Papain (Papaya) (2000 USP/mg)            | 10 mg   | †    |
| Bromelain (2400 GDU/g)                   | 10 mg   | †    |
| Amylase (5000 FCC/g)                     | 10 mg   | †    |
| Lipase (80,000 LU/g)                     | 10 mg   | †    |
| Boron (from Boron Citrate)               | 500 mcg | †    |
| Lutein (from Marigold Extract)           | 250 mcg | †    |
| Lycopene (from Natural Tomato Extract)   | 250 mcg | †    |
| Vanadium (from Vanadyl Sulfate)          | 50 mcg  | †    |

† Daily Value not established.

Other ingredients: Cellulose, Croscarmellose Sodium, Vegetable Coating, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

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

**Vegetarian/Vegan Product.**

AAC\*\* = Amino Acid Chelate

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Natural color variations may occur in this product.