

CODE 3828C

V3



ACTUAL SIZE

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

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 one tablet daily with a meal.



Vit-Min 75+

MULTI VITAMIN & MINERAL

- 75 mg B-vitamin Complex
- Rich in Antioxidants

180 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

Contains soy derivative. Contains no sugar, salt, starch, yeast, 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.