



Vit-Min 100

HIGH POTENCY MULTIPLE

- Sustained Release
- Includes Trace Minerals

180 Tablets

A Dietary Supplement



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Beta-Carotene (as pro-Vitamin A 6 mg)	10,000 IU	200%
Vitamin A (as Retinyl Acetate)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	150 IU	500%
Thiamine (from Thiamine HCl) (Vitamin B-1)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (from Calcium Pantothenate)	100 mg	1000%
Calcium (from Calcium Ascorbate and Calcium Carbonate)	50 mg	5%
Iron (from Amino Acid Chelate)	10 mg	56%
Iodine (from Kelp)	150 mcg	100%
Magnesium (from Magnesium Oxide and Amino Acid Chelate)	30 mg	8%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from Amino Acid Chelate)	25 mcg	36%
Copper (from Amino Acid Chelate)	500 mcg	25%
Manganese (from Amino Acid Chelate)	5 mg	250%
Chromium (from Yeast-Free GTF)	100 mcg	83%
Molybdenum (from Amino Acid Chelate)	50 mcg	67%

	Amount Per Serving	% Daily Value
Potassium (from Amino Acid Chelate)	10 mg	< 1%
Boron (from Amino Acid Chelate)	500 mcg	†
Vanadium (from Amino Acid Chelate)	50 mcg	†
Choline (from Choline Bitartrate)	100 mg	†
Inositol	100 mg	†
PABA	50 mg	†
Rutin	25 mg	†
Betaine HCl	25 mg	†
Glutamic Acid	25 mg	†
Spirulina	50 mg	†
Barley Grass	50 mg	†
Citrus Bioflavonoids (37% Bioflavonoids as Hesperidin)	25 mg	†
Psyllium Husk Fiber	25 mg	†

† Daily Value not established.

Other ingredients: Base containing 72 Trace Minerals, Silica, Stearic Acid (vegetable source), Dicalcium Phosphate, Cellulose and Vegetable Coating.

Manufactured by NOW FOODS

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

Made in the U.S.A. www.nowfoods.com

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

Sustained Release Formula.

CODE 3853

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: Adults: take 1 tablet daily with a meal.