



Special One

MULTI VITAMIN & MINERAL

- Green Superfoods
- Antioxidant Protection

180 Tablets

**A Dietary Supplement
Vegetarian Formula**

IMPROVED
FORMULA!!



SUGGESTED USAGE: Adults: Take 1 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.

Natural color variations may occur in this product.

CODE 3857B

V2



ACTUAL SIZE

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Beta-Carotene (as pro-Vitamin A 3 mg)	5,000 IU	100%
Vitamin C (from Calcium Ascorbate and as Ascorbic Acid)	200 mg	333%
Vitamin D (as Ergocalciferol)	200 IU	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	100 IU	333%
Thiamine (from Thiamine HCl)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid	25 mg	250%
Calcium (from Calcium Carbonate and Calcium Ascorbate)	50 mg	5%
Iron (from AAC**) (Bisglycinate) (Ferrochel®)	5 mg	28%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	30 mg	8%
Zinc (from Amino Acid Chelate)	10 mg	67%
Selenium (from L-Selenomethionine)	25 mcg	36%
Copper (from Amino Acid Chelate)	500 mcg	25%
Manganese (from Amino Acid Chelate)	3 mg	150%
Chromium (from AAC**) (Chelavite®)	25 mcg	21%
Molybdenum (from Sodium Molybdate)	50 mcg	67%

Iron Ferrochel® and Chromium Chelavite® are registered trademarks of Albion Labs.

Potassium (from Potassium Chloride)	20 mg	1%
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†
PABA	25 mg	†
Boron (from Boron Citrate)	500 mcg	†
Vanadium (from Vanadyl Sulfate)	50 mcg	†
Spirulina (Algae)	50 mg	†
Chlorella (Broken Cell Wall) (Algae)	50 mg	†
Barley Grass (Organic)	50 mg	†
Lipase (400 USP/g)	5 mg	†
Rutin	10 mg	†
Citrus Bioflavonoids (37% as Hesperidin)	25 mg	†
Betaine HCl	10 mg	†
Glutamic Acid	10 mg	†
Papain (Papaya) (140 MCU/g)	5 mg	†
Bromelain (2400 GDU/g)	5 mg	†
Amylase (5000 USP/g)	5 mg	†
Lutein (from Marigold Extract)	250 mcg	†
Lycopene (from Natural Tomato Extract)	250 mcg	†
Alpha Lipoic Acid	25 mg	†

† Daily Value not established.

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

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, yeast, wheat, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

AAC** = Amino Acid Chelate