



60 TABLETS

1 Once Daily



MULTI-DAILY VITAMINS & MINERALS

DIETARY SUPPLEMENT

SUPPORTS OVERALL HEALTH*

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	5000IU 100%
Vitamin C (as ascorbic acid)	100 mg 175%
Vitamin D3 (as cholecalciferol)	200 IU 50%
Vitamin E (as d-alpha tocopherol acetate)	100 IU 333%
Vitamin K (as phytonadione)	60 mg 75%
Vitamin B1 (as thiamin)	10 mg 667%
Vitamin B2 (as riboflavin)	10 mg 588%
Niacinamide	20 mg 100%
Vitamin B6 (as pyridoxine HCL)	10 mg 500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	50 mg 833%
Biotin	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	20 mg 200%
Calcium (as calcium chelate**)	50 mg 5%
Iron (as Ferrochel®***)	10 mg 56%
Iodine (from Kelp)	100 mcg 67%
Magnesium (as magnesium chelate**)	25 mg 6%
Zinc (as zinc chelate**)	10 mg 67%
Selenium (as selenomethionine)	50 mcg 71%
Copper (as copper chelate**)	0.2 mg 10%
Manganese (as manganese chelate**)	50 mcg 42%
Chromium (as chromium chelate**)	50 mcg 42%
Molybdenum (as molybdenum chelate**)	25 mcg 33%
Potassium (as potassium chelate)**	15 mg <0.5%

Whole Food Blend:

Alfalfa, Citrus Bioflavonoids, Trace Minerals, Choline Bitartrate, Inositol, Acerola, Apple Pectin, Barley Grass, Beet Root, Black Current, Blueberry, Broccoli, Cabbage, Carrot, Cayenne Pepper, Cranberry, Flax Seed, Kale, Lemon Bioflavonoids, Oat Bran, Quercetin, PABA, Rice Bran, Rose Hips, Rutin, Tomato, Vanadium (as vanadium chelate**)

† Daily Value not established

Other Ingredients: Microcrystalline Cellulose, di-Calcium Phosphate, Silica, Croscarmellose Sodium, Calcium Silicate, Vegetable Lubricant, Stearic Acid, Pharmaceutical Glaze.

Suggested Use: As a dietary supplement take one (1) tablet once (1) a day with food or water.

** Albion Chelates, Albion Advanced Nutrition Inc.

*** Ferrochel® (ferrous bisglycinate) is a registered trademark of Albion Advanced nutrition Inc.

CAUTION: Keep out of reach of children. Do not use if safety seal is damaged or missing. If pregnant, nursing or on medication, consult with your healthcare practitioner. Store in cool, dry place.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

For product information call (800)439-2324.

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