

**WARNINGS:** Do not use this product if you are under 18 years of age, pregnant or nursing a baby, or if you have any known or suspected medical condition(s) and/or are taking any prescription or OTC medication(s). Do not use if the seal is broken or missing. This product contains chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

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.

Distributed by:

**Bodybuilding.com**  
4900 Engineers Way, Suite 107  
N. Las Vegas, Nevada 89081  
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\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



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## BODYBUILDING.COM MULTIVITAMIN

A multivitamin is one of the best supplement investments you can make to support your diet, overall health, and even exercise or athletic performance. The Bodybuilding.com Multivitamin encourages body-function efficiency and fills micronutrient gaps left by your diet.\* Deficiency in any one vitamin can affect a suite of body functions, making a multivitamin important for covering your micronutrient bases.\*

### DIRECTIONS

Take 2 capsules daily, preferably with meals.

**600IU**

VITAMIN D

**25MG**

VITAMIN B6

**200  
CAPSULES**

# MULTI VITAMIN

VITAMINS & MINERALS



DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Capsules

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (100% as beta-carotene)	5,000IU 100%	Zinc (as zinc oxide)	50mg 333%
Vitamin C (as calcium ascorbate)	250mg 417%	Selenium (as selenium amino acid chelate)	25mcg 36%
Vitamin D (as cholecalciferol)	600IU 150%	Copper (as copper amino acid chelate)	1mg 50%
Vitamin E (as d-alpha-tocopheryl succinate)	100IU 333%	Manganese (as manganese amino acid chelate)	1mg 50%
Vitamin K (as phytomenadione)	125mcg 156%	Chromium (as chromium picolinate)	50mcg 42%
Thiamin (as thiamin mononitrate and cocarboxylase)	25mg 1,667%		
Riboflavin (as riboflavin and riboflavin-5-phosphate)	25mg 1,471%		
Niacin (as niacinamide and inositol hexanicotinate)	25mg 125%		
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	25mg 1,250%		
Folate (as folic acid)	400mcg 100%		
Vitamin B12 (as cyanocobalamin and dibencozide)	50mcg 833%		
Biotin	300mcg 100%		
Pantothenic Acid (as D-calcium pantothenate)	50mg 500%		
Calcium (as calcium carbonate and ascorbate)	50mg 5%		
Iron (as iron carboxyl)	5mg 28%		
Iodine (as potassium iodine)	75mcg 50%		
Magnesium (as magnesium oxide and aspartate)	25mg 6%		
<small>**Daily Value not established.</small>			

OTHER INGREDIENTS: Gelatin, Rice flour, Magnesium stearate and Silica.

ALLERGEN WARNING: This product is manufactured in a facility that uses materials containing milk, soy, wheat, egg, fish and shellfish.

Servings Per Container: 100