



multivitamin+energy



for everyday health

SUPPORTS DAILY ENERGY
AND HELPS FILL
NUTRITIONAL GAPS ▼

DIETARY SUPPLEMENT

120 VEGGIE
CAPSULES

Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene with natural mixed carotenoids)	1125 mcg	125%
Vitamin C (as ascorbic acid)	135 mg	150%
Vitamin D (as cholecalciferol)	15 mcg	75%
Vitamin E (as d-alpha tocopheryl succinate)	19 mg	127%
Thiamin (Vitamin B1) (as thiamine mononitrate)	1.8 mg	150%
Riboflavin (Vitamin B2)	2.6 mg	200%
Niacin (as niacinamide)	32 mg	200%
Vitamin B6 (as pyridoxine HCl)	3.4 mg	200%
Folate	800 mcg DFE (480 mcg folic acid)	200%
Vitamin B12 (as methylcobalamin)	4.8 mcg	200%
Biotin (as d-biotin)	60 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Calcium (as calcium carbonate)	10 mg	<1%
Iron (as ferrous fumarate)	1.8 mg	10%
Iodine (from kelp) <i>Laminaria digitata</i> (leaf and stem)	150 mcg	100%
Magnesium (as magnesium oxide)	5 mg	<1%
Zinc (as zinc oxide)	11 mg	100%
Selenium (as selenium amino acid chelate)	55 mcg	100%
Copper (as copper amino acid chelate)	500 mcg	50%
Manganese (as manganese amino acid chelate)	500 mcg	22%
Chromium (as chromium amino acid chelate)	2 mcg	6%
Molybdenum (as molybdenum glycinate)	75 mcg	167%
Potassium (as potassium citrate)	5 mg	<1%
Choline (as choline bitartrate)	79 mg	14%
Rose Hips (<i>Rosa canina</i>) (fruit)	1 mg	*
Acerola Cherry Extract (<i>Malpighia glabra</i>) (fruit) std. to 25% Vitamin C (0.25 mg)	1 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, microcrystalline cellulose, vegetable
magnesium stearate, silicon dioxide.

Does Not Contain: Wheat, Gluten, Salt, Soy, Dairy, Fish, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) veggie capsule per day with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094

Visit www.vitaminshoppe.com
or call 1-800-223-1216 for more
information and to reorder.

▼ 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.

Item No. VS-3609

2133783

