



# Daily Multi-Vitamin without Minerals

Vitamin Supplement



30 veggie capsules

• DO NOT USE IF SEAL IS BROKEN • STORE IN A COOL, DRY PLACE  
• KEEP OUT OF REACH OF CHILDREN

**SUGGESTED USE:** As a dietary supplement, take one veggie capsule per day with food and water.  
**WARNING:** Contains vitamin K. Consult your health-care provider before use if you are using blood-thinning medication, or are pregnant or nursing.

## Supplement Facts

Serving Size 1 Veggie Capsule

| Amount Per Serving                   | % Daily Value         |
|--------------------------------------|-----------------------|
| Vitamin A.....1,500 mcg RAE....      | 167%                  |
| (as beta-carotene)                   |                       |
| Vitamin C (as ascorbic acid) ...     | 60 mg ..... 67%       |
| Vitamin D-3 (as cholecalciferol) ..  | 10 mcg ..... 50%      |
| Vitamin E.....                       | 20 mg .... 134%       |
| (as d-alpha tocopheryl succinate)    |                       |
| Vitamin K (as phytonadione) ..       | 80 mcg ..... 67%      |
| Thiamin (vitamin B-1) .....          | 1.5 mg .... 125%      |
| (as thiamin mononitrate)             |                       |
| Riboflavin (vitamin B-2) .....       | 1.7 mg .... 131%      |
| Niacin (as niacinamide) .....        | 20 mg .... 125%       |
| Vitamin B-6 (as pyridoxine HCl) ..   | 2 mg NE.... 118%      |
| Folate.....                          | 667 mcg DFE .... 167% |
| (400 mcg folic acid)                 |                       |
| Vitamin B-12 (as methylcobalamin) .. | 6 mcg .... 250%       |
| Biotin.....                          | 300 mcg . 1,000%      |
| Pantothenic Acid.....                | 10 mg .... 200%       |
| (as d-calcium pantothenate)          |                       |

Other ingredients: Rice extract, hypromellose (vegetable capsule), vitamin A beads (corn starch, dl-alpha-tocopherol, sodium ascorbate, glucose syrup, modified food starch), rice concentrate, vitamin D-3 beads (dl-alpha tocopherol, modified food starch, medium-chain triglycerides (palm), sodium ascorbate, sucrose, silica), vitamin K beads (acacia, sucrose), ethylcellulose. Contains soy.

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