



bringing wellness to the world since 1969

Daily Multi-Vitamin & Mineral

Dietary Supplement

100 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 capsule one to two times per day with food and water.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under age six. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Women who are pregnant or likely to become pregnant should not use this product.

NOTE: May contain crustacean shellfish (lobster, shrimp and crab).

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin A USP (as palmitate)	5,000 IU	100%
Vitamin A USP (as beta-carotene)	5,000 IU	100%
Vitamin C USP (from calcium ascorbate)	200 mg	333%
Vitamin D USP (as cholecalciferol)	400 IU	100%
Vitamin E USP (as d-alpha tocopheryl succinate)	15 IU	50%
Thiamin USP (as thiamin mononitrate) (vitamin B-1)	10 mg	667%
Riboflavin USP (vitamin B-2)	10 mg	588%
Niacinamide USP	100 mg	500%
Vitamin B-6 USP (as pyridoxine HCl)	5 mg	250%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	5 mcg	83%
Pantothenic Acid USP (as d-calcium pantothenate)	20 mg	200%
Calcium (from calcium carbonate and ascorbate)	150 mg	15%
Iron USP (from ferrous sulfate)	12 mg	67%
Iodine (from kelp)	150 mcg	100%
Magnesium USP (from magnesium oxide)	32.5 mg	8%
Zinc (from zinc sulfate)	15 mg	100%
Selenium (as selenium amino acid complex)	200 mcg	286%
Copper (from copper sulfate)	2 mg	100%
Manganese (from manganese sulfate)	1 mg	50%

Other ingredients: Gelatin, beta-carotene beadlets (modified food starch, water, dl-alpha tocopherol), vitamin A beadlets (modified food starch, sucrose, coconut oil, butylated hydroxytoluene, sodium ascorbate, silica, sodium benzoate, sorbic acid), rice flour, gum acacia, maltodextrin, magnesium stearate, vitamin D3 beadlets (modified food starch, sucrose, sodium ascorbate, medium-chain triglycerides, silicon dioxide, dl-alpha tocopherol), microcrystalline cellulose (plant fiber).

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