

7 29135 30003 7

Directions: Take one tablet daily with a full glass of water, preferably with a meal.

These tablets are specially manufactured to release the dietary ingredients continuously over a 4-6 hour period.

It is normal for this product to have a distinctive botanical odor.

Keep out of reach of children.

Store at room temperature.

Other Ingredients: Vegetable Stearine (from Soybeans), Carnauba Wax, Stearic Acid (Veg), Magnesium Stearate (Veg), Modified Cellulose, Silica.

(CONTAINS VEGETABLE STEARINE FROM SOYBEAN OIL)

Contains no salt, sugar, starch, preservatives, artificial color or flavorings.



SUSTAINED RELEASE
ENDUR-VM[®]
MULTI-VITAMIN
& MINERAL
(Without Iron)

Dietary Supplement

300 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	
Vitamin A (as palmitate)	7000 IU	140%
47% as beta-carotene		
Vitamin C (ascorbic acid)	100 mg	167%
Vitamin D3 (calciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	30 IU	100%
Thiamin (B1) (as thiamin mononitrate)	5 mg	333%
Riboflavin (B2)	8 mg	353%
Niacinamide (B3)	30 mg	150%
Vitamin B6 (as pyridoxine HCl)	7 mg	250%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	15 mcg	250%
Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	15 mg	150%
Calcium (as phosphate)	100 mg	10%
Phosphorus	77 mg	8%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	12%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as sodium selenite)	75 mcg	100%
Copper (as copper sulfate)	2 mg	100%
Manganese (as manganese sulfate)	5 mg	250%
Chromium (from chromium yeast)	15 mcg	12%
Molybdenum (from molybdenum yeast)	5 mcg	2%

30003

Endurance Products Co.

P.O. Box 230489

Tigard, OR 97281 U.S.A.

www.endur.com • 1-800-483-2532

