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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.

Warning: 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.

KEEP OUT OF REACH OF CHILDREN.
DO NOT USE IF YOU ARE PREGNANT OR NURSING.

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.

Store at room temperature.



SUSTAINED RELEASE
ENDUR-VM[®]
**MULTI-VITAMIN
& MINERAL**
(Contains Iron)

Dietary Supplement

300 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% Daily Value	
Vitamin A (as palmitate) 43% as beta carotene	7000 IU	140%
Vitamin C (ascorbic acid)	100 mg	167%
Vitamin D3 (cholesterol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (B1) (as thiamin mononitrate)	5 mg	333%
Riboflavin (B2)	6 mg	353%
Niacinamide (B3)	30 mg	150%
Vitamin B6 (as pyridoxine HCl)	2 mg	350%
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%
Iron (as carbonyl iron)	18 mg	100%
Phosphorus	77 mg	8%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	13%
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	15%
Molybdenum (from molybdenum yeast)	5 mcg	7%

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