

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

3 capsules twice daily, or as directed
by your healthcare professional.

Warning

If pregnant, consult your physician
before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN
(WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN,
WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†],
SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are
independently tested by U.S. labs.
Learn more at vitalnutrients.net

Metafolin® is a registered trademark
of Merck KGaA, Darmstadt, Germany

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA

WARNING: Accidental overdose of iron containing products is a leading
cause of fatal poisoning in children. In case of accidental overdose, call a
doctor or poison control center immediately.



Multi-Nutrients 4

Citrate/Malate Formula
(with Copper & Iron)

DIETARY SUPPLEMENT
180 VEGETARIAN CAPSULES

Supplement Facts

serving size: 3 vegetarian capsules - servings per container: 60

	amt. per serving	% daily value
Vitamin A (as beta carotene and mixed carotenes)	10,000IU	200%
Vitamin C (ascorbic acid)	425mg	708%
Vitamin D (as cholecalciferol)	500IU	125%
Vitamin E (as d-alpha tocopheryl succinate)	200IU	666.5%
Thiamin (as thiamine HCl)	20mg	1333.5%
Riboflavin	7.5mg	441%
Vitamin B6 (as pyridoxine HCl)	7.5mg	375%
Folate (as L-5-MTHF) Metafolin®	200mcg	50%
Vitamin B12 (as methylcobalamin)	250mcg	4166.5%
Biotin	200mcg	66.5%
Pantothenic Acid (as calcium pantothenate)	175mg	1750%
Calcium (as dicalcium malate & calcium pantothenate)	150mg	15%
Iron (as iron aspartate)	5mg	27.5%
Iodine (as potassium iodide)	112.5mcg	75%
Magnesium (as dimagnesium malate)	137.5mg	34.5%
Zinc (as zinc citrate)	7.5mg	50%
Selenium (as selenomethionine)	100mcg	143%
Copper (as copper glycinate)	1mg	50%
Manganese (as manganese citrate)	3mg	150%
Chromium (as chromium polynicotinate)	100mcg	83.5%
Molybdenum (as molybdenum citrate)	50mcg	67%
Potassium (as potassium citrate)	37.5mg	1%
Riboflavin 5' Phosphate	5mg	*
Niacinamide	55mg	*
Pyridoxal 5' Phosphate	5mg	*
Boron (as boron citrate)	1.5mg	*
Vanadium (as vanadium citrate)	50mcg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Magnesium Silicate, and Ascorbyl
Palmitate.