

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 with food, 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†, OR SUGAR.

†VERIFIED BY INDEPENDENT TESTING

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

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

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA



Multi-Nutrients (No Iron or Iodine)

DIETARY SUPPLEMENT
180 VEGETARIAN CAPSULES

Supplement Facts

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

	amt. per serving	% daily value
Vitamin A	12,500IU	250%
(80% as beta carotene with mixed carotenoids and 20% as vitamin A acetate)		
Vitamin C	500mg	833%
Vitamin D3 (as cholecalciferol)	400IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	200IU	666.5%
Thiamin (as thiamine HCl)	50mg	3333%
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)	200mg	2000%
Calcium	150mg	15%
(89% as dicalcium malate-11% as calcium pantothenate)		
Magnesium (as dimagnesium malate)	100mg	25%
Zinc (as zinc citrate)	7.5mg	50%
Selenium (as selenomethionine)	100mcg	142.5%
Copper (as copper glycinate)	1mg	50%
Manganese (as manganese aspartate)	1.5mg	75%
Chromium (as chromium polynicotinate)	100mcg	83%
Molybdenum (as molybdenum aspartate)	50mcg	66.5%
Potassium (as potassium chloride)	49.5mg	1.4%
Riboflavin 5' Phosphate	5mg	*
Niacinamide	50mg	*
Pyridoxal 5' Phosphate	5mg	*
Boron (as boron citrate)	250mcg	*
Vanadium (as vanadium citrate)	100mcg	*

* Daily Value not established

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