

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule, 2 times daily, with meals.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Keep out of the reach of children.



Use only if safety seal is intact.
Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

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Multi t/d
*Twice daily multivitamin/
mineral complex for daily wellness**

Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement
60 CAPSULES



Supplement Facts

Serving size 1 capsule
Servings per container 60

	Amount Per Serving	%DV
Vitamin A (as beta carotene)	675 mcg	75%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)(D ₃)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopherol succinate)	34 mg	223%
Thiamin (as thiamin HCl) (B ₁)	25 mg	2,083%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	17.35 mg	1,335%
Niacin (as niacin and 67% niacinamide)	37.5 mg	234%
Vitamin B ₆ (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B ₆))	10.4 mg	612%

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

Folate (as Metafolin®, L-5-MTHF)	667 mcg DFE	167%
	(400 mcg L-5-MTHF)	
Vitamin B ₁₂ (as methylcobalamin)	250 mcg	10,417%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	25 mg	500%
Iodine (as potassium iodide)	100 mcg	67%
Zinc (as zinc picolinate)	7.5 mg	68%
Selenium (as selenomethionine)	50 mcg	91%
Chromium (as chromium polynicotinate)	100 mcg	286%
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	212 mcg	*
FloraGLO® lutein	3 mg	*
Zeaxanthin	500 mcg	*

* Daily value (DV) not established

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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Zeaxanthin is sourced from OPTISHARP® Natural brand. OPTISHARP® Natural is a trademark of DSM.

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