

SUGGESTED USE: 6 CAPSULES PER DAY IN DIVIDED DOSES WITH MEALS OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

KEEP OUT OF REACH OF CHILDREN.
STORE SEALED IN A COOL, DRY PLACE.

Albion®, TRAACS® and the Albion Gold Medallion design are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Manufactured For:
Moss Nutrition
Products, Inc.
380 Russell Street
Hadley, MA 01035
800-851-5444



WWW.MOSSNUTRITION.COM



*High Potency
Comprehensive Vitamin Mineral Complex
with Activated B Vitamins & Chelated Minerals*

Dietary Supplement
180 Vegetarian Capsules

Supplement Facts

Serving Size: 6 Capsules

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as palmitate)	7300 IU	146%
Vitamin C (as ascorbic acid)	500 mg	833%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopherol succinate)	50 IU	167%
Vitamin K (as Vitamin K1 Phytonadione 500 mcg, Vitamin K2 Menaquinone-7 50 mcg)	550 mcg	688%
Vitamin B1 (as thiamin HCl)	75 mg	5000%
Vitamin B2 (as riboflavin)	75 mg	4412%
Vitamin B3 (as niacinamide)	75 mg	375%
Vitamin B6 (as 1:1 pyridoxine HCl, P-5-P)	50 mg	2500%
Folate (as Quatrefolic® (6S)-5- Methyltetrahydrofolic acid, Glucosamine salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	550 mcg	9167%
Biotin (as d-Biotin)	2000 mcg	667%
Pantothenic Acid (as d-calcium pantothenate)	250 mg	2500%
Calcium (as Calcium Bisglycinate Chelate) (TRAACS®)	100 mg	10%
Iodine (as potassium iodide)	250 mcg	167%
Magnesium (as Di-Magnesium Malate [Albion®] and Magnesium Bisglycinate Chelate [TRAACS®])	200 mg	50%

	Amount Per Serving	% Daily Value
Zinc (as Zinc Bisglycinate Chelate) (TRAACS®)	25 mg	167%
Selenium (as Selenium Glycinate Complex) (TRAACS®)	200 mcg	286%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS®)	1 mg	50%
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS®)	200 mcg	167%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS®)	100 mcg	133%
Potassium (as Potassium Glycinate Complex) (Albion®)	100 mg	3%
Mixed Tocopherols (d-alpha, d-beta, d-gamma, d-delta)	300 mg	**
Inositol	100 mg	**
Choline (as citrate)	100 mg	**
Citrus Bioflavonoid Complex	100 mg	**
Trimethylglycine	100 mg	**
Alpha Lipoic Acid	20 mg	**
Coenzyme Q10	20 mg	**
Boron (as Bororganic Glycine) (Albion®)	2 mg	**
Vanadium (as Vanadium Nicotinate Glycinate Chelate) (TRAACS®)	50 mcg	**

* Percent Daily Values are based on a 2000 calorie diet.

** Daily Value not established.

Other ingredients: Cellulose (capsule), L-leucine, maltodextrin (non-GMO), silicon dioxide. **Does not contain gluten.**