



DR. MERCOLA'S

whole
food

MULTIVITAMIN

A Dietary Supplement

180 Vegetarian Capsules

Supplement Facts

Serving Size 2 vegetarian capsules
Servings Per Container 90

Amount Per Serving	%DV
Vitamin A 5,000 IU (as Natural beta carotene)	100%
Vitamin C 250 mg (as niacinamide ascorbate, calcium ascorbate)	417%
Vitamin D 2,000 IU	500%
Thiamine (as thiamine pyrophosphate) 1.5 mg	100%
Riboflavin (as riboflavin-5-phosphate) 1.7 mg	100%
Niacin (as niacinamide ascorbate) 20 mg	100%
Vitamin B6 (as pyridoxal-5-phosphate) 2 mg	100%
Folic acid 400 mcg	100%
Vitamin B12 (as methylcobalamin) 50 mcg	833%
Biotin 900 mcg	300%
Pantothenic acid 30 mg (as calcium pantothenate)	300%
Iodine (kelp) 150 mcg	100%
Zinc (amino acid chelate**) 15 mg	100%
Selenium (amino acid chelate) 100 mcg	143%
Copper (amino acid chelate**) 50 mcg	3%
Manganese 3 mg (amino acid chelate**)	150%
Chromium 120 mcg (amino acid chelate**)	100%
Molybdenum 75 mcg (amino acid chelate**)	100%
Choline (bitartrate) 30 mg	*
Fruit and Vegetable Blend 300 mg	*
Pomegranate extract (fruit), White tea extract (leaf), Green tea extract (leaf), Grape seed extract, apple (fruit), blueberry (fruit), broccoli (flowering head), Cranberry (fruit), Kale (leaf), Orange (fruit), Prune (fruit), Raspberry (fruit), Spinach (leaf) and Strawberry (fruit).	

*Daily Value not established.

Other ingredients: Cellulose, L-Leucine and silica.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 2 vegetarian capsules daily or as directed by your healthcare professional.

** U.S. Patent Number 4,599,152 Albion Laboratories.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

