

## **Supplement Facts**

Serving Size: 1 lablet		
Amount Per Serving	% Daily Value	
Vitamin A (as Acetate)	5000 I.U.	100%
Vitamin C (as Ascorbic Acid)	60 mg.	100%
Vitamin D-3 (as Cholecalciferol)	400 I.U.	100%
Vitamin B-1 (as Thiamine HCI)	1.5 mg.	100%
Vitamin B-2 (Riboflavin)	1.7 mg.	100%
Niacin (as Vitamin B-3)	20 mg.	100%
Vitamin B-6 (as Pyridoxine HCI)	2 mg.	100%
Folic Acid	400 mcg.	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg.	100%

OTHER INGREDIENTS: Sugar, Dicalcium Phosphate, Calcium Sulfate, Kaolin, Magnesium Silicate, Microcrystalline Cellulose, Stearic Acid, Gelatin, Starch, Titanium Dioxide, Croscarmellose Sodium, FD&C Red #40 Lake, Pharmaceutical Glaze, Sodium Ascorbate, Triglycerides, Silica, Mixed Tocopherols, Carnauba Wax and BHT.

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care provider.

**FREE OF:** Yeast, wheat, milk or milk derivatives, lactose, soy, artificial flavor, sodium (less than 5 mg per serving).

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF THE REACH OF CHILDREN. STORE IN A DRY

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PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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