

Doctor's Best Multi-Vitamin provides an iron free, full spectrum of vitamins and minerals that are essential for human health. The National Health and Nutrition Examination Survey (NHANES, 1996-2016) has shown that nearly all of us have diets deficient in one or more of these nutrients.* Doctor's Best Multi-Vitamin has been formulated to deliver optimum nutritional benefits.*

Full range of vitamins and minerals in the most biochemical active form*

Formulated for optimized absorption and utilization*

Iron-free

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

Lutemax® is a registered trademark of OmniActive Technologies. MenaQ7® is a registered trademark of NattoPharma ASA, Norway. Quatrefolic® is a registered trademark of Gnosis SPA. Vitashine D3 is a trademark of ESB Developments Ltd., and is the only vegan Vitamin D3 registered with the Vegan Society.

**Doctor's
BEST®**

**Science-Based
Nutrition™**

Multi-Vitamin

with  and  **Quatrefolic®**

VITASHINE D3

**IRON FREE
OPTIMIZED VITAMIN-MINERAL COMPLEX***

**Dietary
Supplement**

90 Veggie Capsules 



YDRB300-4



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Supplement Facts

Serving Size 3 Veggie Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	1500 mcg (5000 IU) 170%	Magnesium (from magnesium glycinate)	100 mg 25%
Vitamin C (as ascorbic acid)	300 mg 330%	Zinc (from zinc citrate)	25 mg 230%
Vitamin D3 (as cholecalciferol from Vitashine D3)	40 mcg (1600 IU) 200%	Selenium (from selenium glycinate complex)	105 mcg 190%
Vitamin E (as d-alpha tocopheryl acetate)	20 mg (30 IU) 130%	Copper (from copper bisglycinate chelate)	1 mg 110%
Vitamin K2 (from MenaQ7® Menaquinone, MK-7)	80 mcg 70%	Manganese (from manganese bisglycinate chelate)	4 mg 170%
Vitamin B1 (as thiamin HCl)	60 mg 5000%	Chromium (from chromium picolinate)	600 mcg 1710%
Vitamin B2 (as riboflavin)	75 mg 5770%	Molybdenum (from molybdenum glycinate chelate)	75 mcg 170%
Vitamin B3 (as niacinamide and niacin)	50 mg 310%	Potassium (from potassium citrate and potassium iodide)	105 mg 2%
Vitamin B6 (as pyridoxine HCl)	50 mg 2940%	Mixed Tocopherols (gamma, delta, alpha, beta tocopherols)	90 mg †
Folate (from Quatrefolic®)	400 mcg DFE** 100%	Boron (from bororganic glycine)	3 mg †
(5S)-5-methyltetrahydrofolic acid, glucosamine salt)		Silica (from horsetail stem and leaf ext., (Equisetum arvense L.))	3 mg †
Vitamin B12 (as methylcobalamin)	1000 mcg 41670%	Lutein (from Lutemax® Free Lutein, marigold flower ext., (Tagetes erecta))	3 mg †
Biotin	600 mcg 2000%	Zeaxanthin (from Lutemax® Free Lutein, marigold flower ext., (Tagetes erecta))	150 mcg †
Pantothenic Acid (from d-calcium pantothenate)	90 mg 1800%		
Choline (as choline bitartrate)	100 mg 20%		
Calcium (from d-calcium pantothenate, tricalcium citrate, calcium malate)	20 mg <2%		
Iodine (from potassium iodide)	75 mcg 50%		

** DFE = Dietary Folate Equivalent
† Daily Value not established.

Other Ingredients: Vegetarian capsule (modified cellulose, titanium dioxide), calcium laurate.

Suggested Adult Use: Take 3 capsules daily after meals, or as recommended by a nutritionally-informed physician.

Non-GMO / Gluten Free / Vegan

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**
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