



Multi-Vitamin - Senior Complete, Iron Free, 60ct

Item Number: BN62860

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per Serving		% Daily Value*
Vitamin A	5,000I.U.	100%
(as beta carotene, retinyl palmitate, natural mixed carotenoids)		
Vitamin C	60mg	100%
(as calcium ascorbate ascorbyl palmitate)		
Vitamin D (as ergocalciferol)	200I.U.	50%
Vitamin E	100I.U.	333%
(as d-alpha tocopheryl acid succinate)		
Thiamin	3mg	200%
(vitamin B-1)(as thiamine cocarboxylase)		
Riboflavin	3.4mg	200%
(vitamin B-2)(as riboflavin 5' phosphate)		
Niacin	40mg	200%
(as inositol hexanicotinate)		
Vitamin B-6	4mg	200%
(as pyridoxal 5' phosphate)		
Folic Acid	400mcg	100%
Vitamin B-12 (as dibenzozide)	120mcg	2,000%
d-Biotin	300mcg	100%
Pantothenic Acid	20mg	200%
(as pantothenic)		
Calcium	10mg	<2%
(as calcium citrate, ascorbate)		
Iodine (as kelp)	100mcg	67%
Magnesium	10mg	3%
(as magnesium rice chelate)		
Zinc (as zinc monomethionine)	10mg	67%
Selenium (as L-selenomethionine)	100mcg	143%
Copper (as copper citrate)	1mg	50%
Manganese	2mg	100%
(as manganese citrate)		
Chromium	120mcg	100%
(as chromium polynicotinate)		
Molybdenum	20mcg	27%
(as molybdenum citrate)		
Potassium (as potassium citrate)	10mg	<2%
Inositol	20mg	†
(as inositol hexanicotinate, inositol)		
Choline	18.4mg	†
(from 40mg choline bitartrate)		
Phytase	20P.H.U.	†
Organic Aloe Vera	10mg	†
(ACTIVAlone™)		
PABA (para-aminobenzoic acid)	10mg	†
Silica (as silica, horsetail extract 2:1 [leaf/stem])	5mg	†
Enzyme Blend	5mg	†
(Aspergillus niger, Aspergillus oryzae)		
providing		
Protease	154.5H.U.	†
Amylase	53D.U.	†
Lipase	0.5L.U.	†
Cellulase	0.6C.U.	†
Lactase	23.4Lac.U	†
Betaine (from 5mg betaine HCl)	3.8mg	†
Trace Mineral Complex	2mg	†
Lactase	23.4Lac.U	†
Betaine (from 5mg betaine HCl)	3.8mg	†
Trace Mineral Complex	2mg	†
Boron (as boron citrate)	500mcg	†
Vanadium	200mcg	†
(as BGOV [bis-glycinato oxovanadium])		

* Percent Daily Values are based on a 2,000 calorie diet

† Daily Value not established