



Daily Vits™

Multi Vitamin & Mineral

- One Capsule Daily
- With Fruit & Veggie Blend, Lutein and Lycopene

120 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin A (95% as Retinyl Palmitate and 5% as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytonadione K-1)	80 mcg	100%
Thiamin (Vitamin B-1) (from Thiamin HCl)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (Vitamin B-3) (as Niacinamide)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	18 mcg	300%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	10 mg	100%
Calcium [from Calcium Carbonate (Aquamin® TG Seaweed Derived Minerals)]	20 mg	2%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Aquamin® TG Seaweed Derived Minerals)	15 mg	4%
Zinc (from Zinc Bisglycinate) (TRAACS®)	10 mg	67%
Selenium (from L-Selenomethionine)	35 mcg	50%

Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%
Chromium (from Chromium Picolinate)	120 mcg	100%
Molybdenum (from Sodium Molybdate)	75 mcg	100%
Potassium (from Potassium Chloride)	10 mg	< 1%
Organic Fruit & Veggie Blend (Organic Cauliflower, Organic Spinach, Organic Carrot, Organic Beet, Organic Tomato, Organic Blueberry, Organic Cranberry, Organic Cherry, Organic Raspberry and Organic Strawberry)	50 mg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>) (FloraGLO®)	100 mcg	†
Lycopene (from Natural Tomato Extract)	100 mcg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

Vitamin E from non-GMO soy.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.



Suggested Usage: Take 1 capsule daily with a meal.

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Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



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