

BLISTER

VITAL[®] FUERTE H3^{EF}

100 CAPSULES

ANTIOXIDANT

MULTIVITAMIN/MINERAL DIETARY SUPPLEMENT

VITAL H3

Supplement Facts

Serving Size 1 Capsule
Serving per Container 100

	Amount per serving	% Daily Value *
Vitamin A	2,500 IU	50%
Vitamin C	2.3 mg	4%
Vitamin D	165 IU	41%
Vitamin E	1.6 IU	5%
Thiamin	4.8 mg	320%
Riboflavin	2.2 mg	130%
Niacin	10.75 mg	54%
Vitamin B6	4.2 mg	210%
Vitamin B12	2.4 mcg	40%
Pantothenic Acid	4 mg	40%
Calcium	11 mg	1%
Iron	1.6 mg	9%
Magnesium	0.2 mg	<1%
Zinc	0.2 mg	1%
Selenium	15 mcg	21%
Copper	0.04 mg	2%
Manganese	0.03 mg	2%
Molybdenum	20 mcg	27%
Potassium	0.04 mg	<1%
Cobalt	10 mcg	†
Lecithin (from soybean)	14 mg	†
Rutin (from Dimorphandra mollis) (pods)	5 mg	†

* Percent Daily Values are Based on a 2,000 Calories Diet.

† Daily values not established

SUGGESTED INTAKE:

Take one capsule one to two times daily.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a doctor or poison control center immediately.

Made in Guatemala
Produced by Laboratorio
Farmamédica, S.A.

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Distributed by

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INGREDIENTS: SOYBEAN OIL, GELATIN, DICALCIUM PHOSPHATE, BEESWAX, SOY LECITHIN, NIACINAMIDE, CALCIUM PANTOTHENATE, RUTIN, FERROUS FUMARATE, THIAMINE MONONITRATE, PYRIDOXINE HYDROCHLORIDE, ASCORBIC ACID, RIBOFLAVIN, DL-ALPHA TOCOPHEROL, ACETATE, FD&C YELLOW No. 5, COLECALCIFEROL, FD&C BLUE No. 1, RETINYL PALMITATE, FD&C RED No. 40, ZINC OXIDE, COPPER SULFATE, MAGNESIUM SULFATE, MANGANESE SULFATE, POTASSIUM SULFATE, SODIUM MOLYBDATE, SODIUM SELENITE, COBALT SULFATE, CHANOCOBALAMIN.

KEEP THIS PRODUCT OUT
OF THE REACH OF CHILDREN.
STORE AT ROOM
TEMPERATURE.

