

Amount Per Serving	% Daily Value
PABA	25 mg **
Betaine HCl	25 mg **
Glutamic Acid HCl	20 mg **
L-carnitine bitartrate complex	5 mg **
Chondroitin	2 mg **
Boron (from boron citrate, aspartate, glycinate)	250 mcg **
Vanadium	15 mcg **

Typical Analysis of Mixed Carotenoids (from *D. salina*):

Beta-carotene	5.9 mg **
Alpha-carotene	220 mcg **
Other carotenoids (cryptoxanthin, zeaxanthin and lutein)	120 mcg **

* Contains less than 2% of the Daily Value of this nutrient.

** Daily Value not established.

Other ingredients: Vegetarian capsules (cellulose), silica, magnesium stearate (vegetable source) and dibasic calcium phosphate.

SUGGESTED USE: Take two capsules daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-710-0006

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

† 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.



ULTIMATE CAPSULE®

Easy-To-Swallow Multi

Promotes Optimal Health†

Dietary Supplement

60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (30% as D-alpha-tocopherol, 20% as palmitate)	10,000 IU 200%
Vitamin C (as calcium ascorbate)	250 mg 420%
Vitamin D3 (as cholecalciferol)	600 IU 100%
Vitamin E (as d-alpha-tocopheryl succinate)	100 IU 200%
Thiamin (as thiamin mononitrate)	100 mg 80-100%
Riboflavin	100 mg 5000%
Niacin (as niacinamide)	100 mg 500%
Vitamin B6 (as pyridoxine HCl)	100 mg 5000%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	100 mcg 1800%
Biotin	100 mcg 35%
Pantothenic Acid (as D-calcium pantothenate)	100 mg 1000%
Calcium (from calcium ascorbate, carbonate)	61 mg 6%
Iron (from ferrous fumarate)	18 mg 100%
Magnesium (from magnesium oxide)	25 mg 5%
Zinc (from zinc oxide)	30 mg 200%
Selenium (from selenomethionine, amino acid chelate)	25 mcg 35%
Copper (from copper gluconate)	2 mg 100%
Manganese (from manganese gluconate)	2 mg 100%
Chromium (from chromium chloride)	25 mcg 20%
Molybdenum (from sodium molybdate)	45 mcg 90%
Potassium (from potassium citrate)	10 mg *
Rutin	25 mg **
Choline (as choline bitartrate)	25 mg **
Inositol	25 mg **

KEEP OUT OF REACH OF CHILDREN.

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