

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

3 capsules twice daily, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)¹, MILK/DAIRY (CASEIN, WHEY)¹, SOY PROTEIN¹, EGG PROTEIN¹, SUGAR.

¹VERIFIED BY INDEPENDENT TESTING

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Raw materials and finished products are independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA



Multi-Nutrients 3

Citrate/Malate Formula
(without Copper & without Iron)

DIETARY SUPPLEMENT

180 CAPSULES

Supplement Facts

serving size: 3 capsules - servings per container: 60

	amt. per serving	% daily value
Vitamin A (as Beta Carotene and mixed carotenes)	10,000IU	200%
Vitamin C (ascorbic acid)	425mg	708%
Vitamin D (as cholecalciferol)	500IU	125%
Vitamin E (as d-alpha tocopheryl succinate)	200IU	667%
Thiamin (as thiamine HCL)	20mg	1334%
Riboflavin	7.5mg	441%
Vitamin B6 (as pyridoxine HCL)	7.5mg	375%
Folate (as L-5-MTHF) Metafolin®	200mcg	50%
Vitamin B12 (as methylcobalamin)	250mcg	4167%
Biotin	200mcg	67%
Pantothenic Acid (as calcium pantothenate)	175mg	1750%
Calcium (as dicalcium malate & pantothenate)	150mg	15%
Iodine (as potassium iodide)	112.5mcg	75%
Magnesium (as dimagnesium malate)	137.5mg	34%
Zinc (as zinc citrate)	7.5mg	50%
Selenium (as selenomethionine)	100mcg	143%
Manganese (as manganese citrate)	3mg	150%
Chromium (as chromium polynicotinate)	100mcg	84%
Molybdenum (as molybdenum citrate)	50mcg	67%
Potassium (as potassium citrate)	37.5mg	1%
Riboflavin 5' Phosphate	5mg	*
Niacinamide	55mg	*
Pyridoxal 5' Phosphate	5mg	*
Boron (citrate)	1.5mg	*
Vanadium (citrate)	50mcg	*

* Daily Value not established

Other Ingredients: Gelatin Capsule, Magnesium Silicate, Leucine, and Silica.