

store sealed in a cool dry place

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

Recommendations

2 capsules, twice daily with meals, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

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

*VERIFIED BY INDEPENDENT TESTING

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

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

manufactured by
VITAL NUTRIENTS

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MIDDLETOWN, CT 06457 USA



Multi-Nutrients 5

Ultra Antioxidant Formula

(Boron, Copper, and Iron Free)

DIETARY SUPPLEMENT
120 VEGETARIAN CAPSULES

Supplement Facts

serving size: 2 veg capsules - servings per container: 60

	amount per serving	% daily value
Vitamin A (as 86% beta carotene and mixed carotenoids and 14% vitamin A acetate)	8750IU	175%
Vitamin C	125mg	209%
Vitamin D3 (as cholecalciferol)	400IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	150IU	500%
Thiamin (as thiamine HCl)	12.5mg	883%
Riboflavin	12.5mg	735%
Vitamin B6 (as pyridoxine HCl)	12.5mg	625%
Folate (as L-5-MTHF) Metafolin®	100mcg	25%
Vitamin B12 (as methylcobalamin)	500mcg	8333%
Biotin	150mcg	50%
Pantothenic Acid (as calcium pantothenate)	50mg	500%
Calcium (as dicalcium malate)	125mg	13%
Iodine (as potassium iodide)	75mcg	50%
Magnesium (as dimagnesium malate)	100mg	25%
Zinc (as zinc citrate)	15mg	100%
Selenium (as selenomethionine)	200mcg	286%
Manganese (as manganese citrate)	2.5mg	125%
Chromium (as chromium polynicotinate)	100mcg	83%
Molybdenum (as molybdenum aspartate)	50mcg	66%
Niacinamide	50mg	*
Pyridoxal 5' phosphate	2.5mg	*
Vanadium (as vanadium citrate)	5mcg	*
Quercetin dihydrate (min. 90% by HPLC)	50mg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Leucine, and Silica.