

store sealed in a cool dry place

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

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Recommendations

3 capsules twice daily with food, 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
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA

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.



Multi-Nutrients with Iron & Iodine

DIETARY SUPPLEMENT
180 VEGETARIAN CAPSULES

Supplement Facts

serving size: 3 vegetarian capsules • servings per container: 60

	amt. per serving	% daily value
Vitamin A	12,500IU	250%
(80% as beta carotene with mixed carotenoids and 20% as vitamin A acetate)		
Vitamin C	500mg	833%
Vitamin D (as cholecalciferol)	400IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	200IU	666%
Thiamin (as thiamine HCl)	50mg	3333%
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	4166%
Biotin	200mcg	66%
Pantothenic Acid (as calcium pantothenate)	200mg	2000%
Calcium	150mg	15%
(as dicalcium malate ² and calcium pantothenate)		
Iron (as iron aspartate)	9mg	50%
Iodine (as potassium iodide)	75mcg	50%
Magnesium (as dimagnesium ² malate)	100mg	25%
Zinc (as zinc citrate)	7.5mg	50%
Selenium (as selenomethionine)	100mcg	142%
Copper (as copper glycinate)	1mg	50%
Manganese (as manganese aspartate)	1.5mg	75%
Chromium (as chromium polynicotinate)	100mcg	83%
Molybdenum (as molybdenum aspartate)	50mcg	66%
Potassium (as potassium chloride)	49.5mg	1.4%
Riboflavin 5' Phosphate	5mg	*
Niacinamide	50mg	*
Pyridoxal 5' Phosphate	5mg	*
Boron (as boron citrate)	250mcg	*
Vanadium (as vanadium citrate)	100mcg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Magnesium Silicate,
Ascorbyl Palmitate, Leucine, and Silica.

²Albion® Minerals