



Actual Color and Size

First Step Vitamins

Food/Dietary Supplement

Suggested Use: Take one (1) packet containing ten (10) capsules daily with food. Do not exceed recommended daily dose unless directed by your health care practitioner.

Keep out of reach of children in a cool, dry place.

Supplement Facts

Serving Size = Ten (10) capsules

Servings Per Container = 50

Amount Per Serving	% Daily Value	
Vitamin A (Vitamin A Palmitate)	5000 IU	100%
Vitamin C (Ascorbic Acid)	2000 mg	3333%
Vitamin D3 (Cholecalciferol)	400 IU	100%
Vitamin E (d-Alpha Tocopheryl Succinate)	800 IU	2667%
Vitamin B1 (Thiamine HCl)	550 mg	36667%
Vitamin B2 (Riboflavin)	200 mg	11765%
Niacinamide	1000 mg	5000%
Vitamin B6 (Pyridoxine HCl)	225 mg	11250%
Folic Acid	200 mcg	50%
Vitamin B12 (Cyanocobalamin)	200 mcg	3333%
Biotin	200 mcg	67%
Pantothenic Acid (Calcium d-Pantothenate)	300 mg	3000%
Magnesium (Magnesium Carbonate)	120 mg	30%

Other Ingredients: Calcium (Calcium d-Pantothenate, Dicalcium Phosphate), cellulose, silicone dioxide, magnesium stearate.

Notice: If you are pregnant or nursing, taking medication or planning a surgery, consult your physician before using this product. If any adverse events occur stop taking the product and consult your physician.

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and soy. Food supplements should not be used as a substitute for a varied diet.



TESTED
GLUTEN
FREE



CERTIFIED
NONGE
TESTED

440 Kings Village Rd. Scotts Valley CA 95066
In case of adverse event: 855-885-2855