

DIRECTIONS: Take 2 tablets with a meal such as breakfast every day.

WARNINGS: KEEP OUT OF REACH OF CHILDREN. Check with a qualified healthcare professional before taking this product if you are pregnant, nursing, under 18 years of age, if you have any known or suspected medical condition(s), and/or are taking any prescription or OTC medication(s). Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose call a doctor or poison control center immediately. This product contains chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

BioPerine® is a patented ingredient and registered trademark of Sabinsa Corporation. Patent numbers 5,536,506, 5,744,161, 5,972,382, 6,054,585, EP0810868, JP3953513 and CA2247467.

This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

* 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.



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THE ATHLETE'S PERFECT VITAMIN SUPPLEMENT

JYM

VITA
JYM

10,000IU | **500MCG** | **400IU**
BETA-CAROTENE | VITAMIN B12 | VITAMIN E



60 TABLETS

DIETARY SUPPLEMENT
30 DAY SUPPLY

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	10,000IU 200%	Iodine (from potassium iodide)	150mcg 100%
Vitamin C (as ascorbic acid)	250mg 417%	Selenium (as sodium selenate)	200mcg 286%
Vitamin E (as d-alpha-tocopheryl succinate)	400IU 1333%	Copper (as copper gluconate)	3mg 150%
Vitamin K (as menaquinone-7 (MK-7) and menaquinone-4 (MK-4))	120mcg 150%	Manganese (as manganese gluconate)	2.3mg 115%
Thiamin (as thiamin mononitrate)	100mg 6667%	Chromium (as chromium picolinate)	200mcg 167%
Riboflavin	100mg 5882%	Molybdenum (as sodium molybdate)	45mcg 60%
Niacin (niacinamide)	100mg 500%	Potassium (as potassium citrate)	100mg 3%
Vitamin B6 (as pyridoxine HCl)	100mg 5000%	Nickel (as nickel sulfate)	5mcg *
Folate (as folic acid)	400mcg 100%	Vanadium (as vanadyl chelate)	10mcg *
Vitamin B12 (as cyanocobalamin)	500mcg 8333%	Silica (as silicon dioxide)	2mg *
Biotin	300mcg 100%	Boron (as boron chelate)	3mg *
Pantothenic acid (as D-calcium pantothenate)	100mg 1000%	Black pepper fruit extract (BioPerine®)	5mg *
Iron (as ferrous fumarate)	18mg 100%		

* Daily value not established

OTHER INGREDIENTS: Microcrystalline cellulose, Stearic acid, Croscarmellose sodium, Film coat (hypromellose, polyethylene glycol, hydroxypropyl cellulose) and Magnesium stearate.