

Ayurveda - Wealth of Health

AYUSH HERBS®

MULTI

Multivitamin Dietary Supplement 90 Capsules

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving	%DV
Vitamin A (5,500 IU as palmitate and 5,500 IU as beta carotene)	11,000 IU 220
Vitamin D3 (as cholecalciferol)	1,000 IU 200
Vitamin E (as Mixed Tocopherols)	40 IU 128
Vitamin K (as phytonadione)	960 mcg 1200
Thiamin (Vitamin B-1)	20 mg 1333
Riboflavin (Vitamin B-2)	20 mg 1178
Niacin (as niacinamide)	66 mg 330
Vitamin B6 (as pyridoxine HCl)	72 mg 3600
Folic Acid	1600 mcg 400
Vitamin B12 (as cyanocobalamin)	400 mcg 6666
Biotin	2000 mcg 666
Pantothenic Acid (as D-calcium pantothenate)	270 mg 2700
Iodine (as potassium iodide)	200 mcg 133
Zinc (as OptiZinc®)	20 mg 133
Selenium (as selenate)	70 mcg 100
Copper (as citrate)	1 mg 50
Manganese (as citrate)	2 mg 100
Chromium (as ChromaMate®)	100 mcg 83
Molybdenum (as chelate)	100 mcg 133
Boron (from citrate, aspartate, glycinate)	2 mg *
N-Acetyl Cysteine	40 mg *
Lycopene 5 %	20 mg *
Lutein Esters 20% (from Lutemax®)	10 mg *
Vanadium (kulfite)	5 mcg *
Tri-kali blend (Zingiber officinale, Piper nigrum and Piper longum)	10mg *

* Daily value not established

SUGGESTED USAGE:

As a dietary supplement for adults, take 2 vegetable capsules daily, preferably at mealtime. Seek the advice of your physician if you are using any medications.

ALLERGEN INFORMATION:

CONTAINS NO ADDED Milk, Eggs, Soy, Wheat, Tree Nuts, Peanuts, Fish, Shellfish or ingredients from these sources.

- Keep out of reach of children.
- Store in a cool dry place.
- Protect from heat, light, and moisture.
- Do not purchase if seal under and/or around cap is broken.

Manufactured for:
Ayush Herbs® Inc.
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Lutemax® Lutein Esters is a registered trademark of OmniActive Health Technologies.

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Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Silica, Vegetable Stearate, Hydroxypropylmethyl Cellulose.

No added Milk, Soy, Egg and Wheat.