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STORE IN A COOL, DRY PLACE. Keep out of reach of children. Do not use if seal is broken or missing. Formulated for steady release over 4–6 hours. It is normal for this product to have a distinctive botanical aroma.



endurance products
COMPANY

150 TABLETS

DIETARY SUPPLEMENT

23 vitamins and minerals

multi-vitamin & mineral
WITH IRON

Endur-VM®

SUSTAINED RELEASE

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Vitamin A (as retinyl palmitate and 43% as beta-carotene)	2100 mcg 233%
Vitamin C (as ascorbic acid)	100 mg 111%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU) 50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg 133%
Thiamin (as thiamin mononitrate)	5 mg 417%
Riboflavin	6 mg 462%
Niacin (as niacinamide)	30 mg 188%
Vitamin B6 (as pyridoxine HCl)	7 mg 412%
Folate	667 mcg DFE (400 mcg folic acid) 167%
Vitamin B12 (as cyanocobalamin)	15 mcg 625%
Biotin	100 mcg 333%
Pantothenic Acid (as d-calcium pantothenate)	15 mg 300%
Calcium (as dicalcium phosphate)	100 mg 8%
Iron (as carbonyl iron)	18 mg 100%
Phosphorus (as dicalcium phosphate)	77 mg 6%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide)	50 mg 12%
Zinc (as zinc oxide)	15 mg 136%
Selenium (as sodium selenite)	70 mcg 127%
Copper (as copper sulfate)	2 mg 222%
Manganese (as manganese sulfate)	5 mg 217%
Chromium (as chromium yeast)	15 mcg 43%
Molybdenum (as molybdenum yeast)	5 mcg 11%

Other Ingredients:

Vegetable wax (rice bran and/or carnauba), stearic acid (vegetable), magnesium stearate (vegetable), modified cellulose, and silica.

Suggested Use:

Take one (1) tablet daily with a full glass of water, preferably with a meal.

Consult your health-care professional

prior to use if you have or suspect a medical condition, are taking any medications, or are pregnant or nursing.

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.

NO salt, sugar, starch, preservatives, artificial color or flavorings.



Distributed by: Endurance Products Company
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