



SENIOR VITES

Multi Vitamin & Minerals
For Adults

90 TABLETS • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet • Serving per Container: 90

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as retinyl palmitate & Beta Carotene)	750 mcg 83%	Iodine (as Potassium Iodide)	150 mcg 100%
Vitamin C (Ascorbic Acid)	60 mg 100%	Magnesium (as Magnesium Oxide)	50 mg 13%
Vitamin D3 (as Cholecalciferol)	500 I.U. 125%	Zinc (as Zinc Oxide)	11 mg 73%
Vitamin E (d-Alpha Tocopheryl succinate)	26.84 mg 133%	Selenium (as l-selenomethionine)	55 mcg 79%
Thiamin (Vitamin B-1) (as Thiamin hydrochloride)	1.5 mg 100%	Copper (as copper amino acid chelate)	0.5 mg 25%
Riboflavin (Vitamin B-2)	1.7 mg 100%	Manganese (as manganese amino acid chelate)	2.3 mg 115%
Niacin (as Niacinamide)	20 mg 100%	Chromium (as Chromium Picolinate)	45 mcg 38%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg 150%	Molybdenum (as molybdenum amino acid chelate)	45 mcg 60%
Folate 666.8 mcg DFE (400 mcg folic acid)	100%	Potassium (as Potassium Chloride)	80 mg 2%
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%	Boron (from boron citrate, aspartate & glycinate)	150 mcg *
Biotin (as d-Biotin)	30 mcg 10%	Silicon (as Silicon Dioxide)	2 mg *
Pantothenic Acid (as d-Calcium Pantothenate))	10 mg 100%	Vanadium (as vanadium amino acid chelate)	10 mcg *
Calcium (as as Calcium carbonate and dicalcium phosphate)	220 mg 22%	Lutein	250 mcg *
Phosphorus (as Dicalcium Phosphate)	20 mg 2%	Lycopene	300 mcg *

* Daily Value (DV) is not established.

Other Ingredients: Vegetable Stearic Acid, Cellulose (plant origin), Croscarmellose, Vegetable Magnesium Stearate, Cellulose Coating.

Contains Soy

Directions: As a dietary supplement, take one (1) tablet daily, preferably with a meal, or as directed by a health care professional.

*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.

Caution: Pregnant or lactating women should consult a doctor before use. If you are under medical supervision, please consult a doctor before use. Avoid this product if you are allergic to aspirin. Discontinue use and consult a doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place

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