SUGGESTED USE: 2 TABLETS PER DAY WITH MEALS, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL. MAY BE TAKEN IN DIVIDED DOSES.

WARNING: IF TAKING MEDICATION. PREGNANT OR NURSING CONSULT A PHYSICIAN REFORE USING

KEEP OUT OF REACH OF CHILDREN. STORE SEALED IN A COOL, DRY PLACE,

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Manufactured For: Moss Nutrition Products Inc. 380 Russell Street Hadley, MA 01035 800-851-5444



WWW.MOSSNUTRITION.COM



(without Copper, Iron, Vitamin K)

Advanced Absorption & Specialty Nutrients\*

2-Per-Day Vitamin Mineral Complex

Dietary Supplement 120 Tablets

## Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 60

Per	Amount Serving	% Daily† Value	Per	Amount Serving	% Daily1
Vitamin A (as palmitate)	5000 IU	100%	Chromium (as Chromium Nicotinate 2	00 mcg	1679
Vitamin C (as calcium ascorbate, ascorbic acid	) 225 mg	375%	Glycinate Chelate) (TRAACS®)		
Vitamin D3 (as cholecalciferol)	400 IU	100%	Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS®)	100 mcg	1339
Vitamin E (as d-alpha tocopheryl succinate)	50 IU	167%		0.0	0.10
Vitamin B1 (as thiamin HCl)	30 mg	2000%	Potassium (as Potassium Glycinate Complex) (Albion®)	20 mg	0.6%
Vitamin B2 (as riboflavin-5'-phosphate)	15 mg		Inositol	50 mg	
/itamin B3 (as niacinamide)	50 mg	250%	mosto.	0	
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg	500%	Choline (as citrate)	50 mg	
Folate	400 mcg	100%	Citrus Bioflavonoid Complex	50 mg	
(as [6S]-5-Methyltetrahydrofolate, cald	ium salt)		Alpha Lipoic Acid	50 mg	**
Vitamin B12 (as methylcobalamin)	120 mcg	2000%	Coenzyme Q10	30 mg	**
Biotin	500 mcg	167%	Bromelain (2400 GDU)	20 mg	**
Pantothenic Acid	50 mg	500%	Papain	20 mg	**
(as d-calcium pantothenate)			Horsetail Aerial Extract (Equisetum arvense	10 mg	**
Calcium (as Calcium Citrate-Malate) (Albion <sup>6</sup> ) 40 mg		4%	Lutein (from Lutemax® 2020	5 mg	**
lodine (as potassium iodide)	25 mcg	17%	marigold flower extract)	0	
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS®)	20 mg	5%	Zeaxanthin (from Lutemax® 2020 marigold flower extract)	1 mg	**
Zinc (as Zinc Bisglycinate Chelate) (TRAAC	S <sup>®</sup> ) 10 mg	67%	Boron (as Bororganic Glycine) (Albion®)	2 mg	**
Selenium (as Selenium Glycinate Complex) (Albion®)	200 mcg	286%	Vanadium (as Nicotinate Glycinate Chelate) (TRAACS®)	50 mcg	**
Manganese (as Manganese Bisglycinate Chelate) (TRAACS®)	10 mg	500%	† Percent Daily Values are based on a 2000 calorie diet. ** Daily Value not established.		

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Amount % Daily Per Serving Value

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable stearates, silicon dioxide, maltodextrin (non-GMO), hydroxypropyl methylcellulose, glycerin. Does not contain gluten.