RECOMMENDATION: Three (3) tablets each day as a dietary supplement or as otherwise directed by a healthcare professional.

WARNING: Accidental overdose of iron-containing products is a leading cause of 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.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

NDC #55146-01162 Rev. 1/10

BIOTICS RESEARCH CORPORATION

Bio-Multi Plus™

Multi-Vitamin and Mineral Supplement

270 TABLETS

Supplement Facts

Serving Size: 3 Tablets — Servings Per Container: 90

	Amount Per Serving	% Daily Value
Vitamin A (as natural mixed carotenoids and palmitate)	7,500 IU	150%
Vitamin C (as mixed ascorbates)	100 mg	167%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Vitamin K (as phytonadione)	35 mcg	44%
Thiamin (B_1) (as thiamin mononitrate)	10 mg	667%
Riboflavin (B_2)	10 mg	588%
Niacin (as niacinamide)	20 mg	100%
Vitamin B_6 (as pyridoxine hydrochloride)	10 mg	500%
Folate (as calcium folinate)	400 mcg	100%
Vitamin B_{12} (as methylcobalamin)	10 mcg	167%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Calcium (as citrate)	200 mg	20%
Iron (as gluconate)	18 mg	100%
Iodine (from kelp)	150 mcg	100%
Magnesium (as citrate, gluconate, glycinate)	100 mg	25%
Zinc (as gluconate, citrate)	15 mg	100%
Selenium (from vegetable culture †)	50 mcg	71%
Copper (as gluconate)	2 mg	100%
Manganese (as gluconate)	2 mg	100%
Chromium (from vegetable culture †)	50 mcg	42%
Molybdenum (from vegetable culture †)	10 mcg	13%
Potassium (as chloride, gluconate)	99 mg	3%
Boron (as calcium boroglucionate)	1 mg	*
Lithium (from vegetable culture †)	20 mcg	*
Rubidium (from vegetable culture †)	25 mcg	*
Vanadium (from vegetable culture †)	5 mcg	*
Citrus Bioflavonoids (from citrus fruit)	10 mg	*
Lysine (as L-Lysine hydrochloride)	30 mg	*
L-Methionine	30 mg	*
N-Acetyl-L-Cysteine	10 mg	*
Coenzyme-Q_{10}	1 mg	*
Superoxide Dismutase (from vegetable culture †)	20 mcg	*
Catalase (from vegetable culture †)	20 mcg	*

*Daily Value not established

Other Ingredients: Stearic acid (vegetable source), modified cellulose gum, cellulose, food glaze and magnesium stearate (vegetable source).

† Specially grown, biologically active vegetable culture containing Phytochemically Bound Trace Elements™ and naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.

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