

BIOTICS[®] RESEARCH CORPORATION



IRON & COPPER FREE

Bio-Multi Plus[™]

Multi-Vitamin and
Mineral Supplement

270 TABLETS

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

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

NDC #55146-01164 Rev. 1/10

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 90

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (as natural mixed carotenoids and palmitate)	7,500 IU	150%	Zinc (as gluconate, citrate)	15 mg	100%
Vitamin C (as mixed ascorbates)	100 mg	167%	Selenium (from vegetable culture †)	50 mcg	71%
Vitamin D (as cholecalciferol)	400 IU	100%	Manganese (as gluconate)	2 mg	100%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%	Chromium (from vegetable culture †)	35 mcg	44%
Vitamin K (as phytonadione)	35 mcg	44%	Molybdenum (from vegetable culture †)	15 mcg	15%
Thiamin (B-1) (as thiamin mononitrate)	10 mg	667%	Potassium (as chloride, gluconate)	99 mg	20%
Riboflavin (B-2)	10 mg	588%	Boron (as calcium borogluconate)	1 mg	-
Niacin (as niacinamide)	20 mg	100%	Lithium (from vegetable culture †)	20 mcg	-
Vitamin B-6 (as pyridoxine hydrochloride)	10 mg	500%	Rubidium (from vegetable culture †)	25 mcg	-
Folate (as calcium folinate)	400 mcg	100%	Vanadium (from vegetable culture †)	5 mcg	-
Vitamin B-12 (as methylcobalamin)	10 mcg	167%	Citrus Bioflavonoids (from citrus fruit)	10 mg	-
Biotin	300 mcg	100%	Lysine (as L-Lysine hydrochloride)	30 mg	-
Pantothenic Acid (as calcium pantothenate)	25 mg	250%	L-Methionine	30 mg	-
Calcium (as citrate)	200 mg	20%	N-Acetyl-L-Cysteine	10 mg	-
Iodine (from kelp)	150 mcg	100%	Coenzyme-Q10	1 mg	-
Magnesium (as citrate, gluconate, glycinate)	100 mg	25%	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 grade 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.