

BIOTICS[®] RESEARCH CORPORATION



IRON FREE Bio-Multi Plus[™]

Multi-Vitamin and
Mineral Supplement

90 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 #55146-01168 Rev. 4/10

Supplement Facts

Serving Size: 3 Tablets

Servings Per Container: 30

	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%	Copper (as gluconate)	2 mg	100%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%	Manganese (as gluconate)	2 mg	100%
Vitamin K (as phytonadione)	35 mcg	44%	Chromium (from vegetable culture †)	50 mcg	42%
Thiamin (B ₁) (as thiamin mononitrate)	10 mg	667%	Molybdenum (from vegetable culture †)	10 mcg	13%
Riboflavin (B ₂)	10 mg	588%	Potassium (as chloride, gluconate)	99 mg	3%
Niacin (as niacinamide)	20 mg	100%	Boron (as calcium borogluconate)	1 mg	*
Vitamin B ₆ (as pyridoxine hydrochloride)	10 mg	500%	Lithium (from vegetable culture †)	20 mcg	*
Folate (as calcium folinate)	400 mcg	100%	Rubidium (from vegetable culture †)	25 mcg	*
Vitamin B ₁₂ (as methylcobalamin)	10 mcg	167%	Vanadium (from vegetable culture †)	5 mcg	*
Biotin	300 mcg	100%	Citrus Bioflavonoids (from citrus fruit)	10 mg	*
Pantothenic Acid (as calcium pantothenate)	25 mg	250%	Lysine (as L-Lysine hydrochloride)	30 mg	*
Calcium (as citrate)	200 mg	20%	L-Methionine	30 mg	*
Iodine (from kelp)	150 mcg	100%	N-Acetyl-L-Cysteine	10 mg	*
Magnesium (as citrate, gluconate, glycinate)	100 mg	25%	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/or naturally associated phytochemicals including polyphenolic compounds with SOD and catalase, dehydrated at low temperature to preserve associated enzyme factors.