

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN  
USE ONLY IF SAFETY SEAL IS INTACT

### Recommendations

3 capsules twice daily with food, or as directed by your healthcare professional.

### Warning

If pregnant, consult your physician before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are independently tested by U.S. labs.  
Learn more at [vitalnutrients.net](http://vitalnutrients.net)

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

manufactured by  
**VITAL NUTRIENTS**

45 KENNETH DOOLEY DRIVE  
MIDDLETOWN, CT 06457 USA

**WARNING:** Accidental overdose of iron containing products is a leading cause of fatal poisoning in children. In case of accidental overdose, call a doctor or poison control center immediately.



# VITAL

## NUTRIENTS

### Multi-Nutrients 4

#### Citrate/Malate Formula (with Copper & Iron)

**DIETARY SUPPLEMENT**  
**180 VEGETARIAN CAPSULES**

## Supplement Facts

serving size: 3 vegetarian capsules - servings per container: 60

|                                                                   | amt. per serving | % daily value |
|-------------------------------------------------------------------|------------------|---------------|
| Vitamin A (as beta carotene and mixed carotenes)                  | 6mg              | 667%          |
| Vitamin C (ascorbic acid)                                         | 425mg            | 472%          |
| Vitamin D (as cholecalciferol) 500IU                              | 12.5mcg          | 63%           |
| Vitamin E (as d-alpha tocopheryl succinate) 200IU                 | 165.3mg          | 1102%         |
| Thiamin (as thiamine HCl)                                         | 20mg             | 1667%         |
| Riboflavin                                                        | 7.5mg            | 577%          |
| Vitamin B6 (as pyridoxine HCl)                                    | 7.5mg            | 441%          |
| Folate (as L-5-MTHF) Metafolin® 200mcg                            | 340mg DFE        | 85%           |
| Vitamin B12 (as methylcobalamin)                                  | 250mcg           | 10417%        |
| Biotin                                                            | 200mcg           | 667%          |
| Pantothenic Acid (as calcium pantothenate)                        | 175mg            | 3500%         |
| Calcium (as dicalcium malate <sup>1</sup> & calcium pantothenate) | 150mg            | 12%           |
| Iron (as iron aspartate)                                          | 5mg              | 28%           |
| Iodine (as potassium iodide)                                      | 112.5mcg         | 75%           |
| Magnesium (as dimagnesium malate <sup>1</sup> )                   | 137.5mg          | 33%           |
| Zinc (as zinc citrate)                                            | 7.5mg            | 68%           |
| Selenium (as selenomethionine)                                    | 100mcg           | 182%          |
| Copper (as copper glycinate)                                      | 1mg              | 111%          |
| Manganese (as manganese citrate)                                  | 3mg              | 130%          |
| Chromium (as chromium polynicotinate)                             | 100mcg           | 286%          |
| Molybdenum (as molybdenum citrate)                                | 50mcg            | 111%          |
| Potassium (as potassium citrate)                                  | 37.5mg           | 1%            |
| Riboflavin 5' Phosphate                                           | 5mg              | *             |
| Niacinamide                                                       | 55mg             | *             |
| Pyridoxal 5' Phosphate                                            | 5mg              | *             |
| Boron (as boron citrate)                                          | 1.5mg            | *             |
| Vanadium (as vanadium citrate)                                    | 50mcg            | *             |

\* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Magnesium Silicate, and Ascorbyl Palmitate.

<sup>1</sup>Albion® Minerals