

store sealed in a cool dry place

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

Recommendations

1 capsule 1-2 times per day with meals, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are independently tested by U.S. labs.
Learn more at vitalnutrients.net

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

Formulated by
Margaret Beeson, N.D.

manufactured by
VITAL NUTRIENTS
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MIDDLETOWN, CT 06457 USA



Minimal and Essential[®]

ANTIOXIDANT AND
MULTI-VITAMIN FORMULA

DIETARY SUPPLEMENT

180 VEGETARIAN CAPSULES

Supplement Facts

serving size: 1 veg capsule • servings per container: 180

	amt. per serving	% DV
Vitamin A (as 67% beta carotene and 33% vitamin A acetate)	3.76mg	418%
Vitamin C	375mg	417%
Vitamin D3 (as cholecalciferol)	400IU	50%
Vitamin E (as d-alpha tocopheryl succinate)	75IU	413%
Thiamin (as thiamine HCl)	25mg	2083%
Riboflavin	25mg	1923%
Vitamin B6 (as pyridoxine HCl)	25mg	1471%
Folate (as L-5-MTHF) Metafolin [®]	340mcg DFE	85%
Vitamin B12 (as methylcobalamin)	200mcg	8333%
Biotin	200mcg	667%
Pantothenic Acid (as calcium pantothenate)	25mg	500%
Zinc (as zinc citrate)	10mg	91%
Selenium (as selenomethionine)	125mcg	227%
Copper (as copper glycinate)	1mg	111%
Manganese (as manganese citrate)	5mg	217%
Chromium (as chromium polynicotinate)	100mcg	286%
Niacinamide	25mg	*
Grape Seed Extract	50mg	*

* Daily Value not established

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