

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)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

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

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

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA



Multi-Nutrients 3

Citrate/Malate Formula
(without Copper & without 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	340mcg DFE	85%
Vitamin B12 (as methylcobalamin)	250mcg	10417%
Biotin	200mcg	667%
Pantothenic Acid (as calcium pantothenate)	175mg	3500%
Calcium (as dicalcium malate ¹ & pantothenate)	150mg	12%
Iodine (as potassium iodide)	112.5mcg	75%
Magnesium (as dimagnesium ¹ malate)	137.5mg	33%
Zinc (as zinc citrate)	7.5mg	68%
Selenium (as selenomethionine)	100mcg	182%
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 (citrate)	1.5mg	*
Vanadium (citrate)	50mcg	*

* Daily Value not established

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

¹Albion® Minerals