

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

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

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA



Multi-Nutrients 2

Citrate/Malate Formula
(with 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 (Vitamin B1) (as thiamine HCL)	20mg	1667%
Riboflavin (Vitamin B2)	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 [†] & pantothenate)	150mg	12%
Iodine (as potassium iodide)	112.5mcg	75%
Magnesium (as dimagnesium malate ¹)	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, Ascorbyl Palmitate, and Magnesium Silicate.

¹Albion® Minerals