

# HEALTH

PRODUCTS DISTRIBUTORS INC.

## MULTI TWO CAPS

Multivitamin & Multimineral

A Dietary Supplement  
120 VEGGIE CAPSULES

### SUPPLEMENT FACTS

Serving Size: 4 capsules      Servings per Container: 30

| Amount Per Serving                                                                 | % Daily Value  |
|------------------------------------------------------------------------------------|----------------|
| Vitamin A (as Beta-carotene)                                                       | 10,000 IU 200% |
| Vitamin C (from calcium, magnesium, & zinc ascorbates)                             | 275 mg 450%    |
| Vitamin D-3 (as cholecalciferol)                                                   | 800 IU 200%    |
| Vitamin E (from d-alpha-tocopheryl succinate & 10 mg high gamma mixed tocopherols) | 200 IU 400%    |
| Vitamin K (98% as phyloquinone (K1) & 2% as MK-7 (K2))                             | 510 mcg 388%   |
| Vitamin B-1 (90% from thiamin HCl & 10% from cocarboxylase)                        | 50 mg 3,330%   |
| Vitamin B-2 (30% from riboflavin 5'-phosphate & 70% as riboflavin)                 | 50 mg 2,940%   |
| Vitamin B-3 (70% as niacinamide & 30% as niacin)                                   | 75 mg 375%     |
| Vitamin B-6 (25% from pyridoxal 5'-phosphate & 80% from pyridoxine HCl)            | 100 mg 5,000%  |
| Folate (as (6S)-5-Methyltetrahydrofolic acid, glucosamine salt - Quatrefolic®)     | 600 mcg 150%   |
| Vitamin B-12 (50% as methylcobalamin & 50% as hydroxocobalamin)                    | 400 mcg 6,670% |
| Biotin (pure crystalline)                                                          | 500 mcg 1,000% |
| Vitamin B-5 (from calcium pantothenate)                                            | 100 mg 5%      |
| Calcium (from Ca Ribos blend & ascorbate)                                          | 50 mg 25%      |
| Magnesium (from Mg Ribos and ascorbate)                                            | 100 mg 25%     |
| Zinc (from chitos, picolinate, and ascorbate)                                      | 25 mg 170%     |
| Selenium (from L-selenomethionine)                                                 | 75 mcg 110%    |
| Copper (from chitos and ascorbate)                                                 | 2 mg 100%      |
| Manganese (from chitos)                                                            | 2 mg 100%      |
| Chromium (from selenomethionine)                                                   | 200 mcg 100%   |
| Molybdenum (from selenomethionine)                                                 | 150 mcg 300%   |
| Vanadium (from Bio-Care Glycinate Vanadium) (BIOGV)                                | 50 mcg 100%    |
| Inositol (pure crystalline)                                                        | 200 mg         |
| Choline (from bitartrate)                                                          | 100 mg         |
| Sorbitol HCl (beet extract)                                                        | 50 mg          |
| Quercetin (as dehydrate)                                                           | 50 mg          |
| BioVeg® Grape extract (Vitis vinifera)(pulp, skin & seed)                          | 10 mg          |
| Boron (from glycinate, citrate, and aspartate)                                     | 2 mg           |
| Octacosanol (from sugar cane policosanol)                                          | 500 mcg        |
| Vanadium (from Bio-Care Glycinate Vanadium) (BIOGV)                                | 100 mcg        |

\* Daily Value not established

Other Ingredients: HPMC (veggie capsule), microcrystalline cellulose, ascorbyl palmitate, and silica.

**DOES NOT CONTAIN:** wheat, gluten, rye, oats, corn, barley, soy, yeast, egg, sugar, dairy products, wax, GMOs, sulfates, phosphates (other than coenzymes), animal fats, preservatives, coloring, or flavoring.

**STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN**

**DIRECTIONS:** As a dietary supplement, take four (4) capsules daily divided among meals, or as directed by a health professional.

† Quatrefolic® is a registered trademark of Groeca, SpA.

Distributed by:  
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