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Other ingredients: Purified water, natural vegetable glycerin, apple juice concentrate, lemon crime flavor with other natural flavors, medium chain triglycerides, xanthan gum, purified stevia leaf extract, citric acid, potassium sorbate, rosemary leaf extract, natural mixed tocopherols

Manufactured in Canada for: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 2 teaspoons daily, with a meal.

WARNING: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



*FloraGLO is a registered trademark for
Kemin Industries, Inc.

CHROMEMATE®

ChromeMate® brand niacin-bound chromium.
ChromeMate® is a registered trademark of
InterHealth, N.J.

Gluten-free, Non-GMO

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 200530

Liquid Multivitamin

Dietary Supplement

Liquid multivitamin/mineral with fruit and vegetable blend for daily wellness[†]



7.8 fl oz (230ml)

Supplement Facts

Serving size 2 teaspoons (10 ml)

Servings per container 23

Amount Per Serving	%DV
Calories	15
Total Carbohydrate	4 g 1%*
Vitamin A (as beta carotene).....	300 mcg 33%
Vitamin C (as ascorbic acid).....	100 mg 111%
Vitamin D3.....	20 mcg (800 IU) 100%
(as cholecalciferol) (from lichen)	
Vitamin E.....	20 mg 134%
(as d-alpha tocopherol acetate)	
Thiamin (as thiamin HCl).....	7.5 mg 625%
Riboflavin.....	4 mg 308%
(as riboflavin-5-phosphate)	
Niacin (as niacinamide).....	25 mg 156%
Vitamin B6 (as pyridoxine HCl) ..	5 mg 294%
Biotin.....	400 mcg 1,333%
Pantothenic Acid.....	20 mg 400%
(as calcium pantothenate)	
Calcium (as calcium citrate).....	40 mg 3%
Iodine (as potassium iodide) ..	75 mcg 50%
Magnesium.....	20 mg 5%
(as magnesium citrate)	
Zinc (as zinc gluconate).....	12 mg 109%
Manganese.....	1 mg 43%
(as manganese gluconate)	

Amount Per Serving	%DV
Chromium.....	200 mcg 571%
(as chromium polynicotinate)	
Molybdenum.....	75 mcg 167%
(as molybdenum citrate)	
Boron (as boron glycinate).....	0.7 mg *
Lutein (FloraGLO®).....	3 mg *
Fruit and Vegetable	
Powder Blend (Organic).....	150 mg *
Strawberry fruit, tart cherry fruit, blackberry fruit, blueberry fruit, raspberry fruit, beet root, carrot root, spinach leaf, broccoli stem and floret, tomato fruit, kale leaf, cabbage leaf, parsley leaf, brussels sprout edible head, green bell pepper fruit, cucumber whole fruit, celery stalk, garlic bulb, ginger root, green onion, cauliflower curd, asparagus stalk	

*Daily Value (DV) not established.

*Percent daily values are based on a 2,000 calorie diet



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