

ALTRUM®

ESSENTIAL MULTI

- Without Iron
- One Capsule Daily
- With Fruit & Veggie Blend

A DIETARY SUPPLEMENT

30 Veg Capsules

GMP



Suggested Usage: Take 1 capsule daily with a meal.

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

TRAACS™ is a trademark of Albion Laboratories, Inc. FloraGLO® is a registered trademark of Kemlin Industries, Inc. Aquamin® is a registered trademark of Marigot Limited.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results.

Store in a cool, dry place after opening.

Distributed by

ALTRUM Nutrition

Div. of AMSOIL INC.

Superior, WI 54880

(715) 392-7101

Product Code – ALEM

REV: 2

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Vitamin A (95% as Retinyl Palmitate and 5% as Beta-Carotene)	1,500 mcg	167%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D (as Ergocalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	20 mg	133%
Vitamin K (as Phytonadione K-1)	80 mcg	67%
Thiamin (Vitamin B-1) (from Thiamin HCl)	1.5 mg	125%
Riboflavin (Vitamin B-2)	1.7 mg	131%
Niacin (Vitamin B-3) (as Niacinamide)	20 mg	125%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	118%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as Methylcobalamin)	18 mcg	750%
Biotin	300 mcg	1000%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	10 mg	200%
Calcium [from Calcium Carbonate (Aquamin® Seaweed Derived Minerals)]	20 mg	2%
Iodine (from Potassium Iodide)	150 mcg	100%

Magnesium (from Magnesium Oxide and Aquamin® Seaweed Derived Minerals)	15 mg	4%
Zinc (from Zinc Bisglycinate) (TRAACS™)	10 mg	91%
Selenium (from L-Selenomethionine)	35 mcg	64%
Copper (from Copper Bisglycinate) (TRAACS™)	1 mg	111%
Manganese (from Manganese Bisglycinate) (TRAACS™)	2 mg	87%
Chromium (from Chromium Picolinate)	120 mcg	343%
Molybdenum (from Sodium Molybdate)	75 mcg	167%
Potassium (from Potassium Chloride)	10 mg	< 1%
Organic Fruit & Veggie Blend (Organic Cauliflower, Organic Spinach, Organic Carrot, Organic Beet, Organic Tomato, Organic Blueberry, Organic Cranberry, Organic Cherry, Organic Raspberry and Organic Strawberry)	50 mg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>) (FloraGLO®)	100 mcg	†
Lycopene (from Tomato Extract)	100 mcg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

Vitamin E from non-GMO soy.