

WHOLE-FOOD MULTIVITAMIN PLUS VITAL MINERALS

CONVENIENT INDIVIDUAL A.M. & P.M. DAILY PACKS

SUGGESTED USE: Adults, as a dietary supplement, take contents of two (2) packets daily with food. Alternatively, take contents of one (1) packet with breakfast and one (1) packet with dinner.

Supplement Facts

Serving Size: 8 Tablets
Servings Per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	15		
Total Carbohydrate	3 g 1%*		
Vitamin A (as Beta Carotene)	1,500 mcg 181%		
Vitamin C (from Ascorbic Acid, Magnesium and Calcium Ascorbate, Ascorbyl Palmitate)	500 mg 500%		
Vitamin D ₃ (as Cholecalciferol)	125 mcg (5,000 IU) 625%		
Vitamin E (as α -Tocopherol Succinate (from Sunflower Oil))	134 mg 883%		
Thiamin (Vitamin B ₁) (as Thiamin HCl)	3 mg 250%		
Riboflavin (Vitamin B ₂) (as Riboflavin-5-Phosphate)	3.4 mg 262%		
Niacin (as Nicotinamide Ascorbate)	40 mg 250%		
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	4 mg 235%		
Folate (400 mcg Folic Acid equivalent (from 5S-Methyltetrahydrofolate Acid, Calcium Salt))	665 mcg DFE 166%		
Vitamin B ₁₂ (as Methylcobalamin)	130 mcg 4167%		
Biotin	800 mcg 3000%		
Pantothenic Acid (from Calcium Pantothenate)	30 mg 600%		
Choline (from Choline Bitartrate and Cholinefree Glycine)	60 mg 11%		
Calcium (from Calcium Citrate Malate and Ascorbate)	250 mg 19%		
Iodine (from Kelp)	200 mcg 130%		
Magnesium (from Magnesium Aspartate Chelate Complex and Ascorbate)	500 mg 119%		
Zinc (from Zinc Aspartate Chelate)	15 mg 136%		
Selenium (from Selenium Aspartate Chelate Complex)	200 mcg 364%		
Copper (from Copper Aspartate Chelate)	0.95 mg 6%		
Manganese (from Manganese Aspartate Chelate)	2 mg 81%		
Chromium (from Chromium Aspartate Chelate)	200 mcg 571%		
Molybdenum (from Molybdenum Aspartate Chelate Complex)	100 mcg 222%		
Potassium (from Potassium Kodo Chelate and Aspartate Chelate Complex)	100 mg 2%		

OTHER INGREDIENTS: Cellulose, Hydroxypropyl Cellulose, Coating (Hydroxypropyl Methylcellulose, Vegetable Glycerin).

DISTRIBUTED BY: NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 985-2696

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF PACKETS ARE TORN OR DAMAGED.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.



WHOLE-FOOD MULTIVITAMIN PLUS VITAL MINERALS

- Convenient side by side individually wrapped packets for AM and PM dosing
- Contains whole food concentrates and a variety of essential vitamins, minerals, carotenoids, biotinoids, amino acids, enzymes, and herbs
- Formulated with a special blend of vegetables and fruits to support optimal health¹
- Includes essential minerals in high absorption, chelated form¹
- Packet film is made from biodegradable, compostable cellulose
- Perfect for travel!

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DR. MERCOLA[®]

WHOLE-FOOD MULTIVITAMIN

PLUS VITAL MINERALS

CONVENIENT INDIVIDUAL
A.M. & P.M. DAILY PACKS

Dietary Supplement
30 Dual Packs • 240 Tablets



"I am passionate about formulating my products using a holistic approach for optimal health and wellness."

-Dr. Joseph Mercola



• **Premium Products** – Compare my ingredients to other leading brands. You'll see the pride taken in producing simple, high quality products you can trust.

• **My Mission** – Partner with leading charities committed to protect your right to achieve optimal health.

