

# DR. MERCOLA®

## WHOLE-FOOD MULTIVITAMIN PLUS VITAL MINERALS

Dietary Supplement

240 Tablets

**SUGGESTED USE:** Adults, as a dietary supplement, take eight (8) tablets daily with food. Alternatively, take four (4) tablets with breakfast and four (4) tablets with dinner.

Contains whole food concentrates, vitamins, minerals and other nutrients.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

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

Dr. Mercola has been providing quality products since 2001.

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

Formula# 202344-240 / 84063932



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# Supplement Facts

Serving Size: 8 Tablets  
Servings Per Container: 30

|                                                                                             | Amount Per Serving                          | %DV   |
|---------------------------------------------------------------------------------------------|---------------------------------------------|-------|
| Calories                                                                                    | 15                                          |       |
| Total Carbohydrate                                                                          | 3 g                                         | 1%*   |
| Vitamin A (as Beta Carotene)                                                                | 1,500 mcg                                   | 167%  |
| Vitamin C (from Niacinamide Ascorbate, Magnesium and Calcium Ascorbate, Ascorbyl Palmitate) | 500 mg                                      | 566%  |
| Vitamin D <sub>3</sub> (as Cholecalciferol)                                                 | 125 mcg (5,000 IU)                          | 625%  |
| Vitamin E (as d-Alpha Tocopheryl Succinate (from Sunflower Oil))                            | 134 mg                                      | 893%  |
| Thiamin (Vitamin B <sub>1</sub> ) (as Thiamin HCl)                                          | 3 mg                                        | 250%  |
| Riboflavin (Vitamin B <sub>2</sub> ) (as Riboflavin-5-Phosphate)                            | 3.4 mg                                      | 262%  |
| Niacin (as Niacinamide Ascorbate)                                                           | 40 mg                                       | 250%  |
| Vitamin B <sub>6</sub> (as Pyridoxal-5-Phosphate)                                           | 4 mg                                        | 235%  |
| Folate (from (6S)-5-Methyltetrahydrofolate Acid [Calcium Salt])                             | 665 mcg DFE (Folic Acid equivalent 400 mcg) | 166%  |
| Vitamin B <sub>12</sub> (as Methylcobalamin)                                                | 100 mcg                                     | 4167% |
| Biotin                                                                                      | 900 mcg                                     | 3000% |
| Pantothenic Acid (from Calcium Pantothenate)                                                | 30 mg                                       | 600%  |
| Choline (from Choline Bitartrate and Dihydrogen Citrate)                                    | 60 mg                                       | 11%   |
| Calcium (from Calcium Citrate-Malate and Ascorbate)                                         | 250 mg                                      | 19%   |
| Iodine (from Kelp)                                                                          | 200 mcg                                     | 133%  |
| Magnesium (from Magnesium Amino Acid Chelate Complex and Ascorbate)                         | 500 mg                                      | 119%  |
| Zinc (from Zinc Amino Acid Chelate)                                                         | 15 mg                                       | 136%  |
| Selenium (from Selenium Amino Acid Chelate Complex)                                         | 200 mcg                                     | 364%  |
| Copper (from Copper Amino Acid Chelate)                                                     | 0.05 mg                                     | 6%    |
| Manganese (from Manganese Amino Acid Chelate)                                               | 2 mg                                        | 87%   |
| Chromium (from Chromium Amino Acid Chelate)                                                 | 200 mcg                                     | 571%  |
| Molybdenum (from Molybdenum Amino Acid Chelate Complex)                                     | 100 mcg                                     | 222%  |
| Potassium (from Potassium Krebs Chelate and Amino Acid Chelate Complex)                     | 100 mg                                      | 2%    |

Dr. Mercola's Fruit and Vegetable Blend  
(Kale (Leaf), Spinach (Leaf, Stem), Carrot (Root), Blueberry (Fruit),  
Garlic Extract (Bulb), Broccoli (Whole Plant), Cauliflower (Whole Plant),  
Beet Extract (Root), Cranberry (Fruit), Blackberry (Fruit), Radish (Root),  
Apricot (Fruit), Celery (Leaf, Stalk))

1,134 mg \*\*

|                                                                             | Amount Per Serving | %DV |
|-----------------------------------------------------------------------------|--------------------|-----|
| L-Cysteine and N-Acetyl L-Cysteine                                          | 150 mg             | **  |
| Betaine (from Betaine HCl)                                                  | 114 mg             | **  |
| Chlorella (Chlorella vulgaris)                                              | 100 mg             | **  |
| Inositol                                                                    | 100 mg             | **  |
| Lemon Bioflavonoid Complex                                                  | 100 mg             | **  |
| Papain                                                                      | 100 mg             | **  |
| Rose Hips                                                                   | 100 mg             | **  |
| Silica                                                                      | 100 mg             | **  |
| Spirulina (Arthrospira platensis)                                           | 100 mg             | **  |
| Apple Pectin                                                                | 50 mg              | **  |
| Bromelain                                                                   | 50 mg              | **  |
| Grape Seed Extract and Pine Bark Extract Blend (Contains Proanthocyanidins) | 50 mg              | **  |
| PABA (Para-Aminobenzoic Acid)                                               | 50 mg              | **  |
| Hesperidin                                                                  | 35 mg              | **  |
| Rutin                                                                       | 25 mg              | **  |
| Glutamic Acid                                                               | 20 mg              | **  |
| Grape Skin Extract                                                          | 8 mg               | **  |
| Lutein (from Marigold (Tagetes erecta) (Flower))                            | 6 mg               | **  |
| Lycopene (from Tomato (Fruit))                                              | 6 mg               | **  |
| Boron (from Boron Amino Acid Chelate Complex)                               | 1.5 mg             | **  |
| Zeaxanthin (from Marigold (Tagetes erecta) (Flower))                        | 1 mg               | **  |
| Strontium (from Strontium Citrate)                                          | 297 mcg            | **  |
| Trace Elements (from Red Seaweed)                                           | 100 mcg            | **  |
| Vanadium (from Vanadium Amino Acid Chelate Complex)                         | 50 mcg             | **  |

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value (DV) not established.

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