

| Amount Per Serving                                     | % Daily Value |
|--------------------------------------------------------|---------------|
| Rutin .....                                            | 25 mg **      |
| Choline (as choline bitartrate) .....                  | 25 mg **      |
| Inositol .....                                         | 25 mg **      |
| Betaine HCl .....                                      | 25 mg **      |
| Glutamic Acid HCl .....                                | 20 mg **      |
| Lemon bioflavonoid complex .....                       | 8 mg **       |
| Chlorophyll .....                                      | 2 mg **       |
| Boron (from boron citrate, aspartate, glycinate) ..... | 250 mcg **    |
| Vanadium .....                                         | 15 mcg **     |

\* Contains less than 2% of the Daily Value of this nutrient.

\*\* Daily Value not established.

Other Ingredients: Vegetarian capsule (cellulose), magnesium stearate (vegetable source), silica.

**SUGGESTED USE:** Take two capsules daily with food.

**CONTAINS NO** artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

**WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY**

**To report a serious adverse event, call 1-888-710-0006**

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

# ULTIMATE CAPSULE®

Easy-To-Swallow Multi  
Promotes Optimal Health†  
Dietary Supplement

**60 VEGETARIAN CAPSULES**



## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

| Amount Per Serving                                                                            | % Daily Value |
|-----------------------------------------------------------------------------------------------|---------------|
| Vitamin A (as beta-carotene) .....                                                            | 5,000 IU 100% |
| Vitamin C (as calcium ascorbate) .....                                                        | 250 mg 420%   |
| Vitamin D3 (as cholecalciferol) .....                                                         | 600 IU 150%   |
| Vitamin E (as d-alpha tocopheryl succinate) .....                                             | 100 IU 330%   |
| Thiamin (as thiamin mononitrate) .....                                                        | 50 mg 3336%   |
| Riboflavin .....                                                                              | 50 mg 2940%   |
| Niacin (as niacinamide) .....                                                                 | 50 mg 250%    |
| Vitamin B6 (as pyridoxine HCl) .....                                                          | 50 mg 2500%   |
| Folic Acid .....                                                                              | 400 mcg 100%  |
| Vitamin B12 (as cyanocobalamin) .....                                                         | 100 mcg 1670% |
| Biotin .....                                                                                  | 100 mcg 35%   |
| Pantothenic Acid (as d-calcium pantothenate) .....                                            | 50 mg 500%    |
| Calcium (calcium ascorbate, carbonate,<br>di-calcium phosphate, d-calcium pantothenate) ..... | 61 mg 6%      |
| Iron (from ferrous fumarate) .....                                                            | 18 mg 100%    |
| Magnesium (from magnesium oxide) .....                                                        | 25 mg 5%      |
| Zinc (from zinc citrate) .....                                                                | 30 mg 200%    |
| Selenium (from selenomethionine) .....                                                        | 25 mcg 35%    |
| Copper (from copper gluconate) .....                                                          | 2 mg 100%     |
| Manganese (from manganous gluconate) .....                                                    | 2 mg 100%     |
| Chromium (from chromium chloride) .....                                                       | 25 mcg 20%    |
| Molybdenum (from sodium molybdate) .....                                                      | 45 mcg 60%    |
| Potassium (from potassium citrate) .....                                                      | 10 mg *       |

KEEP OUT OF REACH OF CHILDREN.

VL 520-60N

