

Amount Per Serving	% Daily Value
Betaine HCl	25 mg **
Rutin	15 mg **
Citrus Bioflavonoids	14 mg **
Hesperidin	4.5 mg **
Natural Powdered Blend (Kelp [whole plant], Alfalfa [whole plant], Acerola [berry], Rose Hips [fruit], Parsley [aerial part], Watercress [whole plant])	34 mg **

* Percent Daily Value are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), magnesium stearate (vegetable source), silica, glycerin.

SUGGESTED USE: Take one tablet daily, preferably at meal time, or as directed by a healthcare practitioner. Suitable for vegans.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

**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 center immediately.

VEGAN MULTI ONCE DAILY

Multiple Vitamins with Minerals

Dietary Supplement
90 VEGAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

Amount Per Serving	% Daily Value
Calories	5
Total Carbohydrate	<1 g <1%*
Vitamin A (as natural beta-carotene)	5,000 IU 100%
Vitamin C (as ascorbic acid)	100 mg 167%
Vitamin D (as ergocalciferol)	400 IU 100%
Vitamin E (as d-alpha tocopheryl succinate)	75 IU 250%
Thiamin (as thiamin mononitrate)	75 mg 5000%
Riboflavin	75 mg 4412%
Niacin (as niacinamide)	75 mg 375%
Vitamin B6 (as pyridoxine HCl)	75 mg 3750%
Folic Acid	400 mcg 100%
Vitamin B12 (as cobalamin)	75 mcg 1250%
Biotin	75 mcg 25%
Pantothenic Acid (as d-Ca pantothenate)	75 mg 750%
Calcium (as calcium carbonate, pantothenate, citrate malate) ..	37.5 mg 4%
Iron (as ferrous fumarate)	0.75 mg 4%
Iodine (from kelp)	150 mcg 100%
Magnesium (magnesium citrate)	7.5 mg 2%
Zinc (as zinc gluconate)	7.5 mg 50%
Selenium (as L-selenomethionine)	25 mcg 36%
Copper (as copper gluconate)	0.75 mg 38%
Manganese (manganese gluconate)	0.75 mg 38%
Chromium (as chromium picolinate)	25 mcg 21%
Potassium (as potassium citrate)	0.75 mg <1%
Inositol	75 mg **
Choline (as choline bitartrate)	25 mg **

KEEP OUT OF REACH OF CHILDREN.

VL 540-90J

