

CASEIN & GLUTEN FREE

KIRKMAN®**Advanced
Adult Multi-
Vitamin/
Mineral**

120 Capsules

HYPOALLERGENIC

Dietary Supplement

SUGGESTED USE: Two capsules daily or as directed by a physician.**Supplement Facts**Serving Size: 2 capsules
Servings Per Container: 60

Each Serving Contains	Amount per Serving	%Daily Value
Vitamin A (30% As Beta Carotene)	5000 IU	100 %
Vitamin C (Buffered)	350 mg	583 %
Vitamin D-3	1000 IU	250 %
Vitamin E (dl Acetate)	30 IU	100 %
Vitamin B-1 (Thiamine Mononitrate)	6 mg	400 %
Vitamin B-2 (Riboflavin)	6 mg	353 %
Niacinamide	20 mg	100 %
Vitamin B-6 (Hydrochloride)	6 mg	300 %
Folic Acid	400 mcg	100 %
Vitamin B-12 (Cyanocobalamin)	12 mcg	200 %
Biotin	100 mcg	33 %
Pantothenic Acid (d-Calcium Pantothenate)	10 mg	100 %
Iron (Ferrous Bis Glycinate)	5 mg	27 %
Iodine (Potassium Iodide)	150 mcg	100 %
Magnesium (Ascorbate, Glycinate, Oxide)	200 mg	50 %
Zinc (Citrate)	27 mg	150 %
Selenium (Chelate)	70 mcg	100 %
Manganese (Citrate)	1.7 mg	85 %
Chromium (Chelate)	120 mcg	100 %
Molybdenum (Chelate)	75 mcg	100 %
CoEnzyme Q-10	25 mg	*
Resveratrol	25 mg	*

* Daily Values Not Established.

INGREDIENTS: Ascorbic Acid, Magnesium Oxide, Magnesium Glycinate®, Magnesium Ascorbate, Zinc Citrate, Microcrystalline Cellulose, Coenzyme Q-10, Resveratrol, Vitamin E Acetate (dl), Niacinamide, d-Calcium Pantothenate, Iron Chelate, Biotin, Di-Calcium Phosphate, Beta Carotene, Manganese Citrate, Thiamine Mononitrate, Riboflavin, Pyridoxine Hydrochloride, Vitamin A Acetate, Cyanocobalamin, Molybdenum Chelate, Selenium Chelate, Chromium Chelate, Vitamin D-3, Folic Acid, Potassium Iodide, Plant Cellulose Capsule.

Manufactured exclusively by:
KIRKMAN®
 Lake Oswego, OR 97035
 (503)694-1600 • (800)245-8282
www.kirkmangroup.com

DOES NOT CONTAIN:
 Sugar, starch, soy, wheat, casein, gluten, milk, preservatives, yeast, gelatin, flavorings, colorings, tree nuts, peanuts or fish.

IMPORTANT:
 STORE IN A COOL DRY PLACE AND
 TIGHTLY CAPPED.
 KEEP OUT OF THE REACH OF CHILDREN.

WARNING:
 ACCIDENTAL OVERDOSE OF IRON-
 CONTAINING PRODUCTS IS A LEADING
 CAUSE OF FATAL POISONING IN CHILDREN
 UNDER 6. IN CASE OF ACCIDENTAL
 OVERDOSE, CALL A DOCTOR OR POISON
 CONTROL CENTER IMMEDIATELY.

Best Used by: May 2013

394/120 • Lot # 0394-0008R



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