



Supplement Facts		
Serving Size 1 Tablet		
Amount Per Serving		% Daily Value
Vitamin A (as Acetate and 14% Beta Carotene)	3500 IU	70%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D-3 (as Cholecalciferol)	700 IU	175%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	22.5 IU	75%
Vitamin K (as Phytonadione)	20 mcg	25%
Vitamin B-1 (as Thiamine Mononitrate)	1.35 mg	90%
Vitamin B-2 (Riboflavin)	1.7 mg	100%
Niacinamide (Vitamin B-3)	18 mg	90%
Vitamin B-6 (as Pyridoxine HCl)	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	18 mcg	300%
Niacinamide (Vitamin B-3)	75 mcg	25%
Pantothenic Acid (as Calcium Pantothenate)	16 mg	160%
Calcium (as Calcium Carbonate)	210 mg	21%
Magnesium (as Magnesium Oxide)	140 mg	35%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Sodium Selenate)	110 mcg	157%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Sulfate)	2 mg	100%
Chromium (as Chromic Chloride)	120 mcg	100%
Lycopene	300 mcg	*

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Other Ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Dicalcium Phosphate, Gelatin, Croscarmellose, Acacia, Maltodextrin, Magnesium Stearate, Starch, Citric Acid, Silica, Hypromellose, Talc, Saccharin, Sodium Lauryl Sulfate, Polyvinylpyrrolidone, Mannitol, Polyethylene Glycol, Mineral Oil, Sodium Ascorbate, Trihydroxytolerene, Tocopherols, Sodium Benzoate, Glucose, Ascorbyl Palmitate, BHT, Sorbic Acid and Titanium Dioxide.

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Actual Size

Directions: Adults: One tablet daily, with food.

Caution: If you are taking any medication or have a medical condition, consult a doctor before taking this product.

Store in a dry place at room temperature (59°F-86°F).
Keep out of reach of children.

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