



100% Food Nutrients
Vegetarian Formula
Gluten-Free

FOOD RESEARCH

Vitamin-Mineral™ #814

- ✓ **Protective array of carotenoids and anti-aging antioxidants**
- ✓ **Superior vitamin forms and superior mineral forms**
- ✓ **Easy to digest & can be taken on an empty stomach without upset**

60 Tablets • Dietary Supplement • Made in USA



Supplement Facts

Serving Size 2 Tablets Servings per Container 30

Amount per Serving		% Daily Value ▼		
Vitamin A (Betacarotene)	(in 100 mg of food)	5000 IU	100%	
Vitamin C	(in 400 mg of food)	90 mg	150%	
Vitamin D	(in 8 mg of food)	400 IU	100%	
Vitamin E	(in 120 mg of food)	30 IU	100%	
Vitamin K	(in 4 mg of food)	40 mcg	50%	
Thiamin (B-1)	(in 12 mg of food)	3 mg	200%	
Riboflavin (B-2)	(in 30 mg of food)	3 mg	167%	
Niacinamide	(in 120 mg of food)	30 mg	150%	
Vitamin B-6	(in 15 mg of food)	3 mg	150%	
Folate	(in 40 mg of food)	400 mcg	100%	
Vitamin B-12	(in 4.8 mg of food)	24 mcg	400%	
Biotin	(in 60 mg of food)	300 mcg	100%	
Panthothenate	(in 48 mg of food)	12 mg	120%	
Iron	(in 180 mg of food)	9 mg	50%	
Iodine	(in 10 mg of food)	150 mcg	100%	
Zinc	(in 300 mg of food)	15 mg	100%	
Selenium	(in 70 mg of food)	70 mcg	100%	
Copper	(in 200 mg of food)	2 mg	100%	
Manganese	(in 40 mg of food)	2 mg	100%	
Chromium GTF	(in 60 mg of food)	120 mcg	100%	
Molybdenum	(in 37.5 mg of food)	75 mcg	100%	
Boron	(in 16 mg of food)	150 mcg	*	
Choline	(in 8 mg of food)	2 mg	*	
Inositol	(in 8 mg of food)	2 mg	*	
Silicon	(in 150 mg of food)	1500 mcg	*	
Vanadium	(in 25 mg of food)	25 mcg	*	

* Recommended Daily Intake has not been established

Other ingredients: Fatty Acid from Palm Kernel, Vegetarian Coating.

Suggested use: 1-2 servings per day or as recommended by your health care professional. Adjust usage according to nutritional lifestyle requirements.

Unlike many so-called "natural" vitamin formulas, Food Research Vitamin-Mineral is a food vitamin, not a source of synthetic isolates. Vitamin-Mineral contains no synthetic USP nutrients, but only supplies foods, food complexes, and food concentrates, naturally occurring calcium, magnesium, phosphorus, potassium, PABA, trace minerals, carbohydrates, lipids, proteins (including all ten essential amino acids), and the antioxidant superoxide dismutase. These nutrients are found in enzymatically processed *Saccharomyces cerevisiae*, acerola cherry, alfalfa, mixed citrus fruits, carrots, and brown rice -- all the nutrients shown above are contained in these foods. Studies indicate that Food nutrients ARE better than isolated USP nutrients and MAY BE better absorbed, retained, and utilized than USP nutrients. Food nutrients are also better because they contain important enzymes, peptides, and phytonutrients CRITICAL to the UTILIZATION of vitamins and minerals which are not in isolated USP nutrients (and the Nobel prize for medicine was once awarded for part of this discovery). MEDLINE published research has concluded that food vitamins and food minerals are SUPERIOR to synthetic ones. This product has been tested free of pesticides, herbicides, gluten, dairy, and soy.

No SYNTHETIC NUTRIENTS • No DAIRY • No PRESERVATIVES • VEGETARIAN

✓ None of the statements on this label have been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, or cure any disease.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Store in a dry place with lid tightly closed. Not recommended if contraindicated.

Produced exclusively for Food Research International LLC (Nevis) 1-248-778-6764 by:

Enzyme Process International, 470 N. 56th Street, Chandler, Arizona.

Facility certified cGMP by the Natural Products Association and is also Halal and Kosher certified.

