Specifically formulated multivitamin with high potency B-Vitamins & Antioxidant Vitamins A. C. E. and Selenium

Recommendation: Adults take 2 tablets daily. Not formulated for children. Do not exceed recommended

Warning: Do not take if you are pregnant, nursing, or attempting to become pregnant. If you have diabetes or if you are taking any medications, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels closely while taking

this product. Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing.

FREE FROM: yeast-derived ingredients, dairy, and

artificial colors.

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LG12371.D01 BLK8069D





Supplement Facts Serving Size 2 Tablets / Servings per Container 30 Amount per Serving Calories Total Carbohydrate Vitamin A (50% as beta 3,000 mcg carotene [1,500 mcg] and 50% as retinyl acetate [1.500 mcg]) Vitamin C (ascorbic acid) 250 mg Vitamin D3 20 mca (as cholecalciferol) Vitamin F (as d-alpha 100 mg tocopheryl succipate) Thiamin (as thiamin mononitrate) 80 mg Rihoflavin 80 ma 40 ma Niacin (as niacinamide) Vitamin B6 (as pyridoxine HCI) 25 ma Folate 400 mcg DFE Folic Acid 240 mcg Vitamin B12 40 mca (as cyanocobalamin) 30 mca

Pantothenic Acid (as D-calcium

pantothenate)

Amount per Serving		% DV
Choline (as choline bitartrate)	50 mg	9%
lodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and magnesium citrate)	420 mg	100%
Zinc (as zinc bisglycinate chelate)	15 mg	136%
Selenium (as L-selenomethionine)	200 mcg	364%
Copper (as copper bisglycinate chelate)	1 mg	111%
Manganese (as manganese bisglycinate chelate)	5 mg	217%
Molybdenum (as sodium molybdate)	50 mcg	111%
Potassium (as potassium citrate)	10 mg	<1%
Diabetic Support Blend Cinnamon (<i>Cinnamomum</i> spp.) (ba Inositol, Fenugreek (seed), Vanadiui		**
Antioxidant Activity Support Blend Taurine, Alpha Lipoic Acid, Querceti Betaine HCI, Citrus Bioflavonoid Co (from orange, grapefruit, lemon, lin	mplex	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

200 mca

tangerine). Rutin (from Sophora japonica)

(flower burd) extract. L-Carnitine

Lutein (from Aztec marigold

extract) (flower)

Other ingredients; cellulose, stearic acid, hydroxypropyl cellulose, sodium croscarmellose, hypromellose, magnesium stearate, silica, glycerin

50 mg

<1%1

278%

667%

6.667%

6.154%

1.4719

250%