

**Suggested Usage:** Take 2 tablets daily with food.

**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 control center immediately.

**Caution:** For adults only. Not intended for pregnant/nursing women. Consult physician if taking medication or have a medical condition. Keep out of reach of children. Contains Xylitol, which is harmful to pets.

**Natural color variation may occur in this product.**

Store in a cool, dry place after opening.

TABLET SIZE

CODE 3864F V16





# Special Two

## Multi Vitamin

With Green Superfoods & Herbal Extracts

### 180 Tablets

A Dietary Supplement

## Vitamins

Family owned since 1968.

### Supplement Facts

Serving Size 2 Tablets    Servings Per Container 90

|                                                         | Amount Per Serving               | % Daily Value |
|---------------------------------------------------------|----------------------------------|---------------|
| Vitamin A (100% as Beta-Carotene)                       | 3,000 mcg                        | 333%          |
| Vitamin C (from Calcium Ascorbate and as Ascorbic Acid) | 500 mg                           | 556%          |
| Vitamin D (as Ergocalciferol)                           | 10 mcg (400 IU)                  | 50%           |
| Vitamin E (as d-alpha Tocopheryl Succinate)             | 134 mg                           | 893%          |
| Thiamin (Vitamin B-1) (from Thiamin HCl)                | 50 mg                            | 4167%         |
| Riboflavin (Vitamin B-2)                                | 50 mg                            | 3846%         |
| Niacin (Vitamin B-3) (as Niacinamide)                   | 50 mg                            | 313%          |
| Vitamin B-6 (from Pyridoxine HCl)                       | 50 mg                            | 2941%         |
| Folate                                                  | 680 mcg DFE (400 mcg folic acid) | 170%          |
| Vitamin B-12 (as Cyanocobalamin)                        | 100 mcg                          | 4167%         |
| Biotin                                                  | 100 mcg                          | 333%          |
| Pantothenic Acid (from Calcium Pantothenate)            | 50 mg                            | 1000%         |
| Choline (from Choline Bitartrate)                       | 50 mg                            | 9%            |
| Calcium (from Calcium Carbonate and Calcium Ascorbate)  | 100 mg                           | 8%            |
| Iron (from Ferrous Bisglycinate) (Ferrochel™)           | 10 mg                            | 56%           |
| Iodine (from Potassium Iodide)                          | 150 mcg                          | 100%          |
| Magnesium (from Magnesium Oxide)                        | 50 mg                            | 12%           |
| Zinc (from Zinc Picolinate)                             | 15 mg                            | 136%          |
| Selenium (from L-Selenomethionine)                      | 50 mcg                           | 91%           |
| Copper (from Copper Bisglycinate) (TRAACS™)             | 1 mg                             | 111%          |
| Manganese (from Manganese Bisglycinate) (TRAACS™)       | 5 mg                             | 217%          |
| Chromium (from Chromium Picolinate)                     | 100 mcg                          | 286%          |
| Molybdenum (from Sodium Molybdate)                      | 50 mcg                           | 111%          |

|                                                                     |         |    |
|---------------------------------------------------------------------|---------|----|
| Potassium (from Potassium Chloride)                                 | 50 mg   | 1% |
| Inositol                                                            | 50 mg   | †  |
| PABA (Para-Aminobenzoic Acid)                                       | 30 mg   | †  |
| Organic Spirulina                                                   | 400 mg  | †  |
| Organic Chlorella (Broken Cell Wall)                                | 50 mg   | †  |
| Alfalfa Juice Concentrate (Aerial Parts)                            | 50 mg   | †  |
| Alpha Lipoic Acid                                                   | 50 mg   | †  |
| Green Tea Extract (Leaf)                                            | 50 mg   | †  |
| Milk Thistle Extract (Fruit/Seeds) (Standardized for Silymarin)     | 50 mg   | †  |
| Rutin Powder (Sophora japonica) (Flower Bud)                        | 25 mg   | †  |
| Alfalfa Powder (Aerial Parts)                                       | 4 mg    | †  |
| Organic Rose Hip Powder (Fruit)                                     | 4 mg    | †  |
| Lutein (from Marigold Flowers Extract) (Tagetes erecta) (FloraGLO®) | 250 mcg | †  |
| Lycopene (from Tomato Extract)                                      | 250 mcg | †  |
| Amylase (50 SKB)                                                    | 10 mg   | †  |
| Lipase (800 LU)                                                     | 10 mg   | †  |
| Bromelain (from Pineapple) (48 GDU)                                 | 20 mg   | †  |
| Papain (from Papaya) (50,000 USP)                                   | 25 mg   | †  |

† Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Silicon Dioxide, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Vegetarian Coating [hypromellose (cellulose), calcium carbonate, xylitol, mct oil (medium-chain triglycerides), spirulina extract, riboflavin] and Croscarmellose Sodium.

Vitamin E from non-GMO soy.  
MCT oil from coconut/palm kernel oil.

Manufactured & Quality Tested by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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