

CASEIN & GLUTEN FREE

KIRKMAN[®]**EveryDay[™]
Multi-Vitamin**

125 Capsules

HYPOALLERGENIC**Dietary Supplement****SUGGESTED USE:** 2 capsules daily or as directed by a physician.**Supplement Facts**Serving Size: 2 capsules
Servings Per Container: 62

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin A (Acetate)	2500 IU	50 %
Vitamin C (Ascorbic Acid)	60 mg	100 %
Vitamin D-3	200 IU	50 %
Vitamin E (Acetate)	30 IU	100 %
Vitamin B-1 (Mononitrate)	3 mg	200 %
Vitamin B-2 (Riboflavin Phosphate)	3.4 mg	200 %
Niacinamide	20 mg	100 %
Vitamin B-6 (Pyridoxine HCL)	2 mg	100 %
Folic Acid	400 mcg	100 %
Vitamin B-12 (Cyanocobalamin)	12 mcg	200 %
Biotin (d-Biotin)	300 mcg	100 %
Pantothenic Acid (Calcium Pantothenate)	10 mg	100 %
Calcium (Citrate, Carbonate, Chelate)	40 mg	4 %
Magnesium (Glycinate, Citrate, Oxide)	20 mg	5 %
Zinc (Zinc Citrate)	15 mg	100 %
Selenium (Chelate)	70 mcg	100 %
Manganese (Citrate)	1500 mcg	42 %
P-5-P (Pyridoxal-5-Phosphate)	2 mg	•
L-Taurine	40 mg	•
L-Glutamine	40 mg	•
Choline Citrate	14 mg	•

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* Daily Values Not Established.

INGREDIENTS: Calcium Carbonate, Ascorbic Acid, Calcium Citrate, Zinc Citrate, Magnesium Glycinate[®], Vitamin E Acetate (dl), L-Glutamine, L-Taurine, Calcium Chelate, Niacinamide, Magnesium Oxide, Magnesium Citrate, Choline Citrate, Thiamine Mononitrate, Riboflavin Phosphate, d-Calcium Pantothenate, Sodium Ascorbate, Di-Calcium Phosphate, Mannitol, Selenium Chelate, Vitamin A Acetate, Manganese Citrate, Silicon Dioxide, Magnesium Stearate (vegetable), Vitamin D-3, Pyridoxine Hydrochloride, Pyridoxal-5-Phosphate, Fish Gelatin, Cyanocobalamin, Folic Acid, Biotin, Plant Cellulose Capsules. **CONTAINS FISH**

FREE OF: Sugar, starch, soy, wheat, casein, gluten, milk, preservatives, yeast, flavorings, colorings, egg, peanuts or tree nuts.

IMPORTANT:
STORE IN A COOL DRY PLACE AND TIGHTLY CAPPED.

KEEP OUT OF THE REACH OF CHILDREN.

Manufactured exclusively by:

KIRKMAN[®]

Lake Oswego, OR 97035
(503)694-1600 • (800)245-8282
www.kirkmangroup.com

Best Used by: April 2014

0054-125 • Lot # 054-0087



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