

CASEIN & GLUTEN FREE

KIRKMAN[®]

EveryDay[™] Multi-Vitamin w/o Vitamins A & D

125 Capsules

HYPOALLERGENIC

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 % Daily Serving Value
Vitamin C (Ascorbic Acid)	60 mg 100 %
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, Oxide, Citrate)	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 *

* 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, d-Calcium Pantothenate, Sodium Ascorbate, Di-Calcium Phosphate, Silicon Dioxide, Selenium Chelate, Folic Acid, Manganese Citrate, Riboflavin Phosphate, Magnesium Stearate (Vegetable), Thiamine Mononitrate, Pyridoxine Hydrochloride, Pyridoxal-5-Phosphate, Fish Gelatin, Cyanocobalamin, Biotin, Plant Cellulose Capsules.

CONTAINS FISH

Manufactured exclusively by:
KIRKMAN[®]
Lake Oswego, OR 97035
(503)694-1600 • (800)245-8282
www.kirkmangroup.com

FREE OF: Casein, gluten, soy, wheat, egg, artificial colorings, artificial flavorings, yeast, peanuts or tree nuts.

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

KEEP OUT OF THE REACH
OF CHILDREN.

This product does not contain vitamins A and D. These two important vitamins should be included either in your diet or supplements for proper, balanced nutrition and health.

Dietary Supplement

Best Used by: August 2014

0227-125 • Lot # 227-0075



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