

Best Multiple provides the full range of vitamins and minerals proven essential for human metabolism, excluding iron, which for safety reasons must be taken separately. Clinical trials and other scientific studies strongly support the need to supplement the diet with these ORTHO¹ nutrients, to optimize health and to maintain long-term well-being. This formulation is optimized to deliver the most nutritionally effective forms of these nutrients.

Nutrients dietarily essential for health and well-being*

Carefully selected for effective absorption and utilization*

Hypoallergenic, with no unnecessary colorants or additives.*

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Manufactured for **Doctor's Best, Inc.**
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¹A nutrient naturally built into the body's chemistry
Quatrefolic® is a registered trademark of Gnosis SPA



P 04/13



Doctor's BEST[®]

ORTHO¹
**Science-Based
Nutrition[™]**

*Dietary
Supplement*



CONTAINS
VITASHINE D3

Best Multiple

**FULLY OPTIMIZED
VITAMIN-MINERAL COMPLEX**

90 Veggie Capsules

Supplement Facts

Serving Size 3 capsules

Servings per container 30 servings

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Vitamin A (as retinyl palmitate)	5000 IU 100%	Iodine (as potassium iodide)	75 mcg 50%
Vitamin C (as ascorbic acid)	300 mg 500%	Magnesium (as glycinate)	100 mg 25%
Vitamin D (as D3, cholecalciferol)	1600 IU 400%	Zinc (as citrate)	25 mg 167%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU 100%	Selenium (as sodium selenite)	105 mcg 150%
Vitamin K (as K2, menaquinone-7)	80 mcg 100%	Copper (as glycinate)	1 mg 50%
Thiamin (Vitamin B1) (as hydrochloride)	60 mg 4000%	Manganese (as glycinate)	4 mg 200%
Riboflavin (Vitamin B2)	75 mg 4412%	Chromium (as picolinate)	600 mcg 500%
Niacin (Vitamin B3)	20 mg 100%	Molybdenum (as glycinate)	75 mcg 100%
Niacinamide (Vitamin B3)	30 mg 150%	Potassium (as citrate)	105 mg 3%
Vitamin B6 (as pyridoxal-5-phosphate)	20 mg 1000%	Gamma, beta, delta tocopherols (Vitamin E)	90 mg †
Vitamin B6 (as pyridoxine hydrochloride)	30 mg 1500%	Choline (as bitartrate)	100 mg †
Folate (as methylfolate/Quatrefolic®)	400 mcg 100%	Boron (as glycinate)	3 mg †
Vitamin B12 (as methylcobalamin)	1000 mcg 16667%	Silicon (as horsetail extract)	3 mg †
Biotin	600 mcg 200%	Lutein, carotenoid	3 mg †
Pantothenic acid (as calcium pantothenate)	90 mg 900%	Zeaxanthin, carotenoid	300 mcg †
Calcium (as pantothenate, citrate, malate)	20 mg 2%		

† Daily Value not established.

Other Ingredients: Modified cellulose (vegetarian capsule), ascorbyl palmitate, medium chain triglycerides (MCT), silicon dioxide.

Suggested Use: Adults, take 3 capsules daily after meals (up to 6 capsules under the supervision of a nutritionally informed physician). Children ages 9 - 18, take 1 capsule per 40 lbs. of body weight, not to exceed 3 capsules daily. Not intended for children under 9 years.

Suitable for Vegetarians

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS