

**STORE IN A COOL, DRY PLACE.**

**Recommendations:** As a dietary supplement, take 1 capsule, 2 times daily, with meals.

**Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

**Keep out of the reach of children.**



Scan to learn about our hypoallergenic supplements

Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization, [www.gluten.org](http://www.gluten.org)



# Multi t/d

*Twice-daily multivitamin/mineral complex for daily wellness<sup>†</sup>*

**Gluten-free, Non-GMO & Hypoallergenic**

## Dietary Supplement

**120 CAPSULES**



## Supplement Facts

Serving size 1 capsule  
Servings per container 120

|   | Amount Per Serving | %DV    |
|---|--------------------|--------|
| Vitamin A (as beta carotene)  | 675 mcg            | 75%    |
| Vitamin C (as ascorbic acid)  | 250 mg             | 278%   |
| Vitamin D (as cholecalciferol(D <sub>3</sub> ))   | 12.5 mcg (500 IU)  | 63%    |
| Vitamin E (as d-alpha tocopherol succinate)   | 34 mg              | 223%   |
| Thiamin (as thiamin HCl) (B <sub>1</sub> )  | 25 mg              | 2,083% |
| Riboflavin (as vitamin B <sub>2</sub> and 28% riboflavin 5' phosphate (activated B <sub>2</sub> ))    | 12.35 mg           | 1,335% |
| Niacin (as niacin and 67% niacinamide)  | 325 mg             | 234%   |
| Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal 5' phosphate (activated B <sub>6</sub> )) | 10.4 mg            | 612%   |

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

**ChromEMATE**<sup>®</sup> brand niacin-bound chromium. ChromEMATE<sup>®</sup> & logo are trademarks of Lonza or its affiliates.

**FloraGLO**<sup>®</sup> Lutein. <sup>®</sup>FloraGLO is a registered trademark of Kemin Industries, Inc.

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

|  |                                |         |
|--|--------------------------------|---------|
| Folate (as Metafolin <sup>®</sup> , L-5-MTHF)                        | 687 mcg DFE (400 mcg L-5-MTHF) | 167%    |
| Vitamin B <sub>12</sub> (as methylcobalamin)                         | 250 mcg                        | 10,417% |
| Biotin   | 400 mcg                        | 1,333%  |
| Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )         | 25 mg                          | 500%    |
| Iodine (as potassium iodide)   | 100 mcg                        | 67%     |
| Zinc (as zinc picolinate)  | 75 mg                          | 68%     |
| Selenium (as selenomethionine)                                       | 50 mcg                         | 91%     |
| Chromium (as chromium polynicotinate)                                | 100 mcg                        | 286%    |
| Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin) | 212 mcg                        | *       |
| <sup>®</sup> FloraGLO lutein   | 3 mg                           | *       |
| Zeaxanthin   | 500 mcg                        | *       |

\* Daily value (DV) not established

Zeaxanthin is sourced from OPTISHARP<sup>®</sup> brand. OPTISHARP<sup>®</sup> is a trademark of DSM.

**<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**