

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 3 capsules, 1–2 times daily, with meals.

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.

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.

***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.**



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supplements

Use only if safety
seal is intact.

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

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by the Gluten-Free
Certification organization,
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Nutrient 950[®]

*Multivitamin/mineral formula
for daily wellness**

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

Dietary Supplement

90 CAPSULES



Supplement Facts

Serving size 3 capsules

Servings per container 30

	Amount Per Serving	% DV
Vitamin A (as beta carotene)	2,250 mcg	250%
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin D (as cholecalciferol) (D ₃)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopherol succinate)	134 mg	893%
Thiamin (as thiamin HCl) (B ₁)	50 mg	4,167%
Riboflavin (as vitamin B ₂ and 28% riboflavin 5' phosphate (activated B ₂))	34.75 mg	2,673%
Niacin (as niacinamide and 42% inositol hexaniacinate)	86 mg	538%
Vitamin B ₆ (as pyridoxine HCl and 39% pyridoxal 5' phosphate (activated B ₆))	20.5 mg	1,206%
Folate (as Metafolin [®] , L-5-MTHF) (400 mcg L-5-MTHF)	667 mcg	167%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	400 mcg	1,333%
Pantothenic acid (as calcium pantothenate) (B ₅)	200 mg	4,000%

Calcium (as calcium citrate)	150 mg	12%
Iron (as iron glycinate)	5 mg	28%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc picolinate)	12.5 mg	114%
Selenium (as selenomethionine)	100 mcg	182%
Copper (as copper glycinate)	1 mg	111%
Manganese (as manganese aspartate)	2.5 mg	109%
Chromium (as chromium polynicotinate)	100 mcg	286%
Molybdenum (as molybdenum aspartate)	50 mcg	111%
Potassium (as potassium aspartate)	49.5 mg	1%
Boron (as boron glycinate)	1 mg	*
Vanadium (as vanadium aspartate)	100 mcg	*
Proprietary mixed carotenoid blend (as lutein, zeaxanthin, lycopene)	425 mcg	*

* Daily value (DV) not established

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

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