WARNING: IF YOU ARE TAKING MEDICATION HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR FEATHCARE PRACTITIONER

KEEP OUT OF REACH OF CHILDREN. STORE SEALED IN A COOL, DRY PLACE.

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Manufactured For: Moss Nutrition Products, Inc. 380 Russell Street Hadley, MA 01035 800-851-5444





2-Per-Day Vitamin Mineral Complex
Advanced Absorption & Specialty Nutrients*

Dietary Supplement 240 Tablets

Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 120

	Amount Per Serving	% Daily Value 1
Vitamin A (as palmitate)	900 mcg RAE	100%
Vitamin C (as calcium ascorbate, ascorb	ic acid) 225 mg	250%
Vitamin D3 (as cholecalciferol) 2	0 mcg (800 IU)	100%
Vitamin E (as d-alpha tocopheryl succ	inate) 25 mg	167%
Vitamin B1 (as thiamin HCI)	25 mg	2083%
Vitamin B2 (as riboflavin-5'-phosph	iate) 12 mg	923%
Vitamin B3 (as niacinamide)	40 mg	250%
Vitamin B6 (as pyridoxal-5'-phosph	ate) 5 mg	294%
Folate (as [6S]-5-Methyltetrahydrofolate,	400 mcg DFE calcium salt)	100%
Vitamin B12 (as methylcobalamin)	50 mcg	2083%
Biotin	50 mcg	167%
Pantothenic Acid (as d-calcium panto	thenate) 25 mg	500%
Choline (as citrate)	50 mg	9%
Calcium (as Calcium Citrate-Malate) (A	Albion™) 50 mg	4%
lodine (as potassium iodide)	25 mcg	17%
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS™)	25 mg	6%
Zinc (as Zinc Bisglycinate Chelate) (TR	AACS™) 8 mg	73%
Selenium (as Selenium Glycinate Complex) (Albion™)	150 mcg	273%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	10 mg	435%

	Amount Per Serving	% Daily Value
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	60 mcg	171%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	60 mcg	133%
Potassium (as Potassium Glycinate Complex) (Albion™)	30 mg	<1%
Inositol	50 mg	*1
Citrus Bioflavonoid Complex	50 mg	**
Alpha Lipoic Acid	50 mg	**
Coenzyme Q10	30 mg	**
Bromelain (2400 GDU)	20 mg	**
Papain	20 mg	**
Horsetail Aerial Extract (Equisetum arv	ense) 10 mg	**
Lutein (from Lutemax® 2020 marigold flower extract)	5 mg	**
Zeaxanthin (from Lutemax® 2020 marigold flower extract)	1 mg	**
Boron (as Bororganic Glycine) (Albic	on™) 2 mg	**
Vanadium (as Nicotinate Glycinate Chelate) (TRAACS™)	50 mcg	**

† Percent Daily Values are based on a 2000 calorie diet. ** Daily Value not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable stearates, silicon dioxide, maltodextrin (non-GMO), hydroxypropyl methylcellulose, glycerin.

Does not contain gluten.