

**SUGGESTED USE:** 2 TABLETS PER DAY WITH MEALS, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL. MAY BE TAKEN IN DIVIDED DOSES.

**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 HEALTHCARE PRACTITIONER.

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

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Lutemax® 2020 is a trademark of OmniActive Health Technologies Ltd.

Manufactured For:  
Moss Nutrition  
Products, Inc.  
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\*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.



**BID MultiSelect®**  
(without Copper, Iron, Vitamin K)



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

Dietary Supplement  
120 Tablets

## Supplement Facts

Serving Size: 2 Tablets  
Servings Per Container: 60

	Amount Per Serving	% Daily Value†	Amount Per Serving	% Daily Value†
Vitamin A (as palmitate)	900 mcg RAE	100%	Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	60 mcg 171%
Vitamin C (as calcium ascorbate, ascorbic acid)	225 mg	250%	Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	60 mcg 133%
Vitamin D3 (as cholecalciferol)	20 mcg (800 IU)	100%	Potassium (as Potassium Glycinate Complex) (Albion™)	30 mg <1%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg	167%	Inositol	50 mg **
Vitamin B1 (as thiamin HCl)	25 mg	2083%	Citrus Bioflavonoid Complex	50 mg **
Vitamin B2 (as riboflavin-5'-phosphate)	12 mg	923%	Alpha Lipoic Acid	50 mg **
Vitamin B3 (as niacinamide)	40 mg	250%	Coenzyme Q10	30 mg **
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg	294%	Bromelain (2400 GDU)	20 mg **
Folate (as [6S]-5-Methyltetrahydrofolate, calcium salt)	400 mcg DFE	100%	Papain	20 mg **
Vitamin B12 (as methylcobalamin)	50 mcg	2083%	Horsetail Aerial Extract ( <i>Equisetum arvense</i> )	10 mg **
Biotin	50 mcg	167%	Lutein (from Lutemax® 2020 marigold flower extract)	5 mg **
Pantothenic Acid (as d-calcium pantothenate)	25 mg	500%	Zeaxanthin (from Lutemax® 2020 marigold flower extract)	1 mg **
Choline (as citrate)	50 mg	9%	Boron (as Bororganic Glycine) (Albion™)	2 mg **
Calcium (as Calcium Citrate-Malate) (Albion™)	50 mg	4%	Vanadium (as Nicotinate Glycinate Chelate) (TRAACS™)	50 mcg **
Iodine (as potassium iodide)	25 mcg	17%		
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS™)	25 mg	6%		
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	8 mg	73%		
Selenium (as Selenium Glycinate Complex) (Albion™)	150 mcg	273%		
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	10 mg	435%		

† 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.**