

Recommendations: Adults, as a dietary supplement, take two capsules daily.

WARNING: If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use. Do not use if safety seal is broken or missing. Store in a cool dry place.

KEEP OUT OF REACH OF CHILDREN.



K GLUTEN FREE | NON-DAIRY | NON-GMO | BPA FREE BOTTLE
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***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.**



REGULAR
Girl®

MULTIVITAMIN

*With 21 vitamins
& minerals, helps
support hair, skin,
& nails**

*Contains Vitamin
B12 to help
support energy
production**

*Contains highly
bioavailable &
gentle-on-the-stomach
SunActive® Iron**

DIETARY SUPPLEMENT

60 VEGGIE CAPSULES

Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 30

	Amount per Serving	% Daily Value		Amount per Serving	% Daily Value
Vitamin A	900 mcg RAE	100%	Pantothenic acid	5 mg	100%
Vitamin C	180 mg	200%	Calcium	130 mg	10%
Vitamin D	40 mcg	200%	Iron	18 mg	100%
Vitamin E	15 mg	100%	Iodine	150 mcg	100%
Thiamin	1.2 mg	100%	Magnesium	84 mg	20%
Riboflavin	1.3 mg	100%	Zinc	11 mg	100%
Niacin	16 mg NE	100%	Selenium	55 mcg	100%
Vitamin B6	1.7 mg	100%	Manganese	2.3 mg	100%
Folic Acid	400 mcg DFE	100%	Chromium	35 mcg	100%
Vitamin B12	4.8 mcg	200%	Molybdenum	45 mcg	100%
Biotin	60 mcg	200%	Potassium	25 mg	<1%

Ingredients: Calcium Ascorbate, Calcium Chelate, Magnesium Citrate, Calcium Citrate, Potassium Citrate, Magnesium Glycinate, Vitamin E Succinate, Ferric Pyrophosphate, Niacinamide, Vitamin D3 (Cholecalciferol), Zinc Citrate, Calcium D-Pantothenate, Vitamin A Palmitate, Beta Carotene, Manganese Citrate, Pyridoxal 5-Phosphate, Riboflavin, Thiamine Hydrochloride, Folic Acid, Potassium Iodide, Biotin, Selenomethionine, Molybdenum Citrate, Chromium Polynicotinate, Methylcobalamin.

Manufactured in Canada for:
Regular Girl, Minneapolis, MN USA

www.regulargirl.com
1-800-735-9731