

No. 197a

ADVANCED
MATURE GOLD

Dietary Supplement

COMPREHENSIVE MULTIVITAMIN
FORMULATED FOR ADULTS 50+*MULTI
VITAMINS

1960

Supplement Facts

Serving Size 1 Tablet
Servings per container: 60

Amount Per Serving		% Daily Value
Vitamin A	3315 mcg RAE	368%
(as Vitamin A Acetate and 30% as Beta Carotene)		
Vitamin C (as Ascorbic Acid)	125 mg	139%
Vitamin D3 (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E Natural (as d-Alpha Tocopheryl Succinate)	88 mg	587%
Thiamine (as Thiamine Mononitrate)	20 mg	1667%
Riboflavin (as Vitamin B2)	20 mg	1538%
Vitamin B3 (as Nicotinamide)	50 mg NE	313%
Vitamin B6 (as Pyridoxine HCl)	20 mg	1176%
Folate (400 mcg Folic Acid)	666.8 mcg DFE	167%
Vitamin B12 (as Cyanocobalamin)	167 mcg	6958%
Biotin	150 mcg	500%
Pantothenic acid (as Calcium D-Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	50 mg	9%
Calcium (as Dicalcium and Tricalcium Phosphate)	200 mg	15%
Iron (as Ferrous Fumarate)	10 mg	56%
Phosphorus (as Dicalcium and Tricalcium Phosphate)	111 mg	9%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	24%
Zinc (as Zinc Sulfate)	15 mg	136%
Selenium (as Selenium Amino Acid Chelate)	20 mcg	36%
Copper (as Copper Amino Acid Chelate)	2 mg	222%
Manganese (as Manganese Sulfate)	3 mg	130%
Chromium (as Chromium Amino Acid Chelate)	15 mcg	43%
Molybdenum (as Molybdenum Amino Acid Chelate)	25 mcg	56%
Chloride (as Potassium Chloride)	70 mg	3%

Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Boron Citrate, Glycinate Complex)	200 mcg	†
Citrus bioflavonoids	25 mg	†
Inositol	25 mg	†

† Daily Value not established

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, polyethylene glycol, titanium dioxide, riboflavin. Contains Soy.

Directions: As a dietary supplement for adults, take 1 tablet daily or as directed by a healthcare professional.

WARNING: Consult a healthcare professional before taking this product if you are pregnant or nursing.

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.

Store at room temperature. Protect from light.

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Item No. 197a

* 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.