

# ADVANCED MATURE GOLD MULTIVITAMIN

- Supports overall good health and well-being\*
- Multivitamin and mineral formula

**150** COUNT

**FOR ADULTS 50+\***

**KEY VITAMINS**

**HEALTHY MINERALS**

Dietary Supplement  
150 Tablets

## Supplement Facts

Serving Size 1: Tablet

Servings Per Container: 150

| Amount Per Serving                                            |              | % Daily Value |
|---------------------------------------------------------------|--------------|---------------|
| Vitamin A<br>(as Vitamin A Acetate and 46% as Beta Carotene)  | 3315 mcg RAE | 368%          |
| Vitamin C (as Ascorbic Acid)                                  | 125 mg       | 139%          |
| Vitamin D3 (as Cholecalciferol)                               | 10 mcg       | 59%           |
| Vitamin E (as d-Alpha Tocopheryl succinate)                   | 88 mg        | 587%          |
| Thiamine (Vitamin B1) (as Thiamin mononitrate)                | 20 mg        | 1667%         |
| Riboflavin (as Vitamin B2)                                    | 20 mg        | 1538%         |
| Niacin (Vitamin B3) (as Niacinamide)                          | 50 mg NE     | 313%          |
| Vitamin B6 (as Pyridoxine HCl)                                | 20 mg        | 1176%         |
| Folate (as 400 mcg Folic acid)                                | 666 mcg DFE  | 167%          |
| Vitamin B12 (as Cyanocobalamin)                               | 167 mcg      | 6958%         |
| Biotin                                                        | 150 mcg      | 500%          |
| Pantothenic acid<br>(as Calcium D-Pantothenate)               | 50 mg        | 1000%         |
| Choline (as Choline Bitartrate)                               | 50 mg        | 9%            |
| Calcium<br>(as Dicalcium Calcium and Tricalcium Pantothenate) | 200 mg       | 15%           |
| Iron (as Ferrous Fumarate)                                    | 10 mg        | 56%           |
| Iodine (as Potassium Iodine)                                  | 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 nicotinate glycinate chelate)           | 15 mcg       | 43%           |
| Molybdenum (as Molybdenum glycinate chelate)                  | 25 mcg       | 58%           |
| Potassium (as Potassium Chloride)                             | 80mg         | 2%            |
| Boron (as Boron Citrate, Glycinate Complex)                   | 200 mcg      | †             |
| Other bioflavonoids                                           | 25 mcg       | †             |
| Inositol                                                      | 25 mcg       | †             |

† 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, preferably with a meal, or as directed by a healthcare professional.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your healthcare professional before use. Do not use if seal under cap is broken or missing.

**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. Keep out of reach of children.

\* 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.

[BronsonVitamins.com](http://BronsonVitamins.com)



**Nutrition Questions or Comments?**

Call 1-800-235-3200  
Mon. - Fri. 7 AM - 6 PM MST  
Sat. 8 AM - 4:30 PM MST

**ITEM# 197b**

**Manufactured by Bronson Laboratories**

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