

# VITAMIN & MINERAL INSURANCE FORMULA

- Multivitamin and mineral formula
- Supports daily nutrition\*

**100** COUNT

14 KEY VITAMINS

10 HEALTHY MINERALS

COMPREHENSIVE FORMULA

Dietary Supplement  
100 Tablets

## Supplement Facts

Serving Size 2 Tablets  
Servings per container: 50

| Amount Per Serving                           |              | % Daily Value |
|----------------------------------------------|--------------|---------------|
| Vitamin A                                    | 2100 mcg RAE | 233%          |
| (as Beta Carotene and 43% Retinyl Acetate)   |              |               |
| Vitamin C (as Ascorbic Acid)                 | 168 mg       | 187%          |
| Vitamin D3 (as Cholecalciferol)              | 7 mcg        | 35%           |
| Vitamin E                                    | 15 mg        | 100%          |
| (as d-alpha Tocopheryl Succinate)            |              |               |
| Vitamin K (as Phytonadione)                  | 66 mcg       | 55%           |
| Thiamine (as Thiamine Mononitrate)           | 1.34 mg      | 112%          |
| Riboflavin (Vitamin B2)                      | 1.34 mg      | 103%          |
| Niacin (as Niacinamide)                      | 13 mg NE     | 81%           |
| Vitamin B6 (as Pyridoxine HCl)               | 2 mg         | 118%          |
| Folate (as Folic Acid 268 mcg)               | 446 mcg DFE  | 112%          |
| Vitamin B12 (as Cyanocobalamin)              | 6 mcg        | 250%          |
| Biotin                                       | 200 mcg      | 667%          |
| Pantothenic acid (as Calcium D-Pantothenate) | 10 mg        | 200%          |
| Choline (as Choline Bitartrate)              | 166 mg       | 30%           |
| Calcium (as Dicalcium Phosphate)             | 214 mg       | 16%           |
| Iron (as Ferrous Fumarate)                   | 10 mg        | 56%           |
| Iodine (as kelp)                             | 100 mcg      | 67%           |
| Magnesium (as Magnesium Oxide)               | 133 mg       | 32%           |
| Zinc (as Zinc gluconate)                     | 10 mg        | 91%           |
| Selenium (as Sodium Selenate)                | 34 mcg       | 62%           |
| Copper (as Copper gluconate)                 | 1.34 mg      | 149%          |
| Manganese (as Manganese gluconate)           | 3.34 mg      | 145%          |
| Chromium (as Chromium picolinate)            | 134 mcg      | 383%          |
| Molybdenum (as molybdenum sodium)            | 68 mcg       | 151%          |
| Inositol                                     | 166 mg       | †             |
| Rutin                                        | 133 mg       | †             |
| PABA (Para-aminobenzoic acid)                | 20 mg        | †             |

† Daily Value not established

**Other Ingredients:** Croscarmellose sodium, microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, polyethylene glycol, titanium dioxide.

**Contains Soy.**

**Directions:** As a dietary supplement for adults, take 2 tablets daily, with or after meals or as directed by a healthcare professional.

**WARNING:** Do not use if you are pregnant or nursing. If you are taking medications, consult your doctor before use.

Do not use if seal under cap is broken or missing.

Store at room temperature.

**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 immediately.

\* 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.

**Manufactured by**  
**Bronson Laboratories**  
350 South 400 West #102  
Linden, UT 84042, USA

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REF 0818

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**Item No. 1A**

