

Directions: As a dietary supplement for senior adults, take 3 capsules daily, preferably 1 with each meal or as directed by a healthcare professional.

Do not use if you are pregnant or nursing. Protect from light.

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.


Contains no added yeast, sugar, salt, starch, wheat, dairy, artificial colors or preservatives.

Senior adults have specific nutritional needs that aren't always met with supplements formulated for other groups. M.V. Senior is a complete multivitamin and mineral formula that delivers 21 key nutrients, in small, easy-to-swallow capsules, which adults over 50 years need to support an active, healthy lifestyle now and for years to come.

*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.

*Ferrochel® is a registered trademark of Albion Laboratories, Inc. and is protected by patent 4,599,152, international patents and patents pending.

FB730 REF 1118

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Hauppauge, NY 11788
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M.V. SENIOR

SMALL, EASY-TO-SWALLOW CAPSULES

COMPLETE MULTIVITAMIN FORMULA
FOR ACTIVE SENIORS

120
CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 capsules
Servings per container 40

Amount Per Serving		% Daily Value
Vitamin A (as beta-carotene)	3000 mcg RAE	333%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (Vitamin B1) (as thiamine mononitrate)	2 mg	167%
Riboflavin (Vitamin B2)	2 mg	154%
Niacin (as niacinamide)	20 mg NE	125%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	118%
Folate (400 mcg Folic Acid)	666 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Calcium (as calcium carbonate)	100 mg	8%
Iron (as Ferrochel® ferrous bisglycinate chelate)	10 mg	56%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	12%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (as selenium amino acid complex)	100 mcg	182%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese glycinate chelate)	4 mg	174%
Chromium (as chromium nicotinate glycinate chelate)	100 mcg	286%

Other Ingredients: Gelatin, microcrystalline cellulose, magnesium stearate, silicon dioxide, peppermint oil.
Contains Soy.