Item# 63060

FOSTER REGAL®

The Best Choice.®

COMPLETE MULTI-26

13 Vitamins
with
13 Minerals

Gluten Free Dietary Supplement

60 TABLETS

Supplement Facts

Serving Size 1 Tablet

Mfg. in a Ko Kosher Certified, FDA Registered Facility, using Good Manufacturing Practices (GMPs)

Amount Per Serving		% DV
Vitamin A (as 80% beta carotene & 20% palmitate)	5125 IU	103%
Vitamin C (as L-ascorbic acid)	92 mg	153%
Vitamin D-3 (as cholecalciferol)	410 IU	103%
Vitamin E (as d-alpha tocopheryl succinate)	30.8 IU	103%
Vitamin K (as phytonadione)	26 mcg	32.5%
Thiamin (as thiamin hydrochloride)	2.31 mg	154%
Riboflavin	2.7 mg	159%
Niacin (as niacinamide)	20.5 mg	103%
Vitamin B-6 (as pyridoxine hydrochloride)	3.1 mg	155%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	9 mcg	150%
Biotin	46 mcg	15%
Pantothenic Acid (as calcium pantothenate)	10.25 mg	103%
Calcium (as calcium phosphate)	166 mg	16%
Iron (as ferrous fumarate)	27.7 mg	154%
Phosphorus (as calcium phosphate)	128 mg	13%
Iodine (as potassium iodide)	154 mcg	103%

Amount Per Serving		% DV
Magnesium (as magnesium oxide)	102.5 mg	26%
Zinc (as zinc oxide)	23.6 mg	157%
Selenium (as sodium selenate)	20 mcg	29%
Copper (as copper gluconate)	3.1 mg	155%
Manganese (as manganese gluconate)	7.7 mg	385%
Chromium (as chromium chloride)	65 mcg	54%
Molybdenum (as sodium molybdate)	160 mcg	213%
Chloride (as potassium chloride)	37.3 mg	1%
Potassium (as potassium chloride)	41 mg	1%
Nickel (as nickelous sulfate)	5 mcg	*
Silica (as silicon dioxide)	2 mg	*
Boron (as sodium borate)	150 mcg	*
Tin (as stannous chloride)	10 mcg	*
Vanadium (as sodium metavanadate)	10 mcg	*

*Daily Value not established.

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 contact a doctor or poison control center immediately.

Mfg. for: **Foster Regal Laboratories** ®, 115 S.C.T. Ct. White House, TN 37188 **Made in USA**

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing. Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C). Other ingredients: Veg. cellulose, veg. stearic acid, silica, veg. magnesium stearate, vanillin. Conforms to USP <2091> for weight. Meets USP <2040> disintegration. **CAUTION:** If you are pregnant or nursing, consult your physician before taking this product. Contains fish (cod) ingredients. **DIRECTIONS:** As a dietary supplement, take 1 tablet daily.

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