

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.

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Manufactured by **futurebiotics**
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 800-FOR-LIFE
 800-367-5433
 100% Satisfaction
 Guaranteed



M.V. SENIOR

SMALL, EASY-TO-SWALLOW CAPSULES

COMPLETE MULTIVITAMIN FORMULA
 FOR ACTIVE SENIORS

240
 CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving size 3 capsules
 Servings per container 80

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)	100 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.