

Recommendations:

Adults, as a dietary supplement, take two capsules daily.

Store in a cool dry place.

WARNING: If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use. Do not use if safety seal is broken or missing.

KEEP OUT OF REACH OF CHILDREN.

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*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.

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.

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REGULAR
Girl®

MULTIVITAMIN

With 21 vitamins
& minerals, helps
support hair, skin,
& nails*

Contains Vitamin
B12 to help
support energy
production*

Contains highly
bioavailable &
gentle-on-the-stomach
SunActive® Iron*

DIETARY SUPPLEMENT

60 VEGGIE CAPSULES

Supplement Facts

Serving Size: 2 Capsules
Servings per Container: 30

	Amount per Serving	% Daily Value		Amount per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	900 mcg RAE	100%	Calcium	130 mg	10%
Vitamin C (as calcium ascorbate)	180 mg	200%	(as calcium citrate and calcium AA chelate)		
Vitamin D3 (as cholecalciferol)	40 mcg	200%	Iron (as ferric pyrophosphate, SunActive® Iron)	18 mg	100%
Vitamin E (as d-alpha tocopherol)	15 mg	100%	Iodine (as potassium iodide)	150 mcg	100%
Thiamin (as thiamine hydrochloride)	1.2 mg	100%	Magnesium	84 mg	20%
Riboflavin	1.3 mg	100%	(as magnesium citrate and magnesium glycinate)		
Niacin (as niacinamide)	16 mg NE	100%	Zinc (as zinc citrate)	11 mg	100%
Vitamin B6 (as pyridoxal 5 phosphate)	1.7 mg	100%	Selenium (as selenomethionine)	55 mcg	100%
Folate 400 mcg DFE (120 mcg folic acid)		100%	Manganese (as manganese citrate)	2.3 mg	100%
Vitamin B12 (as methylcobalamin)	4.8 mcg	200%	Chromium (as chromium polynicotinate)	35 mcg	100%
Biotin	60 mcg	200%	Molybdenum (as molybdenum citrate)	45 mcg	100%
Pantothenic acid (as calcium pantothenate)	5 mg	100%	Potassium (as potassium citrate)	25 mg	<1%

Other ingredients: Vegetable capsule (cellulose, water), Magnesium Stearate



GLUTEN FREE | NON-DAIRY | NON-GMO | BPA FREE BOTTLE
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Manufactured in Canada for:
Regular Girl, Minneapolis, MN USA

www.regulargirl.com