

Recommended Dose: Take 1 tablespoon daily with a meal, a few hours before or after taking medications or other supplements, or as recommended by your health professional. Shake well before each use. Do not drink directly from the bottle. **Warning:** If you are allergic to plants of the Asteraceae/Compositae/Daisy family, do not use. If you are pregnant or lactating, have any health condition or a history of non-melanoma skin cancer, or are taking blood thinners or any medication, consult your health professional before use.

CAUTION: Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. **THIS PRODUCT IS NOT INTENDED FOR INFANTS.** The recommended daily dose of vitamin D for infants in 10 mcg (400 IU). This product delivers 20 mcg (800 IU) of vitamin D per dose. **Keep out of the reach of children.** Use only if safety seal is intact. Store in a cool, dry place.



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† 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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Lot/Exp Area



v3 122-450U
Made in Canada for
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GENESTRA
BRANDS®

Liquid Multi Vite Min

Dietary Supplement

Natural Lemon-Cardamom Flavor

Multivitamin/Multimineral Formula for daily wellness†

450 mL (15.2 fl oz)

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings per Container about 30

	Amount Per Serving	% DV		Amount Per Serving	% DV
Calories	30		Zinc (from zinc citrate)	20 mg	182%
Total Fat	4 g	5%^	Selenium (from sodium selenite)	100 mcg	182%
Saturated Fat	3.5 g	18%^	Copper (from copper gluconate)	1 mg	111%
Total Carbohydrate	3 g	1%^	Manganese (from manganese gluconate)	2.5 mg	109%
Vitamin D (as cholecalciferol)	20 mcg (800 IU)	100%	Chromium (from chromium nicotinate glycinate)	100 mcg	286%
Vitamin E (as d-alpha tocopherol)	15 mg	100%	Molybdenum (from molybdenum bisglycinate)	50 mcg	111%
Thiamin (from thiamin hydrochloride)	5 mg	417%	Chloride (from choline chloride)	20 mg	1%
Riboflavin	5 mg	385%	Potassium (from potassium gluconate)	50 mg	1%
Niacin (as niacinamide)	20 mg	125%	Vitamin K ₂ (as menaquinone-7)	20 mcg	*
Vitamin B ₆ (from pyridoxine hydrochloride)	5 mg	294%	Vanadium (from vanadium HVPΔ chelate/ sodium metavanadate)	100 mcg	*
Vitamin B ₁₂ (from hydroxocobalamin acetate/ methylcobalamin)	25 mcg	1,042%	Inositol	5 mg	*
Biotin	300 mcg	1,000%	Lutein (from Aztec marigold herb flowering oleoresin)	5 mg	*
Pantothenic Acid (from d-panthenol)	10 mg	200%	Zeaxanthin (from Aztec marigold herb flowering oleoresin)	1 mg	*
Choline (from choline chloride)	55 mg	10%			
Calcium (from calcium lactate)	65 mg	5%			
Iodine (from potassium iodine)	150 mcg	100%			
Magnesium (from magnesium citrate)	20 mg	5%			

Other ingredients: Purified water, glycerin, natural flavors, citric acid, medium-chain triglycerides, xanthan gum, potassium sorbate, rebaudioside A (stevia leaf extract), rosemary leaf extract, mixed tocopherols concentrate

* Daily value (DV) not established

^ Percent daily values (DV) are based on a 2,000 calorie diet

Δ Hydrolyzed vegetable (rice) protein