



Gluten Free #10

VIDOPLEX-ML™

Dietary Supplement of
Vitamins A, C, D, E, B-1, B-2,
Niacinamide, B-6, B-12, Biotin
and Pantothenic Acid with
Calcium, Iodine, Iron,
Magnesium, Copper and Zinc

90 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as 50% palmitate & 50% beta carotene) 5000 IU	100%	Biotin	50 mcg 17%
Vitamin C (as L-ascorbic acid) 200 mg	333%	Pantothenic Acid (as calcium pantothenate) 20 mg	200%
Vitamin D-3 (as cholecalciferol) 400 IU	100%	Calcium (as calcium carbonate) 125 mg	12.5%
Vitamin E (as d-alpha tocopheryl succinate) 15 IU	50%	Iron (as ferrous fumarate) 12 mg	67%
Thiamin (as thiamin hydrochloride) 10 mg	667%	Iodine (as potassium iodide) 150 mcg	100%
Riboflavin 10 mg	588%	Magnesium (as magnesium oxide) 65 mg	16%
Niacin (as niacinamide) 100 mg	500%	Zinc (as zinc gluconate) 5 mg	33%
Vitamin B-6 (as pyridoxine hydrochloride) 5 mg	250%	Copper (as copper gluconate) 2 mg	100%
Folic Acid 400 mcg	100%	Manganese (as manganese gluconate) 1 mg	50%
Vitamin B-12 (as cyanocobalamin) 5 mcg	83%		

DIRECTIONS: As a dietary supplement, take 1 tablet daily.

TAMPER EVIDENT: Do not use this product if imprinted seal under cap is broken or missing. Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C).

Other ingredients: Vegetable cellulose, vegetable magnesium silicate, vegetable stearic acid, silica, bioflavonoids, choline bitartrate, inositol, PABA, alfalfa, rose hips, vegetable magnesium stearate, vanillin. Contains fish (cod) ingredients.

Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability. **CAUTION:** If you are pregnant or nursing do not take this product.

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. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Mfg. by: **Dee Cee Laboratories, Inc.®**,
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Made in USA Rev. #04