Specifically formulated multivitamin with high potency B-Vitamins & Antioxidant Vitamins A. C. E. and Selenium

Recommendation: Adults take 2 tablets daily. Not formulated for children. Do not exceed recommended dose Warning: Do not take if you are pregnant, nursing, or attempting to become pregnant. If you have diabetes or if you are taking any medications, consult a healthcare professional before use. Individuals with diabetes should monitor blood glucose levels closely while taking this product.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

FREE FROM yeast-derived ingredients, dairy, and artificial colors

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BLK8069E



MULTIVITAMIN

DAILY SUPPORT* VITAMINS & MINERALS

with Alpha Lipoic Acid, Cinnamon & Fenugreek

60 TABLETS • MULTIVITAMIN SUPPLEMENT

Supplement Facts Serving Size 2 Tablets / Servings per Container 30

Amount per Serving		% DV
Calories	5	
Total Carbohydrate	1 g	<1%1
Vitamin A (as 50% beta carotene [1,500 mcg] and 50 retinyl acetate [1,500 mcg])	3,000 mcg	333%
Vitamin C (ascorbic acid)	250 mg	278%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 mg	667%
Thiamin (as thiamin mononitrate	e) 80 mg	6,667%
Riboflavin	80 mg	6,154%
Niacin (as niacinamide)	40 mg	250%
Vitamin B6 (as pyridoxine HCI)	20 mg	1,176%
Folate	400 mcg DFE Folic Acid 240 mcg	100%
Vitamin B12 (as cyanocobalamin)	40 mcg	1,667%
Biotin	30 mcg	100%
Pantothenic Acid (as D-calcium	50 ma	1.000%

pantothenate

S	Amount per Serving		% D
•	Choline (as choline bitartrate)	50 mg	9
	lodine (as potassium iodide)	150 mcg	100
٧	Magnesium (as magnesium oxide and magnesium citrate)	420 mg	100
	Zinc (as zinc bisglycinate)	15 mg	136
b†	Selenium (as L-selenomethionine)	200 mcg	364
%	Copper (as copper bisglycinate chelate)	1 mg	111
%	Manganese (as manganese bisglycinate chelate)	5 mg	217
%	Molybdenum (as sodium molybdate)	50 mcg	111
%	Diabetic Support Blend Cinnamon (<i>Cinnamomum</i> spp.) (ba Inositol, Fenugreek (seed), Vanadiu		
% % % %	Antioxidant Activity Support Blend Taurine, Alpha Lippic Acid, Quercet Betaine HCl, Citrus Bioflavonoid Complex (from orange, grapefruit, lemon, lime, tangerine), Rutin (from Sophora japonica) (flower bud) Extract, L-Carnitine	295 mg in,	
%	Lutein (from Aztec marigold Extract) (flower)	200 mcg	

Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: cellulose, stearic acid, hydroxypropyl cellulose, sodium croscarmellose, hypromellose, magnesium stearate, silica, glycerin, gelatin