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Our Guarantee:
We are committed to the quality of our products. If for any reason you are not satisfied with your purchase, please return it to the place of purchase.

ADVANCED FORMULA Multi Vitamins & Minerals

GLUTEN FREE

500 TABLETS

A FORMULA OF VITAMINS & MINERALS ESSENTIAL TO GOOD HEALTH & NUTRITION

DIETARY SUPPLEMENT

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BERKLEY & JENSEN COMPARE TO CENTRUM

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DIETARY SUPPLEMENT

Advanced Formula Multi Vitamins & Minerals
 +NO ARTIFICIAL FLAVORS • NO LACTOSE • NO YEAST • NO DYES
 SUGGESTED USE: Adults • One tablet daily with food. Not for use by children.
 Do not exceed suggested use.
 Do not use if printed seal under cap is broken or missing.

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% DV	Each Tablet Contains	% DV
Vitamin A 5000 IU (25% as beta-carotene)	100%	Iodine 150 mcg	100%
Vitamin B-50 mg	100%	Magnesium 50 mg	10%
Vitamin B-12 500 IU	100%	Zinc 11 mg	10%
Vitamin C 30 mg	100%	Selenium 55 mcg	79%
Vitamin E 25 mcg	100%	Copper 2.5 mg	25%
Vitamin K 25 mcg	100%	Manganese 2.5 mg	110%
Thiamin 1.5 mg	100%	Chromium 25 mcg	25%
Riboflavin 1.7 mg	100%	Nioppentium 45 mcg	50%
Niacin 20 mg	100%	Chloride 72 mg	2%
Vitamin B6 2 mg	100%	Potassium 50 mg	2%
Folic Acid 400 mcg	100%	Silver 75 mcg	-
Vitamin B12 5 mcg	100%	Nickel 5 mcg	-
Biotin 50 mcg	100%	Silicon 2 mg	-
Phosphoric Acid 10 mg	100%	Vit. B12 10 mcg	-
Silicon 200 mg	100%	Vanadium 90 mcg	-
Vit. B12 10 mg	100%		
Phosphorus 20 mg	10%		

100% Daily Value (DV) is established.

Ingredients: Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vitamin C), Microcrystalline Cellulose, Ferrous Fumarate, D-Alpha Tocopheryl Acetate (Vitamin E), Gelatin, Croscarmellose Sodium, Nicotinamide, Thiamin Acid, Polyvinyl Alcohol, Titanium Dioxide, Calcium Silicate, Zinc Oxide, Calcium Pantothenate, Polysiloxane Graft, Manganese Sulfate, Magnesium Stearate, Silicon Dioxide, Salt, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Vitamin A Acetate (Vitamin A), Cupric Sulfate, Beta-Carotene, Folic Acid, FD&C Yellow #6 Lake, Sodium Borate, Chromium Picolinate, Phosphorus Oxide, Sodium Selenate, Sodium Molybdate, Sodium Metasilicate, Soda, Pyridoxine (Vitamin B6), Sodium Metavanadate, Chromium Chloride, Nickel Sulfate, Cholecalciferol (Vitamin D3), Cyanocobalamin (Vitamin B12).

As with any supplement, if you are pregnant or nursing a baby, or are taking medication or have a medical condition, consult your doctor before use.

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.

IMPORTANT INFORMATION: Long-term intake of high levels of vitamin A (including that absorbed from beta-carotene) may increase the risk of osteoporosis in adults. Do not use this product if taking other vitamin A supplements.

Store at room temperature. Keep bottle tightly closed.

For questions or comments? 1-800-834-1264

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