

SUGGESTED USE:

As a dietary supplement, take 2 capsules daily with 8-12 oz of water or as directed by your healthcare professional.

WARNING: For healthy individuals 18 years and older. Consult a healthcare professional prior to use if you are pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children. Do not use if safety seal is broken or missing.

NOTICE: Store in a cool, dry place.

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.

† 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.

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404177
NTC-5.21



Multivitamin

22

Vitamins
& Minerals

60

Servings

120

Capsules

120 CAPSULES
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

Amount Per Serving		% DV*
Vitamin A (as acetate)	1260mcg RAE	140%
Vitamin C (as ascorbic acid)	180mg	200%
Vitamin D3 (as cholecalciferol)	25mcg	125%
Vitamin E (as d-alpha tocopheryl succinate)	47mg	310%
Vitamin K (as phytonadione)	120mcg	100%
Thiamin (Vitamin B1) (as thiamine mononitrate)	12mg	1000%
Riboflavin (Vitamin B2)	17mg	1310%
Niacin (as niacinamide)	25mg NE	160%
Vitamin B6 (as pyridoxine HCl)	7mg	410%
Folate	400mcg DFE	100%
Vitamin B12 (as methylcobalamin)	60mcg	2500%
Pantothenic Acid (as D-calcium pantothenate)	100mg	2000%
Calcium	58mg	4%
Iron (as ferrous fumarate)	10mg	60%
Iodine (as iodine chelate)	113mcg	80%
Magnesium (as magnesium oxide)	40mg	10%
Zinc (as zinc AAC)	11mg	100%
Selenium (as L-selenomethionine)	140mcg	260%
Copper (as copper AAC)	1.5mg	170%
Manganese (as manganese AAC)	2.3mg	100%
Chromium (as chromium polynicotinate)	35mcg	100%
Molybdenum (as molybdenum AAC)	45mcg	100%
Vanadium (as vanadium chelate)	20mcg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Rice flour, hypromellose (cellulose), magnesium stearate (vegetable source), silicon dioxide.