



Balanced Multivitamin / Multimineral Supplement†

24 TABLETS

Compares to Centrum Multivitamin

Directions: Take once daily as a dietary supplement.

Supplement Facts				Serving Size: 1 Tablet	Servings Per Container: 24
Amount Per Serving		% Daily Value*		Amount Per Serving	% Daily Value*
Vitamin A (as acetate, beta carotene)	2500 IU	50%		Iodine (as potassium iodide)	150 mcg 100%
Vitamin C (as ascorbic acid)	60 mg	100%		Magnesium (as magnesium oxide)	60 mg 15%
Vitamin D (as cholecalciferol)	400 IU	100%		Zinc (as zinc oxide)	8.8 mg 59%
Vitamin E (as d-alpha tocopheryl acetate)	15 IU	33%		Selenium (as sodium selenate)	55 mcg 79%
Vitamin K (as phytylphosphonate)	25 mcg	31%		Copper (as cupric oxide)	0.27 mg 36%
Thiamin (Vitamin B-1) (as thiamine HCl)	1.5 mg	100%		Manganese (as manganese sulfate)	1.5 mg 75%
Riboflavin (Vitamin B-2)	1.7 mg	113%		Chromium (as chromium chloride)	35 mcg 29%
Niacin (Vitamin B-3) (as niacinamide)	23 mg	100%		Molybdenum (as sodium molybdate)	45 mcg 60%
Vitamin B-6 (as pyridoxine HCl)	2 mg	100%		Potassium (as potassium chloride)	47 mg 1%
Folate (as folic acid)	400 mcg	100%		Chloride (as potassium chloride)	38 mg 1%
Vitamin B-12 (as cyanocobalamin)	6 mcg	100%		Nickel (as nickelous sulfate)	5 mcg
Biotin	300 mcg	100%		Silicon (as silicon dioxide)	2 mg
Pantothenic acid (as d-calcium pantothenate)	.5 mg	50%		Tin (as stannous chloride)	10 mcg
Calcium	200 mg	20%		Boron (as sodium borate)	150 mcg
(as dicalcium phosphate, calcium carbonate)				Lutein (from marigold flowers)	250 mcg
Iron (as ferrous fumarate)	5.75 mg	32%		Lycopene	300 mcg
Phosphorus (as dicalcium phosphate)	25 mg	2%		Vanadium (as sodium metavanadate)	10 mcg

† Daily Value not established.

** Daily Values are based on a 2,000 calorie per day diet.

Other ingredients: Stearic acid, silicon dioxide, microcrystalline cellulose, magnesium stearate, croscarmellose sodium, film coating (polydextrose, talc, fractionated coconut oil, maltodextrin, titanium dioxide, hydroxypropylmethylcellulose, FD&C yellow #6 aluminum lake).



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†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.