



Poly VytaMyns™

Dietary Supplement

Iron-Free Multivitamin

90 Capsules



Suggested Use:
Take 2 capsules daily with
a meal or as directed
by your physician.

Caution:
If pregnant or nursing,
consult your physician
before using this or any
other product. Do not take
this product if you have a
blood disorder, hemophilia
or are taking medication
to thin your blood.

Keep out of reach of children.

Store in a cool, dry place.

Manufactured in the USA in a
GMP compliant facility.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 45

	Amount Per Serving	% DV
Vitamin A (47% as palmitate & 53% as beta-carotene)	21,400 IU	428%
Vitamin D-3 (as cholecalciferol)	736 IU	184%
Vitamin E (as d-alpha tocopheryl acetate)	80 IU	267%
Vitamin K-1 (as phytonadione)	864 mcg	1,080%
Vitamin B-1 (as thiamin HCl)	13 mg	867%
Vitamin B-2 (riboflavin)	14 mg	824%
Vitamin B-3 (as niacinamide)	70 mg	350%
Vitamin B-6 (as pyridoxine HCl)	72 mg	3,600%
Folate (as folic acid)	1,440 mcg	360%
Vitamin B-12 (as Methylcobalamin)	134 mcg	2,233%
Biotin	4,000 mcg	1,333%
Pantothenic acid (B-5) (as calcium pantothenate)	253 mg	2,530%
Calcium (as calcium pantothenate)	22 mg	2%
Iodine (as potassium iodide)	190 mcg	127%
Zinc (as zinc malate)	20 mg	133%
Selenium (as selenium amino acid chelate)	70 mcg	100%
Copper (as copper citrate)	2 mg	100%
Manganese (as manganese citrate)	2 mg	100%
Chromium (as chromium nicotinate glycinate chelate)	100 mcg	83%
Molybdenum (as molybdenum amino acid chelate)	400 mcg	533%
Boswellia (Boswellia serrata) Gum Extract 70% Boswellic Acids	200 mg	*
L-Cysteine HCl	152 mg	*
Rosemary (Rosmarinus officinalis) Leaf Extract 6% Camosic Acid	100 mg	*
Hesperidin	64 mg	*
Hesperidin methyl chalcone	64 mg	*
Boron (as boron amino acid chelate)	2,000 mcg	*

* Daily Value (DV) not established.

Other ingredients: Vegetarian capsule shell (hypromellose, water),
calcium laurate.

Contains Soy. Dairy, Egg & Gluten Free. Vegetarian.



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