

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations: 1 capsule 1 to 2 times daily with meals, or as directed by your healthcare professional.

Warning: If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Independently tested for authenticity, potency, solvent residue, stability and bacteria, yeast and mold counts.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Formulated by
Margaret Beeson, N.D.

manufactured by
VITAL NUTRIENTS
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA


VITAL
NUTRIENTS

**Minimal and
Essential[®]**
ANTIOXIDANT AND
MULTI-VITAMIN FORMULA

DIETARY SUPPLEMENT
90 CAPSULES

Supplement Facts

serving size: 1 capsule • servings per container: 90

	amt. per serving	%DV
Vitamin A	7,500IU	150%
(as 67% beta carotene and 33% vitamin A acetate)		
Vitamin C	375mg	625%
Vitamin D3 (as cholecalciferol)	400IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	75IU	250%
Thiamin (as thiamine HCl)	25mg	1666%
Riboflavin	25mg	1470%
Vitamin B6 (as pyridoxine HCl)	25mg	1250%
Folate (as L-5-MTHF) Metafolin *	200mcg	50%
Vitamin B12 (as methylcobalamin)	200mcg	3333%
Biotin	200mcg	66%
Pantothenic Acid	25mg	250%
(as calcium pantothenate)		
Zinc (as zinc citrate)	10mg	66%
Selenium (as selenomethionine)	125mcg	179%
Copper (as copper glycinate)	1mg	50%
Manganese (as manganese aspartate)	5mg	250%
Chromium (as chromium polynicotinate)	100mcg	83%
Niacinamide	25mg	*
Grape Seed Extract	50mg	*

* Daily Value not established

Other Ingredients: Gelatin Capsule, Magnesium Silicate, Silica, Ascorbyl Palmitate, and Cellulose.