

meijer®

essential formula

Multivitamin/Mineral Formula

DIETARY SUPPLEMENT

12 ESSENTIAL NUTRIENTS
One Per Day Formula

250 Tablets



actual
size

SMALL, EASY TO SWALLOW TABLET

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 17% as beta carotene)	824 mcg RAE† (3,000 IU)	90%
Vitamin C (as ascorbic acid)	60 mg	70%
Vitamin D3 (cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as dl-alpha tocopheryl acetate)	13.5 mg (30 IU)	90%
Thiamin (B1) (as thiamine mononitrate)	1.5 mg	130%
Vitamin B2 (riboflavin)	1.7 mg	130%
Vitamin B3 (as niacinamide)	20 mg NE#	130%
Vitamin B6 (as pyridoxine hydrochloride)	2 mg	120%
Folate	667 mcg DFE† (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	6 mcg	250%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Calcium (as dicalcium phosphate)	21 mg	2%

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica, starch, hydroxypropyl methyl cellulose, polyethylene glycol, FD&C Yellow #6, titanium dioxide.

†DFE - Dietary Folate Equivalents

#NE - Niacin Equivalents

‡RAE - Retinol Activity Equivalents

Questions or comments? 1-888-860-5376
DIST. BY MEIJER DISTRIBUTION, INC.
GRAND RAPIDS, MI 49544
www.meijer.com

No Sugar, Yeast, Soy, Wheat, Dairy, Fish, Tree Nuts, Peanuts, Egg, Fragrance, Artificial Flavors, Preservatives, Animal Products, Crustacean Shellfish.

TAMPER-EVIDENT SEAL: DO NOT USE IF SAFETY SEAL ON BOTTLE IS BROKEN OR MISSING.

Suggested Use: Adults - Take one tablet daily, preferably with food, as a dietary supplement.

CAUTION: If you are pregnant, nursing, taking any medications or have any medical condition, consult your physician before use. Discontinue use and consult your physician if any adverse reactions occur.

Keep out of reach of children.

Store in a dry place under controlled room temperature: 20°-25°C (68°-77°F).



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Lot #/Exp Date:

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