

Suggested Usage: Take 2 capsules daily, with food. Best when taken as directed by a qualified healthcare professional.

Warnings: Keep out of reach of children. Pregnant or lactating women, the chronically ill, elderly, individuals under the age of 18, those taking prescription medications (e.g., blood thinners) as well as those with a physician-diagnosed medical condition should consult with a physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Best stored at controlled room temperature 20°C to 25°C (68°F to 77°F). Improper storage conditions, such as extended exposure to direct sunlight, high heat & humidity can cause product degradation over time.

Formulated with L-OptiZinc® Zinc Mono-L-Methionine Sulfate and Magnafolate® C Calcium L-5-Methyltetrahydrofolate.

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California Gold Nutrition® is a registered trademark of Madre Labs, LLC

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CALIFORNIA **GOLD** NUTRITION®

Daily Multivitamins

High Potency Vitamins and Minerals

Formulated to Contain

NO Gluten
NO GMOs

60 Veggie Capsules Dietary Supplement



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Beta Carotene and Retinyl Acetate)	1500 mcg 167%	Selenium (as Sodium Selenite and High Selenium Yeast)	200 mcg 364%
Vitamin C (as Ascorbic Acid and Calcium Ascorbate)	470 mg 522%	Manganese (as Manganese Citrate and Manganese Gluconate)	2 mg 87%
Vitamin D (as D3, Cholecalciferol)	50 mcg 250%	Chromium (as Chromium Chloride stabilized with Amla Fruit Extract and Shilajit)	200 mcg 571%
Vitamin E (as d-Alpha Tocopheryl Succinate)	67 mg 447%	Molybdenum (as Molybdenum Amino Acid Chelate)	100 mcg 222%
Thiamin (as Thiamine Hydrochloride)	75 mg 6250%	Inositol	50 mg †
Riboflavin (as Riboflavin and Riboflavin 5'-Phosphate)	50 mg 3846%	Alpha Lipoic Acid	25 mg †
Niacin (as Niacinamide)	50 mg 313%	Mixed Tocopherols (providing Gamma, Delta, Alpha, and Beta Tocopherols)	20 mg †
Vitamin B6 (as Pyridoxine Hydrochloride and Pyridoxal 5'-Phosphate)	75 mg 4412%	Bio-Quercetin Phytosome (providing Quercetin [from Sophora japonica flower bud] and Phosphatidylcholine Complex)	15 mg †
Folate (as Calcium L-5-Methyltetrahydrofolate [5-MTHF])	680 mcg DFE 170%	Marigold Flower Extract (Tagetes erecta) (providing 550mcg of Zeaxanthin)	11 mg †
Vitamin B12 (as Methylcobalamin)	300 mcg 12500%	Apigenin	5 mg †
Biotin	300 mcg 1000%	Boron (as Boron Chelate)	3 mg †
Pantothenic Acid (as d-Calcium Panthothenate)	50 mg 1000%	Lycopene (from Tomato Fruit Extract)	1 mg †
Iodine (as Potassium Iodide)	150 mcg 100%		
Magnesium (as Magnesium Oxide)	100 mg 24%		
Zinc (as Zinc Citrate and Zinc Mono-L-Methionine Sulfate)	25 mg 227%		

† Daily Value not established.

Other Ingredients: Modified Cellulose (Veggie Capsule), Magnesium Stearate, Silicon Dioxide (Silica), and Microcrystalline Cellulose. Contains: Soy
This product is not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, sesame, or gluten. Produced in a third-party, audited and registered cGMP compliant facility that may process other products that contain these allergens or ingredients.