



Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% DV	Amount Per Tablet	% DV
Vitamin A 1050 mcg	117%	Phosphorus 20 mg	2%
(29% as beta-carotene)		Iodine 150 mcg	100%
Vitamin C 60 mg	67%	Magnesium 50 mg	12%
Vitamin D3 25 mcg (1000 IU) . .	125%	Zinc 11 mg	100%
Vitamin E 13.5 mg	90%	Selenium 55 mcg	100%
Vitamin K 25 mcg	21%	Copper 0.5 mg	56%
Thiamin 1.5 mg	125%	Manganese 2.3 mg	100%
Riboflavin 1.7 mg	131%	Chromium 35 mcg	100%
Niacin 20 mg	125%	Molybdenum 45 mcg	100%
Vitamin B6 2 mg	118%	Chloride 72 mg	3%
Folate 680 mcg DFE	170%	Potassium 80 mg	2%
(400 mcg folic acid)			
Vitamin B12 6 mcg	250%	Silicon 2 mg	**
Biotin 30 mcg	100%	Tin 10 mcg	**
Pantothenic Acid 10 mg . . .	200%	Vanadium 10 mcg	**
Calcium 200 mg	15%		
Iron 18 mg	100%	** Daily Value (DV) not established.	

Ingredients

Calcium Carbonate, Potassium Chloride, Dicalcium Phosphate, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Ferrous Fumarate, Maltodextrin, Contains 2% or less of beta-carotene, biotin, carboxymethylcellulose sodium, cholecalciferol, chromium picolinate, cupric sulfate, cyanocobalamin, D-calcium pantothenate, dl-alpha tocopheryl acetate, DL-tartaric acid, FD&C blue no. 2 lake, FD&C red no. 40 lake, FD&C yellow no. 6 lake, folic acid, hydroxypropyl methylcellulose, magnesium stearate, manganese sulfate, nicotinamide, phytonadione, polydextrose, polyethylene glycol, polyvinyl alcohol, potassium iodide, pyridoxine hydrochloride, retinyl acetate, riboflavin, silica, sodium metavanadate, sodium molybdate, sodium selenite, stannous chloride, starch, talc, thiamine mononitrate, titanium dioxide (color), tricalcium phosphate, zinc oxide

Warnings

Keep out of the reach of children. Store at 15- 30 degrees C (59- 86 degrees F). Safety-sealed. Do not use if printed seal under cap is cut, torn, or missing. Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product. WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.No Artificial Flavors No Gluten No Lactose