



Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% DV	Amount Per Tablet	% DV
Vitamin A 1050 mcg 117% (29% as beta-carotene)		Iodine 150 mcg.....100%	
Vitamin C 90 mg 100%		Magnesium 100 mg.....24%	
Vitamin D3 25 mcg (1000 IU).... 125%		Zinc 11 mg.....100%	
Vitamin E 20.2 mg 135%		Selenium 100 mcg.....182%	
Vitamin K 60 mcg 50%		Copper 0.9 mg.....100%	
Thiamin 1.2 mg 100%		Manganese 2.3 mg 100%	
Riboflavin 1.3 mg 100%		Chromium 35 mcg.....100%	
Niacin 16 mg 100%		Molybdenum 50 mcg.....111%	
Vitamin B6 2 mg 118%		Chloride 72 mg 3%	
Folate 340 mcg DFE 85% (200 mcg folic acid)		Potassium 80 mg 2%	
Vitamin B12 6 mcg 250%			
Biotin 40 mcg 133%		Silicon 2 mg **	
Pantothenic Acid 15 mg.....300%		Tin 10 mcg **	
Calcium 210 mg 16%		Vanadium 10 mcg **	
Iron 8 mg 44%		Lycopene 600 mcg **	
Phosphorus 20 mg 2%			

**Daily Value (DV) not established.

Ingredients

Calcium Carbonate, Magnesium Oxide, Potassium Chloride, Ascorbic Acid, Microcrystalline Cellulose, Dicalcium Phosphate, Maltodextrin, dl-Alpha Tocopheryl Acetate, Contains 2% or less of beta-carotene, biotin, carboxymethylcellulose sodium, cholecalciferol, chromium picolinate, cupric sulfate, cyanocobalamin, D-calcium pantothenate, DL-tartaric acid, FD&C blue no. 2 lake, FD&C red no. 40 lake, FD&C yellow no. 6 lake, ferrous fumarate, folic acid, hydroxypropyl methylcellulose, lycopene, 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