

store sealed in a cool dry place

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



Recommendations: 1 to 2 capsules per day with meals, or as directed by your healthcare professional.

Warning: If pregnant, consult your physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST, WHEAT, GLUTEN, MILK/DAIRY, SOY PROTEIN, CORN PROTEIN, EGGS, SUGAR, HYDROGENATED OIL, ARTIFICIAL COLORING, ARTIFICIAL FLAVORING OR PRESERVATIVES.

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.

MADE IN THE USA

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

12M14 EXP 12/14


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, Ascorbyl Palmitate, Magnesium Silicate, Cellulose Powder, and Silica.