

store sealed in a cool dry place

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

#### Recommendations

3 to 6 capsules daily in divided doses with food, or as directed by your healthcare professional.

#### Warning

If pregnant, consult your physician before taking.

CONTAINS NO CONTAINS, BINDERS, YEAST, WHEAT, GLUTEN, MILK/DAIRY, SOY 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

MADE IN THE USA

manufactured by  
**VITAL NUTRIENTS**

45 KENNETH DOOLEY DRIVE  
MIDDLETOWN, CT 06457 USA

**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.

  
**VITAL**  
NUTRIENTS

**Multi-Nutrients**  
with Iron & Iodine



DIETARY SUPPLEMENT  
**180 CAPSULES**

## Supplement Facts

serving size: 6 capsules - servings per container: 30

|                                                                            | amt. per serving | % daily value |
|----------------------------------------------------------------------------|------------------|---------------|
| Vitamin A                                                                  | 25,000IU         | 500%          |
| (80% as beta-carotene with mixed carotenoids and 20% as vitamin A acetate) |                  |               |
| Vitamin C                                                                  | 1000mg           | 1666%         |
| Vitamin D (as cholecalciferol)                                             | 800IU            | 200%          |
| Vitamin E (as d-alpha tocopheryl succinate)                                | 400IU            | 1332%         |
| Thiamin (as thiamine HCl)                                                  | 100mg            | 6666%         |
| Riboflavin                                                                 | 15mg             | 882%          |
| Vitamin B6 (as pyridoxine HCl)                                             | 15mg             | 750%          |
| Folate (as L-5-MTHF) Metafolin®                                            | 400mcg           | 100%          |
| Vitamin B12 (as methylcobalamin)                                           | 500mcg           | 8333%         |
| Biotin                                                                     | 400mcg           | 133%          |
| Pantothenic Acid (as calcium pantothenate)                                 | 400mg            | 4000%         |
| Calcium                                                                    | 300mg            | 30%           |
| (as dicalcium malate and calcium pantothenate)                             |                  |               |
| Iron (as iron aspartate)                                                   | 18mg             | 100%          |
| Iodine (as potassium iodide)                                               | 150mcg           | 100%          |
| Magnesium (as dimagnesium malate)                                          | 200mg            | 50%           |
| Zinc (as zinc citrate)                                                     | 15mg             | 100%          |
| Selenium (as selenomethionine)                                             | 200mcg           | 284%          |
| Copper (as copper glycinate)                                               | 2mg              | 100%          |
| Manganese (as manganese aspartate)                                         | 3mg              | 150%          |
| Chromium (as chromium polynicotinate)                                      | 200mcg           | 166%          |
| Molybdenum (as molybdenum aspartate)                                       | 100mcg           | 132%          |
| Potassium (as potassium chloride)                                          | 99mg             | 2.8%          |
| Riboflavin 5' Phosphate                                                    | 10mg             | *             |
| Niacinamide                                                                | 100mg            | *             |
| Pyridoxal 5' Phosphate                                                     | 10mg             | *             |
| Boron (as boron citrate)                                                   | 500mcg           | *             |
| Vanadium (as vanadium citrate)                                             | 200mcg           | *             |

\* Daily Value not established

Other Ingredients: Gelatin Capsule, Magnesium Silicate, Ascorbyl Palmitate, Leucine, and Silica.