

store sealed in a cool dry place

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

Recommendations

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

Warning

If pregnant, consult your
physician before taking.

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

Metafolin® is a registered trademark
of Merck KGaA, Darmstadt, Germany

Independently tested for
authenticity, potency, solvent
residue, stability and bacteria,
yeast and mold counts.

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA



Multi- Nutrients 3

Citrate/Malate Formula
(without Copper & without Iron)



DIETARY SUPPLEMENT

180 CAPSULES

Supplement Facts

serving size: 6 capsules - servings per container: 30

	amt. per serving	% daily value
Vitamin A (as Beta Carotene and mixed carotenes)	20,000IU	400%
Vitamin C (ascorbic acid)	850mg	1416%
Vitamin D (as cholecalciferol)	1000IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	400IU	1333%
Thiamin (as thiamine HCL)	40mg	2667%
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)	350mg	3500%
Calcium (as dicalcium malate & pantothenate)	300mg	30%
Iodine (as potassium iodide)	225mcg	150%
Magnesium (as dimagnesium malate)	275mg	69%
Zinc (as zinc citrate)	15mg	100%
Selenium (as selenomethionine)	200mcg	280%
Manganese (as manganese citrate)	6mg	300%
Chromium (as chromium polynicotinate)	200mcg	167%
Molybdenum (as molybdenum citrate)	100mcg	134%
Potassium (as potassium citrate)	75mg	2%
Riboflavin 5' Phosphate	10mg	*
Niacinamide	110mg	*
Pyridoxal 5' Phosphate	10mg	*
Boron (citrate)	3mg	*
Vanadium (citrate)	100mcg	*

* Daily Value not established

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

MADE IN THE USA