

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 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.

MADE IN THE USA

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA


VITAL
NUTRIENTS

Multi-
Nutrients
(No Iron or Iodine)

VEG
CAPS



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 D3 (as cholecalciferol)	800IU	200%
Vitamin E (as d-alpha tocopheryl succinate)	400IU	1333%
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	900mg	30%
(89% as dicalcium malate-11% as calcium pantothenate)		
Magnesium (as dimagnesium malate)	200mg	50%
Zinc (as zinc citrate)	15mg	100%
Selenium (as selenomethionine)	200mcg	285%
Copper (as copper glycinate)	2mg	100%
Manganese (as manganese aspartate)	3mg	150%
Chromium (as chromium polynicotinate)	200mcg	166%
Molybdenum (as molybdenum aspartate)	100mcg	133%
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: Vegetable Cellulose Capsule, Magnesium Silicate, Leucine, and Silica.