

SUGGESTED USE: 6 CAPSULES PER DAY IN DIVIDED DOSES WITH MEALS, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

KEEP OUT OF REACH OF CHILDREN. STORE SEALED IN A COOL, DRY PLACE.

Albion™, TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Manufactured For:
Moss Nutrition
Products, Inc.
380 Russell Street
Hadley, MA 01035
800-851-5444



WWW.MOSSNUTRITION.COM



High Potency
Comprehensive Vitamin Mineral Complex
with Activated B Vitamins & Chelated Minerals

Dietary Supplement
180 Vegetarian Capsules

Supplement Facts		
Serving Size: 6 Capsules		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value*
Vitamin A (as palmitate)	1350 mcg	150%
Vitamin C (as ascorbic acid)	500 mg	556%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin E (as d-alpha tocopherol succinate)	25 mg	167%
Vitamin K (as Vitamin K1 Phytonadione 500 mcg, Vitamin K2 Menaquinone-7 50 mcg)	550 mcg	458%
Vitamin B1 (as thiamin HCl)	60 mg	5000%
Vitamin B2 (as riboflavin)	60 mg	5000%
Vitamin B3 (as flush-free niacinamide)	60 mg NE	375%
Vitamin B6 (as 1:1 pyridoxine HCl:pyridoxal-5'-phosphate)	10 mg	588%
Folate (as [6S]-5-MTHF, calcium salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	220 mcg	9166%
Biotin (as d-Biotin)	200 mcg	667%
Pantothenic Acid (as d-calcium pantothenate)	125 mg	2500%
Choline (as citrate)	100 mg	18%
Calcium (as Calcium Bisglycinate Chelate) (TRAACS™)	100 mg	8%
Iodine (as potassium iodide)	250 mcg	167%
Magnesium (as Di-Magnesium Malate [Albion™], Magnesium Bisglycinate Chelate [TRAACS™])	200 mg	48%
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	17 mg	155%
Selenium (as Selenium Glycinate Complex) (TRAACS™)	160 mcg	291%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	1 mg	43%
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	50 mcg	143%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	60 mcg	133%
Potassium (as Potassium Glycinate Complex) (Albion™)	100 mg	2%
Mixed Tocopherols (d-alpha, d-beta, d-gamma, d-delta)	300 mg	**
Inositol	100 mg	**
Citrus Bioflavonoid Complex	100 mg	**
Trimethylglycine	100 mg	**
Alpha Lipoic Acid	20 mg	**
Coenzyme Q10 (ubiquinone)	20 mg	**
Boron (as Bororganic Glycine) (Albion™)	2 mg	**
Vanadium (as Vanadium Nicotinate Glycinate Chelate) (TRAACS™)	50 mcg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Other ingredients: Cellulose (capsule), vegetable stearate, maltodextrin (non-GMO), silicon dioxide. **Does not contain gluten.**