



# Vitality

MULTIVITAMIN & MINERAL\*

Supports Energy & Overall Health

MEN

**Directions:** Take two tablets per day, preferably with food.

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	3000 IU	60%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D3 (as cholecalciferol)	200 IU	50%
Vitamin E (as $\delta$ -alpha-tocopheryl succinate)	30 IU	100%
Thiamin (vitamin B1)	15 mg	1000%
Riboflavin (vitamin B2)	17 mg	1000%
Niacin (as niacinamide)	75 mg	375%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folate (folic acid)	600 mcg	150%
Vitamin B12 (as cyanocobalamin)	12 mcg	200%
Biotin (D-biotin)	60 mcg	20%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium	250 mg	25%
(as calcium carbonate, dicalcium phosphate, calcium citrate calcium gluconate, calcium amino acid oligofruuctose complex)		
Iodine	150 mcg	100%
(as iodine amino acid oligofruuctose complex)		
Magnesium	200 mg	50%
(as magnesium oxide, magnesium lactate, magnesium citrate, magnesium amino acid oligofruuctose complex)		
Zinc	15 mg	100%
(as zinc amino acid oligofruuctose complex)		
Selenium	105 mcg	150%
(as selenium amino acid oligofruuctose complex)		
Copper	3 mg	150%
(as copper amino acid oligofruuctose complex)		
Manganese	4 mg	200%
(as manganese amino acid oligofruuctose complex)		
Chromium	120 mcg	100%
(as chromium amino acid oligofruuctose complex)		
Molybdenum	75 mcg	100%
(as molybdenum amino acid oligofruuctose complex)		
Boron	150 mcg	†
(as boron amino acid oligofruuctose complex)		

† Daily Value not established.

GLUTEN-FREE

**Other ingredients:** Microcrystalline cellulose, croscarmellose sodium, hydroxypropyl methylcellulose, silicon dioxide, magnesium stearate, hydroxypropyl cellulose, polyethylene glycol, stearic acid, vanillin. † plant-derived

**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.