SUGGESTED USE: Take 3 capsules daily with food.

CONTAINS NO artificial colors, flavors or preservatives, no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish, or fish.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-877-377-7636

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 center immediately.

 These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.





MULTI-VITAMIN/CHELATED MINERAL COMPLEX

90 CAPSULES

Supplement Facts

Serving Size: 3 Capsules Per Day Servings Per Container: 30

Amount Per Serving %DV		Amount Per Serving		%DV	
Vitamin A (as Beta Carotene) 1	1,5001U	30%*	Manganese (as Manganese Citrate)	7mg	304%*
Vitamin C (as Ascorbic Acid)	250mg	278%*	Zinc (as TRAACS® Zinc Bisglycinate Chelate)	15mg	136%*
Calcium (as DimaCal® DiCalcium Malate)	58mg	4%*	Seletifum (as Abianto Selenium Gycinate Complex)	50mcg	91%*
Iron (as Ferrochel@ Ferrous Bisglycinate Chelate)	18mg	100%*	Copper (as TRAACS® Copper Bisglycinate Chelate)	2mg	222%*
Vitamin D3 (Cholecalciferol)	400IU	50%*	Chromium (as Chromium Picolinate)	25mcg	72%*
Vitamin E (di-alpha tocopheryl acetate)	15IU	50%*	Molybdenum (as TRAACS® Molybdonum Glycinate Chelate)	15mcg	3%*
Vitamin B1 (Thiamine)	100mg	8,333%*	Potassium (as Potassium Chloride)	10mg	<1%*
Vitamin B2 (Riboflavin)	100mg	7,692%*	Choline (as Choline Bitartrate)	19mg	4%*
Niacin (as Niacinamide)	100mg	625%*	Inositol	100mg	**
Vitamin B6 (Pyridoxine HCI)	100mg	5,859%*	Lemon Bioffavanoid	50mg	**
Folic Acid 3	75mcg	94%*	Betaine Anhydrous (Trimethylglycine)	25mg	**
(as Quatrefolic® (equivalent to 750mcg of (65)-5-Methyltetrahydrofolic acid, glucesamine salt)					
Vitamin B12 (Cyanocobalamin) 4	00mcg	16,667%*	Glutamic Acid Hydrochloride	25mg	
Biotin 1	00mcg	333%*	Hesperidin 98% (Hesperetin 7-rhamnoglucoside)	25mg	**
	100mg	2.000%*	Rutin 95% (Sophorae Japonical Extract)	25mg	**
Phosphorus (as Phosphorous Chelate)	30mg	2%*	Rose Hips Extract	25mg	**
	25mcg	150%*	dharant halla Malana ana barantana a daga anta	la dist	
Magnesium (as Magnesium Oxide)	40mg	10%*	*Percent Daily Values are based on a 2,000 calorie diet. **Daily Value (DV) Not Established.		

Other Ingredients: Rice Flour, Magnesium Stearate, Microcrytalline Cellulose, Gelatin Albion®, DimaCal®, Ferrochel® and TRAACS® are registered trademarks of Albion Laboratories, Inc.

Quatrefolic® is a register trademark of Gnosis S.p.A. U.S. Patent No. 7,947,662.