



Recommended Use: Take 1 tablet with a meal twice daily.

Bottle made from 100% post consumer recycled material.

We are committed to you and our planet. Scan to learn more.



MultiVitamin & Mineral

**NEW
LOOK!**

**SAME GREAT
PRODUCT**

ESSENTIAL DAILY NUTRIENTS

Herbal Enhanced Formula

Dietary Supplement

60 TABLETS



HERBAL EXPERTS *since* 1972

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per 1 Tablet	% Daily Value
Vitamin A (beta-carotene)	750 mcg 83%
Vitamin C (ascorbic acid)	30 mg 30%
Vitamin D ₃ (cholecalciferol)	5 mcg 25%
Vitamin E (d-alpha tocopheryl acetate)	11 mg 73%
Thiamin (B ₁ , thiamine mononitrate)	0.75 mg 63%
Riboflavin (B ₂)	0.85 mg 68%
Niacin (nicotinic acid)	10 mg 63%
Vitamin B ₆ (pyridoxine hydrochloride)	1 mg 50%
Folate	333 mcg DFE 83% (200mcg folic acid)
Vitamin B ₁₂ (cyanocobalamin)	3 mcg 125%
Biotin	150 mcg 500%
Pantothenic Acid (d-calcium pantothenate)	5 mg 100%
Calcium (dicalcium phosphate)	125 mg 10%
Iron (ferrous fumarate)	9 mg 50%

Phosphorus (dicalcium phosphate)	90 mg	7%
Iodine (potassium iodide)	68 mcg	45%
Magnesium (oxide)	50 mg	12%
Zinc (oxide)	6.5 mg	50%
Selenium (amino acid chelate)	25 mcg	45%
Copper (gluconate)	0.9 mg	100%
Manganese (amino acid chelate)	0.5 mg	22%
Chromium (amino acid chelate)	50 mcg	143%
Molybdenum (amino acid chelate)	38 mcg	84%

Proprietary Blend	50 mg	†
Broccoli Flowers (Brassica oleracea var. italica), Rosemary Leaf (Rosmarinus officinalis), Cabbage Leaf (Brassica oleracea var. capitata), Red Beet Root (Beta vulgaris), Carrot Root (Daucus carota), Turmeric Root (Curcuma longa), Tomato Fruit (Solanum lycopersicum), Grapefruit Bioflavonoid Extract, Orange Bioflavonoid Extract, Hesperidin Bioflavonoid Extract.		

†Daily Value not established.

Other Ingredients: Cellulose, vegetable stearic acid, silicon dioxide.

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.

Do not use if inner seal is missing or damaged.

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

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