



Recommended Use: Take 1 tablet daily with a meal.

Bottle made from 100% post consumer recycled material.

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



Time Release

MultiVitamin & Mineral

NEW LOOK!

SAME GREAT PRODUCT

ESSENTIAL DAILY NUTRITION*

*Naturally Supports Health and Well-being**

Dietary Supplement

60 TABLETS



Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per 1 Tablet	% Daily Value
Vitamin A (palmitate)	900 mcg RAE 100%
Vitamin C (ascorbic acid)	250 mg 278%
Vitamin D ₃ (cholecalciferol)	25 mcg 125%
Vitamin E (d-alpha tocopheryl acetate)	22 mg 147%
Thiamin (B ₁)	25 mg 2083%
Riboflavin (B ₂ , mononitrate)	25 mg 1923%
Niacin (niacinamide)	50 mg NE 313%
Vitamin B ₆ (pyridoxine hydrochloride)	25 mg 1471%
Folate (methyltetrahydrofolate calcium salt)	667 mcg DFE 167%
Vitamin B-12 (methylcobalamin)	50 mcg 2083%
Biotin	300 mcg 1000%
Pantothenic Acid (d-calcium pantothenate)	50 mg 1000%
Choline (bitartrate)	1.1 mg <1%
Calcium (dicalcium phosphate)	50 mg 4%

Iron (ferrous fumarate)	20 mg	111%
Phosphorus (dicalcium phosphate)	35 mg	3%
Iodine (potassium iodide)	150 mcg	100%
Zinc (citrate)	30 mg	273%
Selenium (amino acid chelate)	50 mcg	91%
Copper (gluconate)	2 mg	222%
Manganese (amino acid chelate)	2.9 mg	126%

Proprietary Blend 25 mg †

Turmeric Root (Curcuma longa), Hesperidin Bioflavonoid Extract, Inositol, Lemon Bioflavonoid Extract, Para-Aminobenzoic Acid (PABA), Rutin, Alfalfa Aerial Parts (Medicago sativa), Kelp Leaf & Stem (Ascophyllum nodosum, Laminaria digitata), Rose Hips (Rosa canina), Chamomile Flowers (Matricaria recutita), Dandelion Root (Taraxacum officinale), Goldenrod Root Extract (Hydrastis canadensis), Wheat Germ (Triticum aestivum).

†Daily Value not established.

Other Ingredients: Cellulose, vegetable stearic acid, vegetable magnesium stearate, 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.

HERBAL EXPERTS *since* 1972

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Stock #
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