

## BODYBUILDING.COM SIGNATURE™

We created our Signature line so you can get the highest quality supplements without paying the highest prices. We've been delivering quality products to aid your fitness journey for over two decades. We don't take shortcuts and we don't make excuses.

**DIRECTIONS FOR USE:** As a dietary supplement, take 1 tablet with food daily. If taken on an empty stomach, you may experience tingling or flushing of the skin. This is a normal reaction to niacin.

**WARNINGS:** Consult your physician before using this product if you're taking any medications or are under a physician's care for a medical condition. Not for use by those under the age of 18 or women who are pregnant, trying to get pregnant, or nursing.

**CAUTION:** Transient flushing and feelings of warmth might be associated with the ingestion of niacin-containing products.

*WARNING: Consuming this product can expose you to chemicals including mercury, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.P65Warnings.ca.gov/food](http://www.P65Warnings.ca.gov/food).*

\* 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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KEY VITAMINS  
& MINERALS

90  
TABLETS

# MULTI VITAMIN

IMMUNITY & ENERGY\*

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet  
Servings Per Container: 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate)	1,500mcg 167%	Magnesium (as magnesium oxide)	150mg 36%
Vitamin C (as ascorbic acid)	200mg 222%	Zinc (as zinc oxide)	15mg 136%
Vitamin D (as cholecalciferol)	50mcg 250%	Selenium (as selenomethionine)	70mcg 127%
Vitamin E (as d-alpha-tocopheryl succinate)	16.5 mg 110%	Copper (as copper gluconate)	0.9mg 100%
Vitamin K (as phytonadione)	120mcg 100%	Manganese (as manganese gluconate)	2.3mg 100%
Thiamin (as thiamin mononitrate)	10mg 833%	Chromium (as chromium nicotinate glycinate chelate)	120mcg 343%
Riboflavin	8.5mg 654%	Molybdenum (as molybdenum amino acid chelate)	75mcg 167%
Niacin	60mg 375%	Alpha-lipoic acid	50mg *
Vitamin B6 (as pyridoxine HCl)	10mg 588%	Silica (as silicon dioxide)	2mg *
Folate (400 mcg folic acid)	667mcgDFE 167%	Lutein (from marigold flower extract)	2mg *
Vitamin B12 (as cyanocobalamin)	100mcg 4,167%	Lycopene	1mg *
Biotin	300mcg 1,000%	Boron (as boron chelate)	0.5mg *
Pantothenic acid (as D-calcium pantothenate)	50mg 1,000%	Vanadium (as vanadium amino acid chelate)	10mcg *
Calcium (as calcium carbonate)	150mg 12%	Nickel (as nickel sulfate)	5mcg *
Iodine (from kelp)	150mcg 100%		

Percent Daily Value is based on a 2,000 calorie diet.  
\*Daily value not established

Other Ingredients: microcrystalline cellulose, stearic acid, croscarmellose sodium, film coat (hypromellose, polyethylene glycol, hydroxypropyl cellulose) and magnesium stearate.