ACTUAL SIZE

7 33739 03816 6

CODE 3816 V2

SUGGESTED USAGE: As a dietary supplement, take 2 softgels daily with food.

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 Eat Freshness Packet. Keep in Bottle.

Liquid Multi Gels

MULTI VITAMIN & MINERAL

- High Potency - Fast Absorption
- Contains Natural Lutein & Lycopene
- Rich in Flax Seed Oil

60 Softgels

A Dietary Supplement

QUALITY GMP ASSURED

Supplement Facts

Serving Size 2 Softgels Servings Per Container 30

	Amount Per Serving	%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Trans Fat	0 g	†
Polyunsaturated Fat	0.5 g	†
Vitamin A [from 40% Retinyl Palmitate & 60% Beta-Carotene (as pro-Vitamin A 3.6 mg)]	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopherol)	400 IU	1333%
Thiamine (from Thiamine HCl) (Vitamin B-1)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacinamide) (Vitamin B-3)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (from Calcium d-Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate, Calcium Citrate and Calcium AAC**)	100 mg	10%
Iron (from Ferrochel® Bisglycinate AAC**)	9 mg	50%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	100 mg	25%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from L-Selenomethionine)	70 mcg	100%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	2 mg	100%
Chromium (from Amino Acid Chelate)	120 mcg	100%
Molybdenum (from Sodium Molybdate)	25 mcg	33%
Potassium (from Potassium Chloride)	25 mg	1%
Organic Flaxseed Oil (*Linum usitatissimum*)	800 mg	†
Alpha Lipoic Acid	50 mg	†
PABA	50 mg	†
Inositol	25 mg	†
Boron (from Boron Citrate)	500 mcg	†
Lutein (from Marigold Extract)	250 mcg	†
Lycopene (from Natural Tomato Extract)	250 mcg	†
Vanadium (from Vanadyl Sulfate)	25 mcg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Softgel Capsule (gelatin, glycerin, water, carob), Soy Lecithin, Beeswax and Natural Vanilla Extract.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108
Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

AAC** = Amino Acid Chelate

Natural color variations may occur in this product.

Store in a cool, dry place. Please Recycle.