

TABLET SIZE

Made in the USA



CODE 3832B

V4

Do Not Eat Freshness Packet. Keep in Bottle.  
Natural color variations may occur in this product.  
Store in a cool, dry place after opening. Please Recycle.

**SUGGESTED USAGE:** As a dietary supplement, take 1 tablet daily with a meal.  
**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



# Iron-Free Vit-Min 75+

**MULTI VITAMIN & MINERAL**

**75 mg B-vitamin  
Complex  
180 Tablets**  
A Dietary Supplement



## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (67% as Retinyl Palmitate and 33% as Beta-Carotene)	15,000 IU	300%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D <sub>3</sub> (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU	500%
Thiamin (Vitamin B-1) (from Thiamin HCl)	75 mg	5000%
Riboflavin (Vitamin B-2)	75 mg	4412%
Niacin (Vitamin B-3) (as Niacinamide)	75 mg	375%
Vitamin B-6 (from Pyridoxine HCl)	75 mg	3750%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	75 mg	750%
Calcium (from Calcium Carbonate, Calcium Ascorbate and Calcium Citrate)	100 mg	10%
Iodine (from Kelp)	150 mcg	100%
Magnesium (from Magnesium Oxide and Amino Acid Chelate)	100 mg	25%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from Amino Acid Chelate)	100 mcg	143%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	5 mg	250%
Chromium (from AAC**) (Chelavite®)	100 mcg	83%
Molybdenum (from Amino Acid Chelate)	50 mcg	67%
Potassium (from Potassium Chloride)	10 mg	< 1%

	Amount Per Serving	% Daily Value
Boron (from AAC**)	500 mcg	†
Choline (from Choline Bitartrate)	50 mg	†
Inositol	50 mg	†
Vanadium (from AAC**)	50 mcg	†
PABA	30 mg	†
Rutin Powder	25 mg	†
Citrus Bioflavonoid Complex	50 mg	†

† Daily Value not established.

Other ingredients: Croscarmellose Sodium, Stearic Acid (vegetable source), Cellulose, Magnesium Stearate (vegetable source), Silica, Rose Hips, Soy Lecithin and Vegetarian Coating.

Formulated & Distributed by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
For more information visit [www.nowfoods.com/3832](http://www.nowfoods.com/3832)

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

AAC\*\* = Amino Acid Chelate

Chromium Chelavite® is a registered trademark of Albion Labs.