

TABLET SIZE

Made in the USA



CODE 3850 V5

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening. Please Recycle.

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.

SUGGESTED USAGE: As a dietary supplement, take 1 tablet daily with a meal.



Vit-Min 100

RICH IN B-VITAMINS

- Sustained Release
- Includes Trace Minerals

60 Tablets

A Dietary Supplement



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (50% as Beta-Carotene and 50% as Retinyl Acetate)	20,000 IU	400%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU	500%
Thiamin (Vitamin B-1) (from Thiamin HCl)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (Vitamin B-3) (as Niacinamide)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5000%
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)	100 mg	1000%
Calcium (from Calcium Ascorbate, Calcium Carbonate and Dicalcium Phosphate)	50 mg	5%
Iron (from Amino Acid Chelate)	10 mg	56%
Iodine (from Kelp)	150 mcg	100%
Magnesium (from Magnesium Oxide and Amino Acid Chelate)	30 mg	8%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from Amino Acid Chelate)	25 mcg	36%
Copper (from Amino Acid Chelate)	0.5 mg	25%
Manganese (from Amino Acid Chelate)	5 mg	250%
Chromium (from Yeast-Free GTF)	120 mcg	100%
Molybdenum (from Amino Acid Chelate)	50 mcg	67%

	Amount Per Serving	% Daily Value
Potassium (from Amino Acid Chelate)	10 mg	< 1%
Boron (from Amino Acid Chelate)	500 mcg	†
Vanadium (from Amino Acid Chelate)	50 mcg	†
Choline (from Choline Bitartrate)	100 mg	†
Inositol	100 mg	†
PABA	50 mg	†
Rutin Powder	25 mg	†
Betaine HCl	25 mg	†
Glutamic Acid	25 mg	†
Spirulina	50 mg	†
Barley Grass	50 mg	†
Citrus Bioflavonoid Complex	25 mg	†
Psyllium Husk Fiber	25 mg	†

† Daily Value not established.

Other ingredients: Stearic Acid (vegetable source), Silica, Magnesium Stearate (vegetable source), Cellulose, Croscarmellose Sodium, Base of 72 Trace Minerals, and Vegetarian Coating.

Vitamin E from soy.

Formulated & Distributed by NOW FOODS
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For more product information visit
www.nowfoods.com/3850

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