

SUGGESTED USE:

Take two capsules daily or as directed by a physician.

IMPORTANT: STORE IN A COOL DRY PLACE AND TIGHTLY CAPPED.

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.

CAUTION: FORMULATED FOR ADULTS. FOR CHILDREN, CONSULT A PHYSICIAN.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat and Soy



Kirkman and Ultra Tested are Registered In U.S. Patent and Trademark Office.

Manufactured Exclusively by:

KIRKMAN®



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HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

ADVANCED ADULT MULTIVITAMIN & MINERAL

WITH 5-MTHF

DIETARY
SUPPLEMENT

180
CAPSULES

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 90

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin A (as Retinol, Beta-Carotene) 5000 IU	1500 mcg RAE	166 %
Vitamin C (as Ascorbic Acid, Magnesium Ascorbate)	350 mg	388 %
Vitamin D3 (as Cholecalciferol) 1000 IU	25 mcg	125 %
Vitamin E (as Alpha-Tocopherol)(Sunflower) 30 IU	20 mg	133 %
Vitamin B1 (as Thiamine Mononitrate)	6 mg	500 %
Vitamin B2 (as Riboflavin)	6 mg	461 %
Vitamin B3 (as Niacinamide)	20 mg NE	125 %
Vitamin B6 (as Pyridoxine HCl)	6 mg	352 %
Folate (as Calcium L-5-Methyltetrahydrofolate) (Folic Acid 400 mcg)	666 mcg DFE	167 %
Vitamin B12 (as Cyanocobalamin)	120 mcg	5000 %
Biotin	100 mcg	333 %
Vitamin B5 (as D-Calcium Pantothenate)	10 mg	200 %
Iron (from Ferrous Bisglycinate Chelate)	5 mg	27 %
Iodine (from Potassium Iodide)	150 mcg	100 %
Magnesium (from Magnesium Oxide, Ascorbate, Bisglycinate Chelate)	200 mg	47 %
Zinc (from Zinc Citrate)	27 mg	245 %
Selenium (from Selenium Glycinate Complex)	70 mcg	127 %
Manganese (from Manganese Citrate)	2 mg	86 %
Chromium (from Chromium Nicotinate Glycinate Chelate)	120 mcg	342 %
Molybdenum (from Molybdenum Glycinate)	75 mcg	166 %
Kirkman® Proprietary Blend: (Coenzyme Q10, Resveratrol)	50 mg	*

*Daily Value not established

Other Ingredients: Vegetarian Capsules (hypromellose and water), Magnesium Stearate (plant based)