

SUGGESTED USE:

Take two capsules daily or as directed by a physician.

IMPORTANT: Store in a cool dry place and tightly capped. Keep out of the reach of children.

CAUTION: Formulated for adults and children four years and older. For children under four, consult a physician.

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

Other Ingredients: Vegetarian Capsule (hypromellose and water), Magnesium Stearate (plant based), Silicon Dioxide

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Manufactured Exclusively by:

KIRKMAN®

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HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN® EVERYDAY MULTIVITAMIN

A broad-spectrum, dairy-free
vitamin and mineral supplement

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) 2500 IU	750 mcg RAE	83%
Vitamin C (as Ascorbic Acid, Sodium Ascorbate)	60 mg	66%
Vitamin D-3 (as Cholecalciferol) 200 IU	5 mcg	25%
Vitamin E (as Alpha-Tocopherol)(Sunflower) 30 IU	20 mg	133%
Vitamin B1 (as Thiamine Mononitrate)	3 mg	250%
Vitamin B2 (as Riboflavin-5-Phosphate)	3.4 mg	261%
Vitamin B3 (as Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxal-5-Phosphate, Pyridoxine HCl)	4 mg	235%
Folate (as Folic Acid 400 mcg)	667 mcg DFE	166%
Vitamin B12 (as Cyanocobalamin)	12 mcg	500%
Biotin	300 mcg	1000%
Vitamin B5 (as D-Calcium Pantothenate)	10 mg	200%
Choline (as Choline Dihydrogen Citrate)	14 mg	3%
Calcium (from Calcium Carbonate, Citrate, Bisglycinate Chelate)	40 mg	3%
Magnesium (from Magnesium Oxide, Bisglycinate Chelate, Citrate)	20 mg	5%
Zinc (from Zinc Citrate)	15 mg	136%
Selenium (from Selenium Glycinate Complex)	70 mcg	127%
Manganese (from Manganese Citrate)	1.5 mg	65%
Kirkman® Proprietary Amino Acid Blend: L-Glutamine, L-Taurine	80 mg	*

*Daily Value not established