

Suggested Use: As a dietary supplement, adults take one (1) tablet daily, preferably with a meal or as directed by a health care professional. Store in a cool, dry place and away from direct light.

*** from L-OptiZinc®, a unique, patented 1:1 complex of zinc and methionine, which increases zinc absorption.

† from ChromeMate®, a unique, patented brand of niacin bound chromium (polynicotinate).

Formulated For:

VITAMIN DISCOUNT CENTER, LLC

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1-877-832-8722 • VitaminDiscountCenter.com



IRON FREE

Vita-Min 75

Multiple Vitamins and Chelated Minerals

VEGETARIAN

Dietary Supplement

60 Tablets

SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	6,000 mcg (10,000 IU)	667%
Vitamin C (as ascorbic acid)	250 mg	278%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha)	101 mcg (150 IU)	673%
Vitamin B-1	75 mg	6,250%
Vitamin B-2 (as riboflavin)	75 mg	5,769%
Niacin (as niacinamide)	75 mg	469%
Vitamin B-6	75 mg	4,412%
-olate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12	75 mcg	3,125%
Biotin	75 mcg	250%
Pantothenic Acid	75 mg	1,500%
Choline (as bitartrate)	30 mg	5%
Calcium**	50 mg	4%
Cellulose (from kelp)	150 mcg	100%

* Daily Value not established
 ** As amino acid chelate

Other Ingredients: Cellulose, cellulose gum, vegetable stearin, food glaze with vanilla coating, magnesium vegetable stearate, silica, natural flavor, modified cellulose, alfalfa, brown rice bran, parsley and watercress