

**Contains No** sugar, salt, dairy, wheat, gluten, yeast, corn, preservatives, artificial colors or flavors.

**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).

**KEEP OUT OF REACH OF CHILDREN.**

*Formulated For:*

**VITAMIN DISCOUNT CENTER, LLC**

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IRON FREE

# Vita-Min 75

Multiple Vitamins and  
Chelated Minerals

**VEGETARIAN**

*Dietary Supplement*

**90 Tablets**

| SUPPLEMENT FACTS                                                                                                                                                                                                           |                                      |                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|------------------|
| Serving Size 1 Tablet                                                                                                                                                                                                      |                                      |                  |
|                                                                                                                                                                                                                            | Amount<br>Per Serving                | % Daily<br>Value |
| Vitamin A<br>(as beta<br>carotene)                                                                                                                                                                                         | 6,000 mcg<br>(10,000 IU)             | 667%             |
| Vitamin C<br>(as ascorbic acid)                                                                                                                                                                                            | 250 mg                               | 278%             |
| Vitamin D<br>(as cholecalciferol)                                                                                                                                                                                          | 10 mcg<br>(400 IU)                   | 50%              |
| Vitamin E<br>(as d-alpha)                                                                                                                                                                                                  | 101 mg<br>(150 IU)                   | 673%             |
| Vitamin B-1                                                                                                                                                                                                                | 75 mg                                | 6,250%           |
| Vitamin B-2                                                                                                                                                                                                                | 75 mg                                | 5,769%           |
| Niacin<br>(as niacinamide)                                                                                                                                                                                                 | 75 mg                                | 469%             |
| Vitamin B-6<br>(400 mcg DFE<br>(400 mcg tolic acid))                                                                                                                                                                       | 75 mg                                | 4,412%           |
| Folate                                                                                                                                                                                                                     | 667 mcg DFE<br>(400 mcg tolic 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%               |
| Iodine (from kelp)                                                                                                                                                                                                         | 150 mcg                              | 100%             |
| Other Ingredients: Cellulose, cellulose gum, vegetable stearin, food glaze with vanilla coating, magnesium vegetable stearate, silica, natural flavor, modified cellulose, atalga, brown rice bran, parsley and watercress |                                      |                  |

\* Daily Value not established

\*\* As amino acid chelate