

ACTUAL SIZE

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CODE 3830B V3

Caution: If you are pregnant, may become pregnant, or are breast feeding, please consult your healthcare practitioner before using this product.

Store in a cool, dry place. Please Recycle.

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



Iron-Free Vit-Min 75+

MULTI VITAMIN & MINERAL

75 mg B-vitamin
Complex
90 Tablets

A Dietary Supplement



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Beta-Carotene (as pro-Vitamin A 3 mg)	5,000 IU	100%
Vitamin A (from Retinyl Palmitate)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate)	250 mg	417%
Vitamin D ₃ (as Cholecalciferol)	400 IU	100%
Vitamin E (from d-alpha Tocopheryl Succinate)	150 IU	500%
Thiamine (from Thiamine HCl) (Vit. B-1)	75 mg	5000%
Riboflavin (Vitamin B-2)	75 mg	4412%
Niacin (as Niacinamide)	75 mg	375%
Vitamin B-6 (from Pyridoxine HCl)	75 mg	3750%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (from Calcium d-Pantothenate)	75 mg	750%
Calcium (from Calcium Carbonate, Calcium Citrate and Calcium Ascorbate)	100 mg	10%
Iodine (from Kelp)	150 mcg	100%
Magnesium (from Magnesium Oxide and Amino Acid Chelate)	100 mg	25%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (from Amino Acid Chelate)	100 mcg	143%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	5 mg	250%
Chromium (from AAC**) (Chelavite®)	100 mcg	83%
Molybdenum (from Amino Acid Chelate)	50 mcg	67%
Potassium (from Potassium Chloride)	10 mg	< 1%

	Amount Per Serving	% Daily Value
Boron (from AAC**)	500 mcg	†
Choline (from Choline Bitartrate)	50 mg	†
Inositol	50 mg	†
Vanadium (from AAC**)	50 mcg	†
PABA	30 mg	†
Rutin	25 mg	†
Citrus Bioflavonoids (37% Bioflavonoids as Hesperidin)	50 mg	†

† Daily Value not established.

Other ingredients: Soy Lecithin, Rose Hips, Cellulose, Stearic Acid (vegetable source), Silica and Vegetable Coating.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108

Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, starch, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

AAC** = Amino Acid Chelate

Chromium Chelavite® is a registered trademark of Albion Labs.

Natural color variations may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

KEEP BOTTLE TIGHTLY SEALED