PROD. NO. 1181

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## with Minerals

**Dietary** Supplement

60 **TABLETS** 

## **Supplement Facts**

Serving Size 1 Tablet **Amount Per Serving** %Daily Value Vitamin A 10.000 IU (as Retinyl Palmitate) Vitamin C 250 mg 417% (as Ascorbic Acid and Rose Hips) Vitamin D 400 IU 100% (as Cholecalciferol) 500% Vitamin F 150 IU (as dl-Alpha Tocopheryl Acetate) Thiamin (Vitamin B-1) 60.8 mg 4.053% (as Thiamin Mononitrate) Riboflavin (Vitamin B-2) 75 mg 4.412% 75 mg 375% Niacin (as Niacinamide) 3.075% Vitamin B-6 61.5 mg (as Pyridoxine Hydrochloride) 100% Folic Acid 400 mcg 1.250% Vitamin R-12 75 mca (as Cyanocobalamin 75 mcg 25% Biotin (as d-Biotin) Pantothenic Acid 75 mg (as d-Calcium Pantothenate)

Amount Per Serving	%Daily Value		
Calcium (as Calcium Carbonate, d-Calci ate and Calcium Amino Acid Ci	um Pa		5%
Iron (as Ferrous Fumarate and Ferro Acid Chelate)		mg nino	56%
lodine (as Kelp)	150	mcg	100%
Magnesium (as Magnesium Oxide and Mag Amino Acid Chelate)		mg m	6%
Zinc (as Zinc Oxide and Zinc Amino		mg Chelate)	100%
Selenium (as Sodium Selenate)	10	mcg	14%
Copper (as Cupric Amino Acid Chelate	0.25	mg	13%
Manganese (as Manganese Sulfate and Ma Amino Acid Chelate)		mg se	305%

Potassium (as Potassium Chloride and Amino Acid Chelate)	10 Potassiu	mg m	<1%
PABA (Para-Aminobenzoic Acid)	75	mg	
Choline Bitartrate	75	mg	
Inositol	75	mg	
Rutin	25	mg	
Citrus Bioflavonoids (Citrus sinensis) (fruit)	25	mg	
Hesperidin	5	mg	
Betaine Hydrochloride	25	mg	
L-Glutamic Acid	25	mg	
Proprietary Blend 3 mg Contains: Alfalfa (Medicago sativa) (leaf) Watercress (Nasturtium officinale) (plant) Parsley (Petroselinum crispum) (leaf)			:

Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Gelatin, Vegetable Stearic Acid. Silica. Vegetable Magnesium Stearate. Cellulose Coating. Mannitol. Maltodextrin.

Contains fish (cod, pollock, haddock, hake, cusk, redfish, sole, flounder) ingredients.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT, TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.

Directions: For adults, take one (1) tablet dialy, preferably with a meal, As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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