

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

Take 1 capsule 1-2 times per day with meals, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

Raw materials and finished products are independently tested by U.S. labs. Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA



VITAL
NUTRIENTS

Minimal and
Essential[®]

Antioxidant and
Multi-Vitamin Formula

DIETARY SUPPLEMENT

180 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 1 vegetarian capsule
Servings Per Container: 90

	Amount Per Serving	% DV
Vitamin A (as 67% beta carotene and 33% vitamin A acetate)	3.76mg	418%
Vitamin C	375mg	417%
Vitamin D3 (as cholecalciferol)	400IU	50%
Vitamin E (as d-alpha tocopheryl succinate)	75IU	413%
Thiamin (as thiamine HCl)	25mg	2083%
Niacin (as niacinamide)	25mg	166*
Riboflavin	25mg	1923%
Vitamin B6 (as pyridoxine HCl)	25mg	1471%
Folate (as L-5-MTHF) Metafolin [®]	340mcg DFE	85%
Vitamin B12 (as methylcobalamin)	200mcg	8333%
Biotin	200mcg	667%
Pantothenic Acid (as calcium pantothenate)	25mg	500%
Zinc (as zinc citrate)	10mg	91%
Selenium (as selenomethionine)	125mcg	227%
Copper (as copper glycinate)	1mg	111%
Manganese (as manganese citrate)	5mg	217%
Chromium (as chromium polynicotinate)	100mcg	286%
Grape Seed Extract (from grapes (<i>vitis vinifera</i>) standardized to a minimum of 85% polyphenols)	50mg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Magnesium Silicate, Silica, Ascorbyl Palmitate, and Cellulose.

