

store sealed in a cool dry place

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

Recommendations

3 capsules twice daily with food, 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†, OR 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



Multi-Nutrients (No Iron or Iodine)

DIETARY SUPPLEMENT
180 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 3 vegetarian capsules
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin A <small>(80% as beta carotene with mixed carotenoids and 20% as vitamin A acetate)</small>	6.75mg	750%
Vitamin C	500mg	556%
Vitamin D3 (as cholecalciferol) 400IU	10mcg	50%
Vitamin E (as d-alpha tocopheryl succinate) 200IU	165.3mg	1102%
Thiamin (as thiamine HCl)	50mg	4167%
Riboflavin (and as Riboflavin 5'Phosphate)	7.5mg 5mg	577% 417%
Niacin (as niacinamide)	50mg	313%
Vitamin B6 (as pyridoxine HCl) (as pyridoxal 5'phosphate)	7.5mg 5mg	441% 294%
Folate (as L-5-MTHF) 200mcg	340mcg DFE	85%
Vitamin B12 (as methylcobalamin)	250mcg	10417%
Biotin	200mcg	667%
Pantothenic Acid (as calcium pantothenate)	200mg	4000%
Calcium (89% as dicalcium malate-11% as calcium pantothenate)	150mg	12%
Magnesium (as dimagnesium malate)	100mg	24%
Zinc (as zinc citrate)	7.5mg	68%
Selenium (as selenomethionine)	100mcg	182%
Copper (as copper glycinate)	1mg	111%
Manganese (as manganese citrate)	1.5mg	65%
Chromium (as chromium polynicotinate)	100mcg	286%
Molybdenum (as molybdenum aspartate)	50mcg	111%
Potassium (as potassium chloride)	49.5mg	1%
Boron (as boron citrate)	250mcg	*
Vanadium (as vanadium citrate)	100mcg	*

* Daily Value not established

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