

store sealed in a cool dry place

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

### Recommendations

Take 3 capsules daily, or as directed by your healthcare professional.

### Warning

If pregnant, consult your physician before taking.

**EXCLUDES** COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.  
<sup>†</sup>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](http://vitalnutrients.net)

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



**VITAL**  
NUTRIENTS

## Multi-Nutrients 2

Citrate/Malate Formula  
(with Copper & without Iron)

**DIETARY SUPPLEMENT**  
**180 VEGETARIAN CAPSULES**

## Supplement Facts

Serving Size: 3 vegetarian capsules  
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin A (as Beta Carotene and mixed carotenes)	6mg	667%
Vitamin C (ascorbic acid)	425mg	472%
Vitamin D (as cholecalciferol) 500IU	12.5mcg	63%
Vitamin E (as d-alpha tocopheryl succinate) 200IU	165.3mg	1102%
Thiamin (as thiamine HCL)	20mg	1667%
Riboflavin (and as riboflavin 5' phosphate)	7.5mg	577%
Niacin (as niacinamide)	5mg	417%
	55mg	366%
Vitamin B6 (as pyridoxine HCL)	7.5mg	441%
(as pyridoxal 5' phosphate)	5mg	333%
Folate (as L-5-MTHF) 200mcg	340mcg DFE	85%
Vitamin B12 (as methylcobalamin)	250mcg	10417%
Biotin	200mcg	667%
Pantothenic Acid (as calcium pantothenate)	175mg	3500%
Calcium (as dicalcium malate & pantothenate)	150mg	12%
Iodine (as potassium iodide)	112.5mcg	75%
Magnesium (as dimagnesium malate)	137.5mg	33%
Zinc (as zinc citrate)	7.5mg	68%
Selenium (as selenomethionine)	100mcg	182%
Copper (as copper glycinate)	1mg	111%
Manganese (as manganese citrate)	3mg	130%
Chromium (as chromium polynicotinate)	100mcg	286%
Molybdenum (as molybdenum citrate)	50mcg	111%
Potassium (as potassium citrate)	37.5mg	1%
Boron (as boron citrate)	1.5mg	*
Vanadium (as vanadium citrate)	50mcg	*

\* Daily Value not established

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