

store sealed in a cool dry place

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

Recommendations

Take 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[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

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

Raw materials and finished products are independently tested by U.S. labs.
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manufactured by
VITAL NUTRIENTS

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VITAL NUTRIENTS

Multi-Nutrients 3

Citrate/Malate Formula
(without 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 5mg	577% 417%
Niacin (as niacinamide)	55mg	366%
Vitamin B6 (as pyridoxine HCL) (as pyridoxal 5'phosphate)	7.5mg 5mg	441% 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%
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 (citrate)	1.5mg	*
Vanadium (citrate)	50mcg	*

* Daily Value not established

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

