

# 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 & calcium pantothenate)	150mg	12%
Iron (as iron aspartate)	5mg	28%
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, Magnesium Silicate, and Ascorbyl Palmitate.

REV. 1.21

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)<sup>†</sup>, MILK/DAIRY (CASEIN, WHEY)<sup>†</sup>, SOY PROTEIN<sup>†</sup>, EGG PROTEIN<sup>†</sup>, SUGAR.

<sup>†</sup>VERIFIED BY INDEPENDENT TESTING

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

**WARNING:** Accidental overdose of iron-containing is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center.

manufactured by  
**VITAL NUTRIENTS**  
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MIDDLETOWN, CT 06457 USA



# VITAL NUTRIENTS

## Multi-Nutrients 4

Citrate/Malate Formula  
(with Copper & Iron)

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