

store sealed in a cool dry place

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

Recommendations

Take 2 capsules, daily, 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

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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 5

Ultra Antioxidant Formula
(Boron, Copper, and Iron Free)

DIETARY SUPPLEMENT
120 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 2 vegetarian capsules

Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin A (as 86% beta carotene and mixed carotenoids and 14% vitamin A acetate)	4.9mg	543%
Vitamin C (as ascorbic acid)	125mg	139%
Vitamin D3 (as cholecalciferol) 400IU	10mcg	50%
Vitamin E (as d-alpha tocopheryl succinate) 150IU	124mg	827%
Thiamin (as thiamine HCl)	12.5mg	1042%
Riboflavin	12.5mg	962%
Niacin (as niacinamide)	50mg	313%
Vitamin B6 (as pyridoxine HCl)	12.5mg	735%
(as pyridoxal 5'phosphate)	2.5mg	147%
Folate (as L-5-MTHF) 100mcg	170mcg DFE	43%
Vitamin B12 (as methylcobalamin)	500mcg	20833%
Biotin	150mcg	500%
Pantothenic Acid (as calcium pantothenate)	50mg	1000%
Calcium (as dicalcium malate)	125mg	10%
Iodine (as potassium iodide)	75mcg	50%
Magnesium (as dimagnesium malate)	100mg	24%
Zinc (as zinc citrate)	15mg	136%
Selenium (as selenomethionine)	200mcg	364%
Manganese (as manganese citrate)	2.5mg	109%
Chromium (as chromium polynicotinate)	100mcg	286%
Molybdenum (as molybdenum aspartate)	50mcg	111%
Vanadium (as vanadium citrate)	5mcg	*
Quercetin dihydrate (min. 90% by HPLC)	50mg	*

* Daily Value not established

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

