

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[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

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

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

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETON, CT 06457 USA

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



Multi-Nutrients with Iron & Iodine

DIETARY SUPPLEMENT
180 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 3 vegetarian capsules
Servings Per Container: 60

	Amount Per Serving	% DV
Vitamin A (80% as beta carotene with mixed carotenoids and 20% as vitamin A acetate)	6.75mg	750%
Vitamin C (ascorbic acid)	500mg	556%
Vitamin D (as cholecalciferol) 400IU	10mcg	50%
Vitamin E (as d-alpha tocopheryl succinate) 200IU	165.3 mg	1102%
Thiamin (as thiamine HCl)	50mg	4167%
Riboflavin (and riboflavin 5'phosphate)	7.5mg	577%
	5mg	417%
Niacin (as niacinamide)	50mg	313%
Vitamin B6 (as pyridoxine HCl)	7.5mg	441%
	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)	200mg	4000%
Calcium (as dicalcium malate and calcium pantothenate)	150mg	12%
Iron (as iron aspartate)	9mg	50%
Iodine (as potassium iodide)	75mcg	50%
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, Ascorbyl Palmitate, Leucine, and Silica.