

## Supplement facts

Serving Size: 1 capsule

Servings per bottle: 180

Amount Per Serving		DV
Vitamin A	800mcg	100%
Thiamin (vitamin B1)	1.2mg	100%
Riboflavin (vitamin B2)	1.6mg	100%
Niacin (vitamin B3)	15mg	100%
Pantothenic Acid (vitamin B5)	5mg	100%
Pyridoxine - (vitamin B6)	1.3mg	100%
Biotin (vitamin B7)	30mcg	100%
Folic Acid (vitamin b9)	400mcg	100%
Cyanocobalamin (vitamin B12)	2.4mcg	100%
Ascorbic acid (vitamin C)	90mg	100%
Colecalciferol (vitamin D)	600UI	100%
Vitamin E	15mg	100%
Zinc (from Zinc Acetate)	11mg	100%
Iron	8mg	100%
Iodine (from kelp)	150mcg	100%
Calcium carbonate	192mg	15%

Other ingredients: Gelatine capsule shell, kelp.



  
Everyday Health

# MULTIVITE

ONE A DAY MULTIVITAMIN

DIETARY SUPPLEMENT 180 CAPSULES

### Directions:

Take 1 capsule with a glass of water once per day.

**Vitamin supplements should not be used as a replacement for a balanced diet.**

### Caution:

If you suffer from any health problems or on medications consult a physician before using.

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Batch:

Best Before:



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