

100%
QUALITYSATISFACTION
GUARANTEE

NATURE'S TRUTH®

VITAMINS

MULTI-VITA
SOFTGELSVITAMINS &
MINERALSGLUTEN FREE
NON GMOMULTIVITAMIN
MINERAL
SUPPLEMENT60 RAPID RELEASE
LIQUID SOFTGELS

Supplement Facts

Serving Size: 2 Rapid Release Liquid Softgels
Servings Per Container: 30

Amount Per Serving	%Daily Value
Calories	10
Total Fat	1 g 1%**
Vitamin A (as Beta Carotene)	2,400 mcg 267%
Vitamin C (as Ascorbic Acid)	150 mg 167%
Vitamin D (as D3 Cholecalciferol)	62.5 mcg (2,500 IU) 313%
Vitamin E (as d-Alpha Tocopherol)	13.4 mg 89%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	40 mg 3,333%
Riboflavin (Vitamin B-2)	40 mg 3,077%
Niacin (as Niacinamide)	40 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	40 mg 2,353%
Folate 1,333 mcg DFE (800 mcg Folic Acid)	333%
Vitamin B-12 (as Cyanocobalamin)	600 mcg 25,000%
Biotin (as d-Biotin)	1,100 mcg 3,667%
Pantothenic Acid (as d-Calcium Pantothenate)	40 mg 800%
Choline (as Choline Bitartrate)	10.5 mg 2%

OTHER INGREDIENTS: Soybean Oil, Gelatin, Vegetable Glycerin, Soy
Lecithin, Yellow Beeswax, Titanium Dioxide Color, Caramel Color.
Contains soy ingredients.

NO

Gluten, Wheat, Yeast, Milk, Lactose, Artificial
Flavor, Artificial Sweetener, Preservatives.

NON-GMO

Calcium (as Calcium Carbonate)	50 mg	4%
Iron (as Ferrous Fumarate)	14 mg	78%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	30 mg	7%
Zinc (as Zinc Citrate)	15 mg	136%
Selenium (as Sodium Selenite)	50 mcg	91%
Copper (as Copper Gluconate)	2 mg	222%
Manganese (as Manganese Sulfate)	2 mg	67%
Chromium (as Chromium Picolinate)	200 mcg	571%
Potassium (as Potassium Citrate)	20 mg	<1%
Rose Hips (<i>Rosa davurica</i>) (fruit) (from 20 mg of 4:1 extract)	80 mg	*
Inositol	10.5 mg	*
Lutein (from Marigold Petal Extract)	1.8 mg	*
Lycopene	1.8 mg	*
Coenzyme Q-10	100 mcg	*
Boron (as Boron Gluconate)	50 mcg	*

*Daily Value not established.

**Percent Daily Values are based on a 2,000
calorie diet.Nature's Truth® Multi-Vita Softgel formula is non-
GMO, gluten free, and contains a high potency blend
of essential vitamins and minerals, all in rapid release
liquid softgels.**DIRECTIONS:** For adults, take two (2) rapid
release liquid softgels daily, preferably with
a meal.**WARNING:** Not intended for use by pregnant or nursing women. If you are
taking any medications, planning any medical or surgical procedure or
have any medical condition, consult your doctor before use. Avoid this
product if you are allergic to daisy-like flowers. If any adverse reactions
occur, immediately stop using this product and consult your doctor. If seal
under cap is damaged or missing, do not use. Store in a cool, dry place.**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.†These statements have not been evaluated by
the Food and Drug Administration. This product is
not intended to diagnose, treat, cure or prevent
any disease.Carefully Designed and
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