

Amount Per Serving	% Daily Value	
Molybdenum (from sodium molybdate)	15 mcg	20%□
Potassium (from potassium chloride, chelate**)	10 mg	<1%
Betaine HCl	25 mg	*
Bioflavonoid Complex (from lemon, rutin, hesperidin) ...	100 mg	*
Choline (as choline bitartrate)	47 mg	*
Glutamic Acid HCl	25 mg	*
Inositol	100 mg	*
PABA (as para-aminobenzoic acid)	30 mg	*
Rose Hips	5 mg	*

* Daily Value not established. ** Amino acid chelate.

Other Ingredients: Calcium stearate (vegetable source), cellulose, glycine, protein hydrolysate (milk), silica, stearic acid (vegetable source).

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO sugar, starch, artificial colors, flavors, preservatives, corn, yeast, wheat, grain, gluten or egg products.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

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 center immediately.

Prolonged Release

ULTIMATE ONE®

High Potency Vitamins & Chelated Minerals

One Tablet Per Day Multi

Dietary Supplement

60 TABLETS

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving	% Daily Value	
Vitamin A (56% from beta-carotene 44% from fish liver oil)	18,000 IU	360%
Vitamin C (as niacinamide ascorbate)	250 mg	417%
Vitamin D3 (from fish liver oil)	400 IU	100%
Vitamin E (as d-alpha tocophery succinate)	100 IU	333%
Thiamin (as thiamin HCl)	100 mg	6667%
Riboflavin	100 mg	5882%
Niacin (as niacinamide ascorbate niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (from calcium phosphate, calcium carbonate,□ calcium pantothenate, and calcium chelate)	50 mg	5%
Iron (from ferrous fumarate chelate**)	18 mg	100%
Phosphorus (from calcium phosphate)	30 mg	3%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide, magnesium citrate)	40 mg	10%
Zinc (from zinc gluconate, oxide)	15 mg	100%□
Selenium (from L-selenomethionine chelate**)	50 mcg	71%
Copper (from copper gluconate, cheelate**)	2 mg	100%
Manganese (from manganous carbonate, amino acid chealte) ...	7 mg	350%
Chromium (from chromium picolinate)	25 mcg	21%

KEEP OUT OF REACH OF CHILDREN.

VL 508J

