

SUGGESTED USE: As a dietary supplement, take 1 tablet per day, preferably in the morning before a meal or as directed by a healthcare professional. Tablets can easily be broken into two along the central score, if you prefer a smaller tablet size.

CAUTION: Consult your physician if you are pregnant or nursing, are taking medications, or have any medical conditions. Keep out of the reach of children. Do not use if seal is damaged or missing. Please do not eat the enclosed packet. Store in a cool and dry place. Avoid excessive heat. Tighten cap when not in use.

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.

Manufactured Exclusively for:
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intelligentlabs

Adult

MULTIVITAMIN

With **Active** vitamin **B6, B12**
and **5-MTHF** (Activated Folate)



- 60 Vegetarian Tablets
- 26 Essential Vitamins & Minerals
- No Dairy, Fish, Eggs, Nuts or Soy
- Gluten Free & Non GMO Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

Servings per Container 60

Amount per serving	%Daily Value†	
Vitamin A (Beta Carotene)	1,500 mcg RAE	167%
Vitamin C (Calcium Ascorbate)	250 mg	278%
Vitamin D (Cholecalciferol)	25 mcg	125%
Vitamin E (d-alpha Tocopherol)	15 mg	100%
Vitamin K2 (MK-7)	90 mcg	75%
Thiamin (Vitamin B1)	12 mg	1000%
Riboflavin (Vitamin B2)	13 mg	1000%
Niacin (Niacinamide)	30 mg NE	188%
Vitamin B6 (Pyridoxal-5-Phosphate)	25 mg	1471%
Folate (L-Methyltetrahydrofolate)	667 mcg DFE	167%
Vitamin B12 (Methylcobalamin)	400 mcg	16667%
Biotin	50 mcg	167%
Pantothenic Acid (d-Calcium Pantothenate)	25 mg	500%
Choline (Choline Bitartrate)	50 mg	9%
Calcium (Calcium ascorbate, Dicalcium phosphate, Calcium carbonate))	52 mg	4%

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established

Other Ingredients: Dicalcium phosphate, Stearic acid, Microcrystalline cellulose, Croscarmellose sodium, Hydroxypropyl cellulose, Calcium palmitate, Silicon dioxide, Pharmaceutical glaze.

Iron (Ferrous bisglycinate chelate)	5 mg	28%
Phosphorus (Dicalcium Phosphate)	19 mg	2%
Iodine (Potassium Iodide and Kelp Laminaria japonica)	150 mcg	100%
Magnesium (Magnesium bisglycinate chelate)	25 mg	6%
Zinc (Zinc bisglycinate chelate)	20 mg	182%
Selenium (Selenium glycinate)	25 mcg	45%
Copper (Copper bisglycinate chelate)	9 mcg	1%
Manganese (Manganese glycinate chelate)	25 mcg	1%
Chromium (Chromium picolinate)	50 mcg	143%
Molybdenum (Molybdenum chelate)	100 mcg	222%
Potassium (Potassium glycinate)	10 mg	<1%
L-Glutamine	50 mg	*
L-Lysine	50 mg	*
Taurine	50 mg	*
Sunflower Lecithin	10 mg	*