

Suggested Usage: Take 2 softgels daily with food.

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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details.

Natural color variation may occur in this product.

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CODE 3816 v5

SOFTGEL SIZE



Liquid Multi Gels

Multi Vitamin & Mineral

- Fast Absorption
- With Lutein & Lycopene
- Plus Flax Seed Oil

60 Softgels

A Dietary Supplement



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 2 Softgels Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%*
Vitamin A	3,000 mcg (60% as Beta-Carotene and 40% as Retinyl Palmitate)	333%
Vitamin C (as Ascorbic Acid)	300 mg	333%
Vitamin D (as Cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha Tocopherol)	268 mg	1787%
Thiamin (from Thiamin HCl) (Vitamin B-1)	50 mg	4167%
Riboflavin (Vitamin B-2)	25 mg	1923%
Niacin (as Niacinamide) (Vitamin B-3)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2941%
Folate	1,360 mcg DFE (800 mcg folic acid)	340%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1000%
Calcium (from Calcium Carbonate, Calcium Citrate and Calcium AAC**)	100 mg	8%
Iron (from Ferrous Bisglycinate) (Ferrochel™)	9 mg	50%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Magnesium Citrate)	100 mg	24%
Zinc (from Zinc AAC**)	15 mg	136%
Selenium (from L-Selenomethionine)	70 mcg	127%
Copper (from Copper AAC**)	1 mg	111%
Manganese (from Manganese AAC**)	2 mg	87%

Chromium (from Chromium AAC**)	120 mcg	343%
Molybdenum (from Sodium Molybdate)	25 mcg	56%
Potassium (from Potassium Chloride)	25 mg	< 1%
Organic Flaxseed Oil (<i>Linum usitatissimum</i>)	800 mg	†
Alpha Lipoic Acid	30 mg	†
PABA (Para-Aminobenzoic Acid)	50 mg	†
Inositol	25 mg	†
Boron (from Boron Citrate)	500 mcg	†
Lutein (from Marigold Flowers Extract) (<i>Tagetes erecta</i>)	250 mcg	†
Lycopene (from Tomato Extract)	250 mcg	†
Vanadium (from Vanadyl Sulfate)	25 mcg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Beeswax, Soy Lecithin and Vanilla Extract.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

AAC** = Amino Acid Chelate

Ferrochel™ is a trademark of Albion Laboratories, Inc.

Store in a cool, dry place after opening.

