

SUGGESTED USE:

Take two capsules daily or as directed by a physician.

IMPORTANT: Store in a cool dry place and tightly capped.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

CAUTION: Formulated for adults. For children, consult a physician.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame

*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.



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Manufactured Exclusively by:

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HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

ADVANCED ADULT MULTIVITAMIN & MINERAL

with 5-MTHF

Specially formulated for adults
with a biologically active
form of folic acid†

DIETARY
SUPPLEMENT

180
CAPSULES

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 90

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin A (as Retinol, Beta-Carotene) 5000 IU	1500 mcg RAE	166 %
Vitamin C (as Ascorbic Acid, Magnesium Ascorbate) 350 mg		388 %
Vitamin D3 (as Cholecalciferol) 1000 IU	25 mcg	125 %
Vitamin E (as Alpha-Tocopherol)(Sunflower) 30 IU	20 mg	133 %
Vitamin B1 (as Thiamine Mononitrate)	6 mg	500 %
Vitamin B2 (as Riboflavin)	6 mg	461 %
Vitamin B3 (as Niacinamide)	20 mg NE	125 %
Vitamin B6 (as Pyridoxine HCl)	6 mg	352 %
Folate (as Calcium L-5-Methyltetrahydrofolate) (Folic Acid 400 mcg)	666 mcg DFE	167 %
Vitamin B12 (as Cyanocobalamin)	120 mcg	5000 %
Biotin	100 mcg	333 %
Vitamin B5 (as D-Calcium Pantothenate)	10 mg	200 %
Iron (from Ferrous Bisglycinate Chelate)	5 mg	27 %
Iodine (from Potassium Iodide)	150 mcg	100 %
Magnesium (from Magnesium Oxide, Ascorbate, Bisglycinate Chelate)	200 mg	47 %
Zinc (from Zinc Citrate)	27 mg	245 %
Selenium (from Selenium Glycinate Complex)	70 mcg	127 %
Manganese (from Manganese Citrate)	2 mg	86 %
Chromium (from Chromium Nicotinate Glycinate Chelate)	120 mcg	342 %
Molybdenum (from Molybdenum Glycinate)	75 mcg	166 %
Kirkman® Proprietary Blend: (Coenzyme Q10, Resveratrol)	50 mg	*

*Daily Value not established

Other Ingredients: Vegetarian Capsules (hypromellose and water), Magnesium Stearate (plant-based)