

SUGGESTED USE:

Take three 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 six. 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 and teens twelve and older. For children under twelve, consult a physician.

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

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*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.

Manufactured Exclusively by:

KIRKMAN®

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HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

SUPER NU-THERA® TEEN & ADULT

A comprehensive multivitamin that
promotes calm, relaxation,
and well-being†

DIETARY
SUPPLEMENT

180
CAPSULES

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 60

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin A (as Retinol, Beta-Carotene) 6000 IU	1800 mcg RAE	200%
Vitamin C (as Ascorbic Acid)	540 mg	600%
Vitamin D3 (as Cholecalciferol) 400 IU	10 mcg	50%
Vitamin E (as Alpha-Tocopherol) (Sunflower) 30 IU	20 mg	133%
Vitamin B1 (as Thiamine Mononitrate)	15 mg	1250%
Vitamin B2 (as Riboflavin)	10 mg	769%
Vitamin B3 (as Inositol Nicotinate, Niacinamide)	40 mg NE	250%
Vitamin B6 (as Pyridoxine HCl, Pyridoxal-5-Phosphate)	60 mg	3529%
Folate (as Calcium Folate) (Folic Acid 400 mcg)	666 mcg DFE	167%
Vitamin B12 (as Cyanocobalamin, Methylcobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Vitamin B5 (as D-Calcium Pantothenate)	20 mg	400%
Choline (as Choline Dihydrogen Citrate)	50 mg	9%
Iron (from Ferrous Bisglycinate Chelate)	5.4 mg	30%
Iodine (from Potassium Iodide)	100 mcg	67%
Magnesium (from Bisglycinate, Oxide)	168 mg	40%
Zinc (from Zinc Citrate)	11 mg	100%
Selenium (from Selenium Glycinate Complex)	55 mcg	100%
Manganese (from Manganese Citrate)	2.3 mg	100%
Chromium (from Chromium Nicotinate Glycinate Chelate)	35 mcg	100%
Molybdenum (from Molybdenum Glycinate)	45 mcg	100%
Kirkman® Proprietary Blend: GABA (Gamma-Aminobutyric Acid), L-Theanine, Lithium (from Lithium Citrate)	200 mg	*

*Daily Value not established

Other Ingredients: Vegetarian Capsules (hypromellose and water), Microcrystalline Cellulose, Magnesium Stearate (plant based), Silicon Dioxide