

 Basic Organics

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LOT#:

Vita-Hi

MULTIPLE
VITAMIN/MINERAL

Dietary Supplement

90 TABLETS

SUGGESTED USE: One tablet daily with a meal, as a dietary supplement.

SUPPLEMENT FACTS

Serving Size 1 Tablet

Amount Per Tablet		% Daily Value	
Vitamin A	(as vitamin A acetate)	25,000 IU	500%
Vitamin C	(as ascorbic acid)	250 mg	417%
Vitamin D	(as cholecalciferol)	1,000 IU	250%
Vitamin E	(as d-alpha tocopheryl acetate)	150 IU	500%
Thiamine	(as B-1) (thiamin HCL)	75mg	5,000%
Riboflavin	(as B-2)	75 mg	4,412%
Niacin	(as niacinamide)	75 mg	375%
Vitamin B6	(as pyridoxine HCL)	75 mg	3,750%
Folic Acid		400 mcg	100%
Vitamin B12	(as cyanocobalamin)	75 mcg	1,250%
Pantothenic Acid	(as d-calcium pantothenate)	75 mg	750%
Calcium	(as calcium amino acid chelate)	10 mg	1%
Iron	(as iron amino acid chelate)	1 mg	6%
Iodine	(as kelp)	150 mcg	100%
Magnesium	(as magnesium amino acid chelate)	154 mg	39%
Zinc	(as zinc amino acid chelate)	15 mg	100%
Selenium	(as selenium proteinate)	10 mg	14%
Copper	(as copper amino acid chelate)	25 mcg	1%
Manganese	(as manganese amino acid chelate)	.6 mg	31%
Glutamic Acid		25 mg	-
Choline Bitartrate		75 mg	-
Betaine		25 mg	-
Inositol		75 mg	-
PABA	(as para aminobenzoic acid)	75 mg	-
Rutin		25 mg	-
Citrus Bioflavonoids		25 mg	-
Hesperidin Complex	(as hesperidin complex)	5 mg	-

- Daily Value not established

Other Ingredients: potassium, di-calcium phosphate, tri-calcium phosphate, talc, polyethylene glycol, pharmaceutical glaze

Manufactured for: Basic Organics, Inc. • Columbus, OH 43230

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.

KEEP OUT OF REACH OF CHILDREN.