



120 Tablets

No. 622a

ADVANCED MATURE GOLD WITHOUT IRON

Dietary Supplement

**COMPREHENSIVE MULTI-
VITAMIN FORMULATED
FOR ADULTS 50+***

**MULTI
VITAMINS**

EST
1960

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin A (as Retinyl Acetate and 30% as Beta Carotene)	8500 IU	170%
Vitamin C (as Ascorbic Acid)	125 mg	208%
Vitamin D3 (as Cholecalciferol)	400 IU	100%
Vitamin E Natural (as d-Alpha Tocopheryl Succinate)	133 IU	443%
Thiamine (as Thiamine Mononitrate)	20 mg	1333%
Riboflavin (Vitamin B2)	20 mg	1177%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B6 (as Pyridoxine HCl)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	167 mcg	2783%
Biotin	150 mcg	50%
Pantothenic acid (as Calcium D-Pantothenate)	50 mg	500%
Calcium (as Dicalcium and Tricalcium Phosphate)	200 mg	20%
Phosphorus (as Dicalcium and Tricalcium Phosphate)	120 mg	12%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Sulfate)	15 mg	100%
Selenium (as Selenium Amino Acid Complex)	20 mcg	29%
Copper (as Copper Amino Acid Chelate)	2 mg	100%
Manganese (as Manganese Sulfate)	3 mg	150%
Chromium (as Chromium Nicotinate Glycinate Chelate)	15 mcg	13%
Molybdenum (as Molybdenum Glycinate Chelate)	25 mcg	33%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Choline (as Choline Bitartrate)	50 mg	†
Citrus Bioflavonoid Complex	25 mg	†
Inositol	25 mg	†
Boron (as Boron Citrate and Glycinate)	200 mcg	†

† Daily Value not established

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, sodium starch glycolate, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, titanium dioxide, polyethylene glycol, riboflavin.

Contains Soy.

Directions: As a dietary supplement for adults, take 1 tablet daily or as directed by a healthcare professional.

WARNING: Consult a healthcare professional before taking this product if you are pregnant or nursing.

Store at room temperature. Protect from light. Keep out of reach of children.

* 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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