

SUGGESTED USE: Adults, as a dietary supplement, take ten (10) tablets daily with food. Alternatively, take five (5) tablets with breakfast and five (5) tablets with dinner.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING, PREGNANT, HAVE A BLOOD COAGULATION OR OTHER MEDICAL CONDITION, OR ARE TAKING MEDICATION SUCH AS ANTICOAGULANTS CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Providing quality products since 2001.

10442-v100



DR. MERCOLA[®]

MULTIVITAMIN MINI-TABS

FOR WOMEN

WITH 10 KEY NUTRIENTS

300 Tablets | Dietary Supplement

Supplement Facts

Serving Size: 10 Tablets
Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Retinyl Palmitate)	1,500 mcg (5,000 IU)	167%
Vitamin D (as Cholecalciferol)	125 mcg (5,000 IU)	625%
Vitamin E [as d-Alpha-Tocopheryl Succinate (from Sunflower Oil)]	134 mg	893%
Vitamin B ₆ (as Pyridoxal-5-Phosphate)	2 mg	118%
Folate (5-Methyltetrahydrofolic Acid, Calcium Salt)	1335 mcg DFE	333%
Vitamin B ₁₂ (as Methylcobalamin)	1,000 mcg	41667%
Biotin	2,500 mcg	8333%
Choline (from Choline Bitartrate)	650 mg	118%
Magnesium (from Magnesium Glycinate)	200 mg	48%
Vitamin K ₂ [as Menaquinone-7 (MK-7, from Chickpea)] ^{^^}	180 mcg	*

*Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Glycerol Monostearate, Silicon Dioxide, Ascorbyl Palmitate, Tablet Coating[^] (Tapioca Maltodextrin[^], Sunflower Lecithin[^], Palm Oil[^], Guar Gum[^]), Gum Acacia, Medium Chain Triglycerides, Rosemary (Leaf) Extract, Vitamin E. [^]Organic Ingredients

DISTRIBUTED BY: NHP, 125 SW 3rd Place
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^{^^}MenaQ7[®] is a registered trademark of NattoPharma, Norway.