

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT
PLEASE RECYCLE

Recommendations

1-2 capsules per day, with meals, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST, WHEAT, GLUTEN, MILK/DAIRY, SOY PROTEIN, EGGS, SUGAR, HYDROGENATED OIL, ARTIFICIAL COLORING, ARTIFICIAL FLAVORING OR PRESERVATIVES.

Formulated by
Margaret Beeson, N.D.
and endorsed by the
Montana Association of
Naturopathic Physicians

manufactured for

Montana Association of Naturopathic Physicians
Billings, MT USA

manufactured by

VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE • MIDDLETOWN, CT 06457 USA

Made in the USA


VITAL
NUTRIENTS

Minimal and
Essential

ANTIOXIDANT AND
MULTI-VITAMIN FORMULA

DIETARY SUPPLEMENT
90 CAPSULES

Supplement Facts

serving size: 1 capsule
servings per container: 90

	amount per serving	percent daily value
Vitamin A (acetate)	2,500iu	50%
Betadene (natural beta carotene)	5,000iu	*
Vitamin D3 (cholecalciferol)	400iu	100%
Natural Vitamin E (tocopheryl succinate)	100iu	333%
Vitamin C (100% ascorbic acid)	375mg	625%
Vitamin B1 (thiamine HCl)	25mg	1666%
Vitamin B2 (riboflavin)	25mg	1470%
Vitamin B5 (calcium pantothenate)	25mg	250%
Vitamin B6 (pyridoxine HCl)	25mg	1250%
Vitamin B12 (Methylcobalamin)	200mcg	3333%
No-Flush Niacin (inositol hexaniacinate)	25mg	*
Grape Seed Extract	35mg	*
Folic Acid (pure powder)	400mcg	100%
Biotin (pure powder)	200mcg	66%
Zinc (citrate)	10mg	66%
Manganese (aspartate)	5mg	250%
Copper (glycinate)	1mg	50%
Chromium (polynicotinate)	100mcg	83%
Selenium (selenomethionine)	100mcg	143%

*Daily value not established

Other Ingredients: Gelatin Capsule. May contain Ascorbyl Palmitate and/or Silica.

Independently tested for authenticity, potency, solvent residue, stability and bacteria, yeast and mold counts.