

store sealed in a cool dry place

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



Recommendations

3 to 6 capsules daily in divided doses with food, 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.

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

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA

Made in the USA

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.



Multi-Nutrients

(with Iron and Iodine)

DIETARY SUPPLEMENT
180 CAPSULES

Supplement Facts

serving size: 6 capsules — servings per container: 30

	amt. per serving	% daily value
Vitamin A (acetate)	5,000iu	100%
Natural beta carotene with mixed carotenoids	20,000iu	*
Vitamin D3 (cholecalciferol)	800iu	200%
Natural vitamin E (d-alpha tocopheryl succinate)	400iu	1333%
Ascorbic acid 100% (pure powder)	1000mg	1666%
Thiamine HCl (B-1)	100mg	6666%
Riboflavin (pure powder B-2)	50mg	2940%
Riboflavin 5' phosphate (activated B-2)	10mg	*
Niacinamide	100mg	*
Inositol hexaniacinate (no-flush niacin)	50mg	*
Pyridoxine HCl (B-6)	50mg	2050%
Pyridoxal 5' phosphate (activated B-6)	15mg	*
Calcium pantothenate (B-5)	400mg	3680%
Methylcobalamin (pure B-12)	500mcg	8333%
Folic acid (pure powder)	800mcg	200%
Biotin (pure powder)	400mcg	133%
Calcium (50% citrate/malate-50% carbonate)	400mg	40%
Calcium (pantothenate)	33mg	3.4%
Magnesium (50% citrate - 50% oxide)	300mg	75%
Potassium (chloride)	99mg	*
Zinc (citrate)	25mg	166%
Manganese (aspartate)	5mg	250%
Copper (glycinate)	2mg	100%
Iron (aspartate)	18mg	100%
Iodine (potassium Iodide)	150mcg	100%
Boron (citrate)	500mcg	*
Chromium (polynicotinate)	200mcg	166%
Selenium (selenomethionine)	200mcg	285%
Vanadium (vanadyl sulfate)	200mcg	*
Molybdenum (aspartate)	100mcg	132%

*Daily value not established.

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