

Your Health



Our Planet™

HIGHLAND
LABORATORIES

GLUTEN FREE

Multi G-Free™

with soothing herbs

DIETARY SUPPLEMENT

60 Vegetarian Capsules


Supplement Facts

Serving Size: 2 Vegetarian Capsules

Amount Per Serving	% DV†	Amount Per Serving	% DV†
Vitamin A 2,500 IU 50		Chromium 120 mcg 100	
(from vitamin A palmitate and (50%, 1250 IU)		(from chromium polynicotinate)	
from natural beta carotene)		Molybdenum 75 mcg 100	
Vitamin C (from magnesium ascorbate) 120 mg 200		(from molybdenum amino acid chelate)	
Vitamin D (as ergocalciferol) 400 IU 100		Potassium (from potassium citrate) 20 mg <1	
Vitamin E 60 IU 200			
(natural, from d, alpha tocopheryl succinate)		Rutin (from <i>Dimorphandra mollis</i> seed pods) 25 mg *	
Thiamine (from thiamin HCl) 30 mg 2,000		Betaine HCl 15 mg *	
Riboflavin 30 mg 1,764		Choline (from choline bitartrate) 15 mg *	
Niacinamide 30 mg 150		Hesperidin (from citrus) 15 mg *	
Vitamin B6 (from pyridoxine HCl) 30 mg 1,500		Inositol 15 mg *	
Folic Acid (from leucovorin, calcium) 400 mcg 100		L-Glutamic Acid HCl 15 mg *	
Vitamin B12 (as methylcobalamin) 50 mcg 833		PABA (para-aminobenzoic acid) 15 mg *	
Biotin 1,000 mcg 333		Proprietary Blend 700 mg *	
Pantothenic Acid 30 mg 300			
(from d-calcium pantothenate)		Proprietary Blend Contains: Cranesbill Root (<i>Geranium</i>	
Calcium (from calcium carbonate) 25 mg 2		<i>maculatum</i>), Organic Marshmallow Root (<i>Althaea</i>	
Iodine (from <i>Laminaria digitata</i>) 150 mcg 100		<i>officinalis</i>), Slippery Elm Bark (<i>Ulmus rubra</i>), <i>Boswellia</i>	
Magnesium 53 mg 13		<i>serrata</i> Standardized Extract, Arabinogalactan (from	
(from magnesium ascorbate)		<i>Larix occidentalis</i> resin), <i>Astragalus membranaceus</i>	
Zinc (from zinc citrate) 15 mg 100		Root 4:1 Extract, Bromelain, <i>Lactobacillus acidophilus</i> ,	
Selenium (from L-selenomethionine) 70 mcg 100		<i>Saccharomyces boulardii</i> , and Chlorophyll.	
Copper (from copper gluconate) 1 mg 50			
Manganese (from manganese citrate) 2 mg 100			

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable cellulose (preservative-free, from capsule shell), magnesium trisilicate, magnesium stearate, and silica.

NO corn, soy, salt, yeast, gluten, milk & egg products, sugar, starch, or preservatives.

One capsule twice daily with meals, as a dietary supplement.

Laboratory Tested Gluten-Free Product

MT. ANGEL, OR 97362 U.S.A

PR 1460

