

SUGGESTED USE:

Two capsules daily or as directed by a physician

IMPORTANT:

STORE IN A COOL DRY PLACE AND TIGHTLY
CAPPED.

KEEP OUT OF THE REACH OF CHILDREN.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts,
Peanuts, Wheat or Soy



Manufactured Exclusively by:

KIRKMAN®



Lake Oswego, OR 97035

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HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

EVERYDAY MULTI-VITAMIN

**DIETARY
SUPPLEMENT**

**180
CAPSULES**

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 90

Each Serving Contains	Amount per Serving	% Daily Value
Vitamin A (as Retinyl Acetate) 2500 IU	750 mcg RAE	83 %
Vitamin C (as Ascorbic Acid, Sodium Ascorbate)	60 mg	66 %
Vitamin D-3 (as Cholecalciferol) 200 IU	5 mcg	25 %
Vitamin E (d-alpha tocopherol)(Sunflower) 30 IU	20 mg	133 %
Vitamin B1 (as Thiamine Mononitrate)	3 mg	250 %
Vitamin B2 (as Riboflavin-5-Phosphate)	3.4 mg	261 %
Vitamin B3 (as Niacinamide)	20 mg	125 %
Vitamin B6 (as Pyridoxal-5-Phosphate, Pyridoxine HCL)	4 mg	235 %
Folate (as Folic Acid) 400 mcg	667 mcg DFE	166 %
Vitamin B12 (as Cyanocobalamin)	12 mcg	500 %
Biotin	300 mcg	1000 %
Vitamin B5 (as D-Calcium Pantothenate)	10 mg	200 %
Calcium (from Calcium Carbonate, Citrate, Bisglycinate Chelate)	40 mg	3 %
Magnesium (from Magnesium Oxide, Bisglycinate Chelate, Citrate)	20 mg	5 %
Zinc (from Zinc Citrate)	15 mg	136 %
Selenium (from Selenium Glycinate Complex)	70 mcg	127 %
Manganese (from Manganese Citrate)	1.5 mg	65 %
Kirkman® Proprietary Amino Acid Blend: (L-Glutamine, L-Taurine, Choline Citrate)	94 mg	**

**Daily Value not established

OTHER INGREDIENTS: Vegetarian Capsule
(hypromellose and water), Magnesium Stearate
(plant based), Silicon Dioxide