

HEALTH

PRODUCTS DISTRIBUTORS INC.

MULTI TWO CAPS

Multivitamin & Multimineral

A Dietary Supplement

120 CAPSULES

SUPPLEMENT FACTS

Serving Size: 4 capsules Servings per Container: 30

Amount Per Serving		% Daily Value
Vitamin A (as beta-carotene from Dunaliella salina)	10,000 IU	200
Vitamin C (from calcium, magnesium, and zinc ascorbates)	275 mg	470
Vitamin E (as d-alpha-tocopheryl succinate and mixed tocopherols)	200 IU	670
Vitamin B-1 (20% from thiamin diphosphate and 80% from thiamin HCl)	50 mg	3,330
Vitamin B-2 (30% from riboflavin 5'-phosphate and 70% as riboflavin)	50 mg	2,940
Vitamin B-3 (70% from niacinamide and 30% from niacin)	75 mg	375
Vitamin B-5 (from d-calcium pantothenate)	100 mg	1,000
Vitamin B-6 (20% from pyridoxal 5'-phosphate and 80% from pyridoxine HCl)	100 mg	5,000
Vitamin B-12 (75% as methylcobalamin and 25% from hydroxycobalamin)	400 mcg	6,660
Vitamin D3 (as cholecalciferol)	800 IU	200
Folate (from calcium folinate)	800 mcg	200
Biotin (pure crystalline)	300 mcg	100
Vitamin K-1 (Phytonadione)	500 mcg	625
Magnesium (from ascorbate, citrate, succinate, alpha-ketoglutarate, fumarate and malate)	100 mg	25
Calcium (from ascorbate, citrate, succinate, alpha-ketoglutarate, fumarate and malate)	50 mg	10
Potassium (from citrate)	99 mg	3
Zinc (from picolinate, citrate, and ascorbate)	25 mg	170
Manganese (from citrate)	2 mg	100
Copper (from sebacate and aspartate)	2 mg	100
Chromium (from polymicotinate and arginate)	200 mcg	170
Molybdenum (from citrate)	150 mcg	200
Selenium (from l-selenomethionine)	75 mcg	110
Krebs cycle bionutrients (citrate, succinate, alpha-ketoglutarate, fumarate, and malate)	720 mg	*
Inositol (pure crystalline - dextrose free)	200 mg	*
Choline (from bitartrate)	100 mg	*
Betaine HCl	50 mg	*
Gluconic acid (from Dimorphandra mollis) (seed and pod)	50 mg	*
Aspartic acid (from mineral aspartates)	20 mg	*
Grape extract (from Vitis vinifera) (seed, skin, and stem)	10 mg	*
Boron (from citrate, glycinate, and aspartate)	2 mg	*
Octacosanol	480 mcg	*
Vanadium (from citrate)	100 mcg	*

* Daily Value not established

Other Ingredients: capsule (gelatin), cellulose, cellulose (HPC), silica, and magnesium stearate.

MULTI TWO CAPS Do Not Contain: wheat, rye, oats, corn, barley, gluten, soy, egg, dairy, yeast, sugar, wax, preservatives, colorings, or artificial flavorings.

**KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE**

DIRECTIONS: As a dietary supplement take 4 capsules daily divided among meals, or as directed by a health care professional.

Distributed by:

**Health Products Distributors, Inc.
PO Box 5600, Oracle, AZ 85623**

LOT # & Best Used by Date: