

HEALTH

PRODUCTS DISTRIBUTORS INC.

MULTI TWO TABS

Multivitamin & Multimineral

A Dietary Supplement
180 TABLETS

Supplement Facts

Serving Size: 2 tablets

Amount Per Serving		% Daily Value
Vitamin A (as beta-carotene from <i>Dunaliella salina</i>)	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 (50% as methylcobalamin and 50% from hydroxocobalamin)	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 (as phyloquinone)	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 polynicotinate 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	*
Quercetin (from <i>Dimorphandra mollis</i>) (seed and pod)	50 mg	*
Aspartic acid (from mineral aspartates)	20 mg	*
Grape extract (from <i>Vitis vinifera</i>) (seed, skin, and stem)	10 mg	*
Boron (from citrate, glycinate and aspartate)	2 mg	*
Octacosanol (from spinach extract and policosanol)	500 mcg	*
Vanadium (from citrate)	100 mcg	*

* Daily Value not established

Other Ingredients: cellulose, hydroxypropyl cellulose, vegetable stearates, silica, pharmaceutical glaze (coating), natural vanilla flavor (coating), and magnesium silicate (coating).

DIRECTIONS: As a dietary supplement take 2 tablets daily divided among meals, or as directed by a health care professional.

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

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

Distributed by:
Health Products Distributors, Inc.
PO Box 5600, Oracle, AZ 85623

LOT # & Manufacture Date: