

hank & brian's™

mighty multi-vite!™

Dietary Supplement
120 CAPSULES

SUPPLEMENT FACTS

Serving Size: 4 Capsules

Servings per Container: 30

Amount Per Serving	%Daily Value	
Vitamin A (from mixed (alpha and beta) carotenoids)	7,500 IU	150
Vitamin C (from potassium, magnesium, and calcium ascorbates)	250 mg	420
Vitamin D-3 (as cholecalciferol)	800 IU	200
Vitamin E (as d-alpha tocopheryl succinate)	200 IU	670
Vitamin K (90% as phytonadione (K-1) and 10% as menaquinone-7 (K-2))	200 mcg	250
Vitamin B-1 (40% from thiamin diphosphate and 60% from thiamin HCl)	25 mg	1,670
Vitamin B-2 (40% from riboflavin 5'-phosphate and 60% riboflavin)	25 mg	1,470
Vitamin B-3 (80% from niacinamide and 20% from niacin)	60 mg	300
Vitamin B-6 (40% from pyridoxal 5'-phosphate and 60% from pyridoxine HCl)	40 mg	2,000
Folate (2/3 folic acid from calcium folinate and 1/3 L-5-MTHF from	800 mcg	200
Vitamin B-12 (from hydroxocobalamin)	200 mcg	3,330
Biotin (pure crystalline)	500 mcg	170
Vitamin B-5 (45 mg from calcium pantothenate and 20 mg from pantethine)	65 mg	650
Calcium (from ascorbate, aspartate & Krebs cycle bionutrients)	100 mg	10
Magnesium (from ascorbate and malate)	100 mg	25
Zinc (from citrate and malate)	20 mg	130
Selenium (from l-selenomethionine)	75 mcg	110
Copper (from sebacate and aspartate)	2 mg	100
Manganese (from Krebs Cycle bionutrients)	5 mg	250
Chromium (from polynicotinate)	200 mcg	170
Molybdenum (from citrate and aspartate)	100 mcg	130
Potassium (from ascorbate, aspartate, & Krebs cycle bionutrients)	99 mg	3
Choline (from bitartrate)	250 mg	*
Inositol (pure crystalline)	250 mg	*
N-Acetyl-L-Cysteine (NAC)	75 mg	*
Betaine HCl	50 mg	*
Quercetin (from dihydrate form)	50 mg	*
Turmeric (from <i>Curcuma longa</i>) (root)	50 mg	*
Broccoli Powder	25 mg	*
Stevia Rebaudiana Leaf Extract	20 mg	*
Grape seed extract 95% (<i>Vitis vinifera</i>)	10 mg	*
Lycopene (tomato extract) (fruit)	3 mg	*
Boron (from citrate/aspartate/glycinate)	2 mg	*
Lutein (from marigold- <i>Calendula officinalis</i>) (flower)	1 mg	*
Octacosanol (from spinach extract (10%) and policosanol (90%))	250 mcg	*
Vanadium (from Krebs cycle bionutrients)	100 mcg	*

*Daily Value not established

Other Ingredients: gelatin (capsule), silica, magnesium stearate and natural vanilla flavoring.

MIGHTY MULTI-VITE!™ DOES NOT CONTAIN: wheat, gluten, rye, oats, corn, yeast, eggs, soy, sugar, dairy products, wax, preservatives, coloring, or artificial flavoring.

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

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

Distributed by:
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adventures in health™
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