



DAILY MULTIVITAMIN & MINERALS

**36 Vitamins, Minerals
& Essential Nutrients for
Optimal Mind & Body Health*.**

90 Tablets

Dietary Supplement

NUTRITION

SUPPLEMENT FACTS

Serving Size: 1 Tablet

Servings Per Container: 90

Amount Per Serving	% Daily Value	
Vitamin A (as Vitamin A Acetate & 29% as Beta-Carotene)	3500 IU	70%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	25 mcg	31%
Vitamin B-1 (as Thiamin Mononitrate)	1.5 mg	100%
Vitamin B-2 (Riboflavin)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (As Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	200 mg	20%
Iron (as Ferrous Fumarate)	18 mg	100%

**Directions: Take on tablet daily,
preferably with food.**



Amount Per Serving	% Daily Value	
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73 %
Selenium (as Sodium Selenate)	55 mcg	79%
Copper (as Cupric Sulfate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	2.3 mg	115%
Chromium (as Chromium Picolinate)	35 mcg	29%
Molybdenum (as Sodium Molybdate)	45 mcg	60%
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Boric Acid)	75 mcg	.
Nickel (as Nickelous Sulfate)	5 mcg	.
Silicon (as Silicon Dioxide)	2 mg	.
Tin (as Stannous Chloride)	10 mcg	.
Vanadium (as Sodium Metavanadate)	10 mc	.

* % Daily Values Not Established

Inactive Ingredients: Vegetable Cellulose. Contains <2% of: Croscovidone, FD&C Yellow #6 Lake, Maltodextrin, Titanium Dioxide Color, Vegetable Magnesium Stearate. Contains No Artificial Flavor, Sugar, Milk, Lactose, Gluten, Wheat, Yeast or Fish.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



www.HealthyBodyInc.com

Allergy Information: Manufactured in a facility that processes Milk, Egg, Fish, Tree Nuts, Peanuts, Wheat, Shellfish, Soy.

Made
in
USA



Take 1 Tablet w/Food.

Manufactured for and Distributed by: Healthy Body, L.L.P., #13-17th Avenue South, Nampa, ID. 83651