

Recommended Use: As a dietary supplement, take one capsule daily with your first meal of the day. Athletes and active individuals may take two capsules daily when supplementing a serious training schedule.*

Keep this bottle tightly closed in a cool, dry place away from direct heat, sunlight and moisture.

100% GUARANTEE: If not completely satisfied, return remainder of product and receipt to place of purchase within 30 days for immediate refund or exchange.

WARNING: This product is not for use by anyone under the age of 18. Do not take this if you have or are at risk for any medical condition or disease. Please consult with a physician before using this product, especially if you are using any prescription drug, over-the-counter medication, or supplements. Immediately discontinue use if any side effects occur. California Residents Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Keep out of reach of children. Athletes should consult with their sanctioning authority before use. Do not exceed recommended dose.

*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.

MADE IN THE U.S.A.
FORMULATED & MANUFACTURED BY:



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UNIVERSAL NATURALS

DAILY CAPS

DAILY MULTI-VITAMIN AND
MINERAL SUPPLEMENT

BALANCED NUTRITIONAL FORMULAS.

75 Capsules

Dietary Supplement

UNIVERSAL NUTRITION • NEW BRUNSWICK, NJ USA

Supplement Facts

Serving Size 1 Capsule Servings Per Container 75

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A	5750IU 115%	Calcium	100mg 10%
Vitamin C	75mg 125%	Phosphorus	100mg 10%
Vitamin D	520IU 130%	Iodine	150mcg 100%
Vitamin E	36IU 120%	Magnesium	60mg 15%
Vitamin K	125mcg 156%	Zinc	15mg 100%
Thiamin	2.5mg 167%	Selenium	25mcg 36%
Riboflavin	3mg 176%	Copper	2mg 100%
Niacin	20mg 100%	Manganese	4mg 200%
Vitamin B6	3.2mg 160%	Chromium	50mcg 42%
Folic Acid	400mcg 100%	Molybdenum	25mcg 33%
Vitamin B12	12mcg 200%	Potassium	18mg <1%
Biotin	300mcg 100%	Lecithin (soy)	10mg **
Pantothenic Acid	10mg 100%		

** Daily Value (DV) not established.

Other Ingredients: Dicalcium phosphate, gelatin, magnesium oxide, whey (milk), ascorbic acid, potassium iodide, potassium sulfate, talc, d-alpha tocopheryl succinate, magnesium stearate, niacinamide, zinc oxide, beta carotene, manganese sulfate, d-calcium pantothenate, cholecalciferol, cupric sulfate, pentahydrate, pyridoxine HCl, thiamin mononitrate, folic acid, biotin, phytonadione, chromium chloride, sodium selenite, sodium molybdate, cyanocobalamin, lecithin (soy), riboflavin. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.