

ALLERGEN WARNING: Produced in a facility that processes EGGS, WHEAT and MILK.

DIRECTIONS: Take 2 tablets with a meal such as breakfast every day.

WARNINGS: KEEP OUT OF REACH OF CHILDREN. Check with a qualified healthcare professional before taking this product if you are pregnant, nursing, under 18 years of age, if you have any known or suspected medical condition(s), and/or are taking any prescription or OTC medication(s). Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose call a doctor or poison control center immediately.

This product was produced in a GMP-compliant facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

* 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.



JYM109 • 1803V11

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THE ATHLETE'S PERFECT VITAMIN SUPPLEMENT*

JYM
SUPPLEMENT SCIENCE

VITA JYM

10,000IU
BETA-CAROTENE

500MCG
VITAMIN B12

400IU
VITAMIN E



60 TABLETS

**DIETARY SUPPLEMENT
30 DAY SUPPLY**

SUPPLEMENT FACTS

Serving Size: 2 Tablets

Servings Per Container: 30

Amount Per Serving		% Daily Value	Amount Per Serving		% Daily Value
Vitamin A (as beta-carotene)	10,000IU	200%	Iodine (from potassium iodide)	150mcg	100%
Vitamin C (as ascorbic acid)	250mg	417%	Selenium (as sodium selenate)	200mcg	286%
Vitamin E (as d-alpha-tocopheryl succinate)	400IU	1333%	Copper (as copper gluconate)	3mg	150%
Vitamin K [as menaquinone-7(MK-7) and menaquinone-4 (MK-4)]	120mcg	150%	Manganese (as manganese gluconate)	2.3mg	115%
Thiamin (as thiamin mononitrate)	100mg	6667%	Chromium (as chromium picolinate)	200mcg	167%
Riboflavin	100mg	5882%	Molybdenum (as sodium molybdate)	45mcg	60%
Niacin (niacinamide)	100mg	500%	Potassium (as potassium citrate)	100mg	3%
Vitamin B6 (as pyridoxine HCl)	100mg	5000%	Nickel (as nickel sulfate)	5mcg	*
Folate (as folic acid)	400mcg	100%	Vanadium (as vanadyl chelate)	10mcg	*
Vitamin B12 (as cyanocobalamin)	500mcg	8333%	Silica (as silicon dioxide)	2mg	*
Biotin	300mcg	100%	Boron (as boron chelate)	3mg	*
Pantothenic acid (as D-calcium pantothenate)	100mg	1000%	Black pepper fruit extract (Bioperine®)	5mg	*
Iron (as ferrous fumarate)	18mg	100%	* Daily value not established		

OTHER INGREDIENTS: Dicalcium phosphate, Microcrystalline cellulose, Stearic acid, Croscarmellose sodium, Film coat (hypromellose, polyethylene glycol, hydroxypropyl cellulose) and Magnesium stearate.

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