



All 30 Senior Multivitamins & Minerals

Minerals w/ Lutein and Lycopene 100 Tablets

SKU FDC5923

Adults take one (1) tablet daily, preferably with a meal, as a dietary supplement.

Supplement Facts		
Serving size: 1 Tablet	Serving per container: 100	
Amount per serving		% Daily Value
Vitamin A (as acetate & beta carotene)	3,500 IU	70%
Vitamin C (as calcium ascorbic)	90 mg	150%
Vitamin D (as cholecalciferol)	500 IU	125%
Vitamin E (as dL-alpha tocopheryl acetate)	50 IU	167%
Vitamin K (as phytonadione)	30 mcg	36%
Thiamine (vitamin B-1) (as thiamine mononitrate)	1.5 mg	100%
Riboflavin (vitamin B-2)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B-6 (as pyridoxine HCl)	3 mg	100%
Folate (as folic acid)	500 mcg	125%
Vitamin B-12 (as cyanocobalamin)	25 mcg	417%
Biotin	30 mcg	10%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as dicalcium phosphate and calcium carbonate)	220 mg	22%
Phosphorus (as dicalcium phosphate)	110 mg	11%
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 copper oxide)	0.9 mg	45%
Manganese (as manganese sulfate)	2.3 mg	115%
Chromium (as chromium picolinate)	45 mcg	38%
Molybdenum (as sodium molybdate)	45 mcg	60%
Chloride (as potassium chloride)	72 mg	2%
Potassium (as potassium chloride)	80 mg	2%
Silica (as silicon dioxide)	2 mg	*
Lycopene	300 mcg	*
Lutein	250 mcg	*
Boron (as boron amino acid chelate)	150 mcg	*
Vanadium (as sodium metavanadate)	10 mcg	*
Nickel (as nickel sulfate)	5 mcg	*
* Daily Value not established		

Warnings:

If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.