

CAPSULE SIZE



CODE 3869C  
V7

Do Not Eat Freshness Packet. Keep in Bottle.  
Store in a cool, dry place after opening. Please Recycle.

Natural color variation may occur in this product.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

control center immediately.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison

**SUGGESTED USAGE:** Take 4 capsules daily in 1 or 2 divided doses with food.



# Special Two

**MULTI VITAMIN**

with Green Superfoods  
& Herbal Extracts  
**240 Veg Capsules**

A Dietary Supplement  
Vegetarian/Vegan



## Supplement Facts

Serving Size 4 Veg Capsules Servings Per Container 60

|                                                         | Amount Per Serving | % Daily Value |
|---------------------------------------------------------|--------------------|---------------|
| Vitamin A (100% as Beta-Carotene)                       | 10,000 IU          | 200%          |
| Vitamin C (from Calcium Ascorbate and as Ascorbic Acid) | 500 mg             | 833%          |
| Vitamin D (as Ergocalciferol)                           | 400 IU             | 100%          |
| Vitamin E (as d-alpha Tocopheryl Succinate)             | 200 IU             | 667%          |
| Thiamin (Vitamin B-1) (from Thiamin HCl)                | 50 mg              | 3333%         |
| Riboflavin (Vitamin B-2)                                | 50 mg              | 2941%         |
| Niacin (Vitamin B-3) (as Niacinamide)                   | 50 mg              | 250%          |
| Vitamin B-6 (from Pyridoxine HCl)                       | 50 mg              | 2500%         |
| Folate (as Folic Acid)                                  | 400 mcg            | 100%          |
| Vitamin B-12 (as Cyanocobalamin)                        | 100 mcg            | 1667%         |
| Biotin                                                  | 100 mcg            | 33%           |
| Pantothenic Acid (from Calcium Pantothenate)            | 50 mg              | 500%          |
| Calcium (from Calcium Carbonate and Calcium Ascorbate)  | 100 mg             | 10%           |
| Iron (from Ferrochel® Ferrous Bisglycinate) (TRAACS®)   | 10 mg              | 56%           |
| Iodine (from Potassium Iodide)                          | 150 mcg            | 100%          |
| Magnesium (from Magnesium Oxide)                        | 50 mg              | 13%           |
| Zinc (from Zinc Picolinate)                             | 15 mg              | 100%          |
| Selenium (from L-Selenomethionine)                      | 50 mcg             | 71%           |
| Copper (from Copper Bisglycinate) (TRAACS®)             | 1 mg               | 50%           |
| Manganese (from Manganese Bisglycinate) (TRAACS®)       | 5 mg               | 250%          |
| Chromium (from Chromium Picolinate)                     | 100 mcg            | 83%           |
| Molybdenum (from Sodium Molybdate)                      | 50 mcg             | 67%           |
| Potassium (from Potassium Chloride)                     | 50 mg              | 1%            |

|                                                          |            |   |
|----------------------------------------------------------|------------|---|
| Choline (from Choline Bitartrate)                        | 50 mg      | † |
| Inositol                                                 | 50 mg      | † |
| PABA                                                     | 30 mg      | † |
| Organic Spirulina                                        | 400 mg     | † |
| Chlorella (Broken Cell Wall)                             | 50 mg      | † |
| Alfalfa Juice Concentrate                                | 50 mg      | † |
| Alpha Lipoic Acid                                        | 50 mg      | † |
| Green Tea Extract (Leaf)                                 | 50 mg      | † |
| Milk Thistle Extract (Seed) (Standardized for Silymarin) | 50 mg      | † |
| Rutin Powder (Sophora japonica) (Flower Bud)             | 25 mg      | † |
| Chlorophyll                                              | 9 mg       | † |
| Alfalfa (Leaf)                                           | 4 mg       | † |
| Rose Hip Powder (Fruit)                                  | 4 mg       | † |
| Lutein (from Marigold Extract) (FloraGLO®)               | 250 mcg    | † |
| Lycopene (from Natural Tomato Extract)                   | 250 mcg    | † |
| Octacosanol (Wheat-Free)                                 | 100 mcg    | † |
| Amylase                                                  | 50 SKB     | † |
| Lipase                                                   | 800 LU     | † |
| Bromelain (from Pineapple)                               | 48 GDU     | † |
| Papain (from Papaya)                                     | 50,000 USP | † |

† Daily Value not established.

Other ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source), Cellulose Powder, Stearic Acid (vegetable source) and Silica.

Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

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