

Supplement Facts

Serving size: 1 tablet

Servings per container: 200

Amount per Serving	%Daily Value	Amount per Serving	%Daily Value
Vitamin A 5000 I.U.	100	Magnesium 100 mg.	25
(as Acetate and Beta Carotene)		(as Magnesium Oxide)	
Vitamin C 60 mg.	100	Zinc (as Zinc Oxide) 15 mg.	100
(as Ascorbic Acid)		Selenium 20 mcg.	29
Vitamin D 400 I.U.	100	(as Sodium Selenate)	
Vitamin E 30 mg.	30 I.U. 100	Copper 2 mg.	100
(as d-Alpha Tocopheryl Acetate)		(as Cupric Oxide)	
Vitamin K 25 mcg.	31	Manganese 2.5 mg.	125
(as Phytinadione)		(as Manganese Sulfate)	
Vitamin B1 1.5 mg.	100	Chromium 25 mcg.	21
(as Thiamine Mononitrate)		(as Chromium Chloride)	
Vitamin B2 (Riboflavin) 1.7 mg.	100	Molybdenum 25 mcg.	33
Niacinamide 20 mg.	100	(as Sodium Molybdate)	
Vitamin B6 2 mg.	100	Chloride 36.3 mg.	1
(as Pyridoxine HCL)		(as Potassium Chloride)	
Folate (as Folic Acid) 400 mcg.	100	Potassium 40 mg.	1
Vitamin B12 6 mcg.	100	(as Potassium Chloride)	
(as Cyanocobalamin)		Boron (as Borates) 150 mcg.	*
Biotin 30 mcg.	10	Nickel 5 mcg.	*
Pantothenic Acid 10 mg.	100	(as Nickelous Sulfate)	
(as d-Calcium Pantothenate)		Silicon 2 mg.	*
Calcium 162 mg.	16	(as Sodium Metasilicate Oxide)	
(Calcium Phosphate Dibasic)		Tin 10 mcg.	*
Iron 18 mg.	100	(as Stannous Chloride)	
(as Ferrous Fumarate)		Vanadium 10 mcg.	*
Phosphorus 109 mg.	11	(as Sodium Metavanadate)	
(as Dibasic Calcium Phosphate)			
Iodine 150 mcg.	100		
(as Potassium Iodide)			

*Daily Value not established.



Complete Vitamin Complex

*Compare to the Active Ingredients in **Centrum**®

With **Beta Carotene**

And All the Vitamins and Minerals Necessary to Balance Your Diet, Including the **Antioxidants**

FAMILY ECONOMY

DIRECTIONS: Adults, take one (1) tablet daily preferably with meals. THIS PRODUCT CONTAINS IRON, WHICH MAY BE HARMFUL IN LARGE DOSES.

IN CASE OF ACCIDENTAL OVERDOSE, SEEK PROFESSIONAL ASSISTANCE OR CONTACT A POISON CONTROL CENTER IMMEDIATELY.

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, gelatin, stearic acid, mannitol, hydroxypropyl methylcellulose, magnesium stearate, titanium dioxide, starch and yellow #6 lake.

*CENTRUM™ is a registered trademark of Lederle Consumer Health Division, American Cyanamid Company NY, U.S.A.

KEEP OUT OF THE REACH OF CHILDREN.



Made in U.S.A.

Distributed by: AMERICAN NATURAVIT INC., Miami, FL 33166, U.S.A.

DIETARY SUPPLEMENT

200 TABLETS