

10 Essential Nutrients Plus Iron

This easy-to-take liquid multivitamin contains iron for healthy red blood cell formation.

Shake well before using. Store in a cool place and do not refrigerate.

Gluten free. No artificial colors, flavors, or preservatives added.

Bottle has printed seal under cap for your protection.

NG355C



DIRECTIONS: Take 1 teaspoon daily.

Supplement Facts

Serving Size: 1 Teaspoon (5 mL)
Servings Per Container: 47

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	4 g	1%*
Vitamin A (as vitamin A palmitate)	5,000 IU	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-a-tocopheryl acetate)	15 IU	50%
Thiamin (as thiamine hydrochloride)	2.1 mg	140%
Riboflavin (as riboflavin sodium phosphate)	1.8 mg	110%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2 mg	100%
Vitamin B ₁₂ (as cyanocobalamin)	9 mcg	150%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-panthenol)	5 mg	50%
Iron (as ferric ammonium citrate)	18 mg	100%

*Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: SORBITOL, NATURAL FLAVOR, GLYCERIN, PURIFIED WATER, SESAME OIL, SOY LECITHIN, GUM GHATTI, CITRIC ACID.

Distributed by Shaklee Corporation
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Item #20070