



VITAWORTM X

A Low Allergenicity
Dietary Supplement



**Douglas
Laboratories[®]**

180 Capsules

Supplement Facts

Serving Size 3 capsules
Servings Per Container 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (33% as Vitamin A Palmitate/ 67% [5000 IU] as Beta-Carotene)	7500 IU 150%	Copper (from Copper Amino Acid Chelate)	1 mg 50%
Vitamin C (Buffered)	375 mg 625%	Manganese (from Manganese Amino Acid Chelate)	7.5 mg 375%
Vitamin D-3 (as Cholecalciferol)	75 IU 19%	Chromium GTF (from Chromium Polynicotinate)	75 mcg 63%
Vitamin E (as d-alpha Tocopheryl)	100 IU 333%	Molybdenum (from Molybdenum Krebs†)	12.5 mcg 17%
Vitamin K (as Phytonadione)	250 mcg 313%	Potassium (from Potassium Amino Acid Complex)	35 mg <1%
Thiamine (as Thiamine HCl)	25 mg 1667%	PABA (Para-Aminobenzoic Acid)	12.5 mg *
Riboflavin	12.5 mg 735%	Choline (from 50 mg Choline Bitartrate)	23.5 mg *
Niacin/Niacinamide	75 mg 375%	Inositol	50 mg *
Vitamin B-6 (as Pyridoxine HCl/ Pyridoxal-5-Phosphate Complex)	37.5 mg 1875%	Citrus Bioflavonoids	75 mg *
Folic Acid	200 mcg 50%	Rutin	7.5 mg *
Vitamin B-12	50 mcg 833%	Hesperidin	7.5 mg *
Biotin	100 mcg 33%	Boron	0.5 mg *
Pantothenic Acid (as Calcium Pantothenate)	100 mg 1000%	Vanadium (from Vanadium Krebs†)	12.5 mcg *
Calcium (from Calcium Ascorbate/Aspartate/Citrate Complex)	167.5 mg 17%	Silica	150 mcg *
Iodine (from Kelp)	75 mcg 50%	Bromelain (from lower pineapple stems)	500 mcu *
Magnesium (from Magnesium Aspartate)	167.5 mg 42%		
Zinc (from Zinc Amino Acid Chelate and Zinc Picolinate)	12.5 mg 83%		
Selenium (from Selenium Krebs†)	75 mcg 107%		

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Other ingredients: Gelatin (capsule) and vegetable stearate.

Manufactured in the USA by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 2 to 3 capsules twice daily with meals or as directed by your healthcare professional.

WARNING: This product contains Vitamin K, which interferes with the prescription drugs Coumadin and Warfarin. Do not take this product if taking either of these drugs.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #9419

