

Amount Per Serving	% Daily Value	
Manganese (from manganous carbonate, chelate)...	7 mg	350%
Chromium (from chromium picolinate)	25 mcg	20%
Molybdenum (from sodium molybdate)	15 mcg	20%
Potassium (from potassium chloride, chelate)	10 mg	**
Inositol	50 mg	*
Lemon bioflavonoid complex	25 mg	*
Choline (as choline bitartrate)	25 mg	*
Betaine HCl	25 mg	*
Glutamic Acid HCl	18 mg	*
Hesperidin	25 mg	*
Rutin	25 mg	*

* Daily Value not established.

** Contains less than 2% of the Daily Value of this nutrient.

Other Ingredients: Stearic acid (vegetable source), cellulose, magnesium stearate (vegetable source), silica, glycerin.

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

Prolonged Release
Iron Free
ULTIMATE ONE®

One Tablet Per Day Multi

Dietary Supplement
30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as niacinamide ascorbate)....	250 mg	420%
Vitamin D3 (as cholecalciferol).....	800 IU	150%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	330%
Thiamin (as thiamin HCl).....	100 mg	8870%
Riboflavin.....	100 mg	5880%
Niacin (as niacinamide ascorbate)	100 mg	500%
Vitamin B6 (as pyridoxine HCl).....	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin).....	100 mcg	1870%
Biotin	85 mcg	28%
Pantothenic Acid (as calcium pantothenate) ..	100 mg	1000%
Calcium (from dibasic calcium phosphate, carbonate, pantothenate, chelate).....	58 mg	8%
Phosphorus (from dibasic calcium phosphate)	30 mg	3%
Iodine (from potassium iodide).....	225 mcg	150%
Magnesium (from magnesium oxide, citrate)...	40 mg	10%
Zinc (from zinc gluconate, oxide)	15 mg	100%
Selenium (from L-selenomethionine)	50 mcg	70%
Copper (from copper gluconate, chelate)....	2 mg	100%

KEEP OUT OF REACH OF CHILDREN.

VL 543-30K



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