

Amount Per Serving	% Daily Value
Betaine (as betaine HCl)	20 mg *
Bioflavonoid Complex (from lemon)	30 mg *
Boron (amino acid chelate)	200 mcg *
Choline (as choline bitartrate)	50 mg *
Enzymes (from papain, bromelain)	20 mg *
Inositol	50 mg *
Vanadium (amino acid chelate)	2 mcg *

* Daily Value not established.

Other Ingredients: Vegetarian capsule (cellulose), magnesium stearate (vegetarian source), silica, rice bran.

SUGGESTED USE: Take two capsules daily with food.

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

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

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

IRON FREE MULTI CAPS

**with 100% Natural Carotenoids
and Plant Enzymes**

Dietary Supplement
90 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	5,000 IU 100%
Vitamin C (as ascorbic acid)	125 mg 208%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU 333%
Thiamin (from thiamin mononitrate)	50 mg 3333%
Riboflavin	50 mg 2941%
Niacin (as niacinamide)	50 mg 250%
Vitamin B6 (as pyridoxine HCl)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	50 mcg 833%
Biotin	200 mcg 66%
Pantothenic Acid (as d-calcium pantothenate)	50 mg 500%
Calcium (from calcium carbonate)	150 mg 15%
Iodine (from potassium iodide and kelp)	100 mcg 67%
Magnesium (from magnesium citrate)	75 mg 19%
Zinc (from OptiZinc®)	15 mg 100%
Selenium (from L-selenomethionine)	50 mcg 71%
Copper (from copper gluconate)	2 mg 100%
Manganese (from manganese carbonate)	2 mg 100%
Chromium (from ChromaMate® polynicotinate)	50 mcg 42%
Molybdenum (as molybdate)	10 mcg 13%
Potassium (from potassium citrate)	15 mg <1%

KEEP OUT OF REACH OF CHILDREN.

VL 501-90K

