

| Amount Per Serving                             | % Daily Value |
|------------------------------------------------|---------------|
| Boron (amino acid chelate) .....               | 200 mcg *     |
| Choline (as choline bitartrate) .....          | 50 mg *       |
| Enzymes (from papain, lipase, bromelain) ..... | 30 mg *       |
| Inositol .....                                 | 50 mg *       |
| PABA (as para-aminobenzoic acid) .....         | 50 mg *       |
| Vanadium (amino acid chelate) .....            | 2 mcg *       |

**Typical Analysis of Mixed Carotenoids (from *D. salina*):**

|                      |           |
|----------------------|-----------|
| Alpha-carotene ..... | 100 mcg * |
| Cryptoxanthin .....  | 24 mcg *  |
| Lutein .....         | 15 mcg *  |
| Zeaxanthin .....     | 20 mcg *  |

\* Daily Value not established.

Other Ingredients: Capsule (gelatin), 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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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 CAPSULES



## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

| Amount Per Serving                                                                 | % Daily Value  |
|------------------------------------------------------------------------------------|----------------|
| Vitamin A (50% from natural beta-carotene:<br>D. salina, 50% from palmitate) ..... | 10,000 IU 200% |
| 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 ChromeMate® polynicotinate) .....                                   | 50 mcg 42%     |
| Molybdenum (as molybdate) .....                                                    | 10 mcg 13%     |
| Potassium (from potassium citrate) .....                                           | 15 mg <1%      |
| Betaine (as betaine HCl) .....                                                     | 20 mg *        |
| Bioflavonoid Complex (from lemon) .....                                            | 30 mg *        |

KEEP OUT OF REACH OF CHILDREN.

501-90J

