

| 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
MAXIMUM ONE

High Potency Vitamins &
Chelated Minerals

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) | 600 IU | 150% |
| Vitamin E (as d-alpha tocopheryl succinate) | 100 IU | 330% |
| Thiamin (as thiamin HCl) | 100 mg | 6670% |
| Riboflavin | 100 mg | 5980% |
| 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 | 1670% |
| Biotin | 85 mcg | 28% |
| Pantothenic Acid (as calcium pantothenate) .. | 100 mg | 1000% |
| Calcium (from dibasic calcium phosphate, carbonate, pantothenate, chelate) | 58 mg | 6% |
| 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. VCL 543-30K



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