

Amount Per Serving	% Daily Value	
Rutin	25 mg	**
Choline (as choline bitartrate)	25 mg	**
Inositol	25 mg	**
Betaine HCl	25 mg	**
Glutamic Acid HCl	20 mg	**
Lemon bioflavonoid complex	8 mg	**
Chlorophyll	2 mg	**
Boron (from boron citrate, aspartate, glycinate)	250 mcg	**
Vanadium	15 mcg	**

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

** Daily Value not established.

Other Ingredients: Vegetarian capsule (cellulose), magnesium stearate (vegetable source), silica.

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.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

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

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

MULTI CAPS

Easy-To-Swallow Multi
Promotes Optimal Health[†]

Dietary Supplement
60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate)	250 mg	420%
Vitamin D3 (as cholecalciferol)	600 IU	150%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	330%
Thiamin (as thiamin mononitrate)	50 mg	3335%
Riboflavin	50 mg	2940%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1670%
Biotin	100 mcg	35%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Calcium (calcium ascorbate, carbonate, di-calcium phosphate, d-calcium pantothenate)61 mg	6%
Iron (from ferrous fumarate)	18 mg	100%
Magnesium (from magnesium oxide)	25 mg	5%
Zinc (from zinc citrate)	30 mg	200%
Selenium (from selenomethionine)	25 mcg	35%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganous gluconate)	2 mg	100%
Chromium (from chromium chloride)	25 mcg	20%
Molybdenum (from sodium molybdate)	45 mcg	60%
Potassium (from potassium citrate)	10 mg	*

KEEP OUT OF REACH OF CHILDREN.

VCL 520-60N



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