

Recommended Adult Dose: Take one tablet daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. **Risk Information:** If you are pregnant or breastfeeding; or if you have hypokalemia, high blood pressure, a kidney or cardiovascular disorder, or a history of systemic lupus erythematosus, do not use. If you are taking thiazide diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance, do not use. **Guaranteed** to contain no added wheat, yeast, gluten, soy, artificial coloring or flavoring or dairy products. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

V2.0 501

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BARCODE LOCATION
883196 11380



Multi Glyco

VITAMIN-MINERAL SUPPLEMENT

60 Tablets

Supplement Facts			
Serving Size 1 Tablet			
Servings per Container 60			
Each Tablet Contains		%DV	
Vitamin A (100% beta-carotene)	5000 IU	100%	
Vitamin C (ascorbic acid)	200 mg	333%	
Thiamin (thiamin mononitrate)	35 mg	2333%	
Riboflavin	35 mg	2059%	
Niacin (niacinamide)	335 mg	1675%	
Vitamin B ₆ (pyridoxine hydrochloride)	35 mg	1750%	
Vitamin B ₁₂ (cyanocobalamin)	20 mcg	333%	
Biotin	100 mcg	33%	
Pantothenic Acid (calcium d-pantothenate)	100 mg	1000%	
Iodine (from kelp)	90 mcg	60%	
Zinc (zinc aspartate)	15 mg	100%	
Each Tablet Contains		%DV	
Selenium (selenomethionine)	50 mcg	71%	
Manganese (manganese citrate)	8 mg	400%	
Chromium (chromium nicotinate)	200 mcg	167%	
Bovine (<i>Bos taurus</i>) Adrenal	50 mg	*	
Porcine (<i>Sus scrofa</i>) Pancreas	50 mg	*	
Bovine (<i>Bos taurus</i>) Liver	50 mg	*	
Alfalfa (<i>Medicago sativa</i>) Leaf/Stem	50 mg	*	
Eleuthero (<i>Eleutherococcus senticosus</i>) Root	10 mg	*	
Licorice (<i>Glycyrrhiza glabra</i>) Root	10 mg	*	
* Daily Value (DV) not established			

Other ingredients: Cellulose, croscarmellose sodium, magnesium stearate, silica, hypromellose, glycerin