



Recommended adult intake: Two capsules taken daily with a meal, a few hours before or after taking other medications, or as professionally directed.

Risk information: If you are pregnant or breastfeeding; or if you have a history of non-melanoma skin cancer, consult your healthcare practitioner prior to use.

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.

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.

BARCODE LOCATION
883196 20431

V1.1

Code VM14-120

MULTIVITAMIN & MINERAL (ADULT FORMULA) vitamin-mineral supplement

Pack size: 120 vegetable capsules

Supplement Facts

Serving Size 2 capsules, Servings 60, Amount per serving: Vitamin A (vitamin A acetate / 74% beta-carotene) 11 325 IU (227% DV), Vitamin C (magnesium / manganese ascorbates) 300 mg (500% DV), Vitamin D (cholecalciferol) 400 IU (100% DV), Vitamin E (*d*-alpha tocopheryl acetate) 100 IU (333% DV), Vitamin K₁ (phyloquinone) 100 µg (125% DV), Vitamin B₁ (thiamin hydrochloride) 25 mg (1667% DV), Vitamin B₂ (riboflavin) 25 mg (1471% DV), Niacin (nicotinamide) 50 mg (250% DV), Vitamin B₆ (pyridoxine hydrochloride) 25 mg (1250% DV), Folic acid 400 µg (100% DV), Vitamin B₁₂ (hydroxocobalamin) 1000 µg (16 667% DV), Biotin 200 µg (67% DV), Pantothenic acid (calcium *d*-pantothenate) 100 mg (1000% DV), Calcium (dibasic calcium phosphate dihydrate / calcium citrate) 75 mg (8% DV), Iron (iron malate) 15 mg (83% DV), Phosphorus (dibasic calcium phosphate dihydrate) 40 mg (4% DV), Iodine (potassium iodide) 200 µg (133% DV), Magnesium (magnesium ascorbate / oxide) 40 mg (10% DV), Zinc (zinc citrate) 15 mg (100% DV), Selenium (L-selenomethionine) 200 µg (286% DV), Copper (copper gluconate) 1 mg (50% DV), Manganese (manganese ascorbate) 5 mg (250% DV), Chromium (chromium polynicotinate) 200 µg (167% DV), Molybdenum (potassium molybdate) 150 µg (200% DV), Potassium (potassium citrate) 25 mg (<1% DV), Choline bitartrate 75 mg (†), Inositol 10 mg (†), PABA 10 mg (†), Boron (HVP* chelate) 1 mg (†), Vanadium (vanadyl sulfate) 50 µg (†), Silicon (silicon dioxide / sodium metasilicate) 5 mg (†), Nickel (nickel sulfate) 25 µg (†). † % Daily Value (DV) not established, * Hydrolyzed vegetable (rice) protein.

Other ingredients: Hypromellose, vegetable magnesium stearate

Made in the UK for Seroyal USA, Pittsburgh, PA 15275, 1-888-737-6925