

1,000 IU
Vitamin D-3



• only one • Liquid-Gel Multi™



one-per-day WITH IRON

Daily Essential Vitamins & Minerals, with:
**Omega-3 Oils • Antioxidants
Green Super Foods**

60 DAY SUPPLY

60 LIQUID SOFT-GELS
DIETARY SUPPLEMENT

Directions (Adult): Take one (1) Liquid Soft-Gel daily with a meal.

Supplement Facts

Serving Size: 1 Liquid Soft-Gel
Servings per Container: 60

	Amount per Serving	% Daily Value
Vitamin A (as Beta Carotene)	5000 IU	100%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin D (as Vitamin D3)	1000 IU	250%
Vitamin E (as d-Alpha Tocopherol)	30 IU	100%
Thiamin (as Thiamine Hydrochloride)	20 mg	1333%
Riboflavin	20 mg	1176%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	20 mg	1000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Methylcobalamin)	50 mcg	833%
Biotin	500 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	20 mg	200%
Iron (as Iron Amino Acid Chelate)	18 mg	100%
Magnesium (as Magnesium Oxide)	10 mg	2%

	Amount per Serving	% Daily Value
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as L-Selenomethionine)	70 mcg	100%
Copper (as Copper Citrate)	2 mg	100%
Manganese (as Manganese Citrate)	2 mg	100%
Chromium (as Chromium Picolinate)	120 mcg	100%
Molybdenum (as Molybdenum Citrate)	75 mcg	100%
Fish Oil (30% Omega-3 fatty acids)	500 mg	†
Green Super Food Blend Alfalfa powder (leaf), Broccoli powder (aerial), Chlorella powder, Kale (Brassica sp.) powder (leaf), Spirulina powder	25 mg	†
BioPerine Complex BioPerine® Black Pepper extract (95% piperine)(fruit), Ginger extract (5% gingerols)(rhizome)	6 mg	†

†Daily Value not established

Other Ingredients: Gelatin, purified water, glycerin, soy lecithin, beeswax, caramel color and titanium dioxide. **Contains: Fish (anchovy, sardine), Soy**

® BioPERINE™ is a registered trademark of Sabinsa Corporation. **No preservatives added.**

DISTRIBUTED, FORMULATED AND QUALITY TESTED BY: Irwin Naturals® • 5310 Beethoven Street • Los Angeles, CA 90066
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one-per-day WITH IRON

Only One Liquid-Gel Multi™ provides comprehensive nutritional support in "only one" Liquid Soft-Gel per day." This high potency Multi is packed with vitamins, minerals and trace nutrients to help you meet or exceed your daily nutritional requirements."

Essential Vitamins & Minerals: This broad spectrum formula conveniently supplies 100% of the recommended daily allowances for most vitamins and minerals, including 1,000 IU of Vitamin D3.

With Iron: This one-per-day Multi is designed specifically for individuals who require iron supplementation on a daily basis, including most pre-menopausal women. It supplies a highly absorbable form of iron AND it includes high levels of Vitamin C (which enhances iron absorption) and excludes calcium (which strongly inhibits iron absorption). Iron is an essential part of red blood cells and helps to transport oxygen throughout the body."

Omega-3: Fish oil is the foundation of our Liquid Soft-Gel delivery system and a source of Omega-3 essential fatty acids.

Green Super Foods: For added benefit, we've included a blend of nutrient-dense super foods to enhance the nutritional value of the formula overall."

BioPerine Complex: All Irwin Naturals® products are infused with a patented and clinically-researched Black Pepper extract that has been shown to increase the absorption of many nutrients.

Usage Warnings: Do not use if safety seal is broken. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you may become pregnant, are pregnant or nursing. Do not exceed recommended daily intake. Not intended for use by persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

WARNING: (State of California Prop 65) This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

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 & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.