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and trust
the Difference...™

The True Nature of Our Standards
go way beyond the herb...™

WARNING: Keep Out of Reach of Children. Do not use if safety seal is damaged or missing. Do not use if you are pregnant or nursing. If you are taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

Store in a cool, dry place.

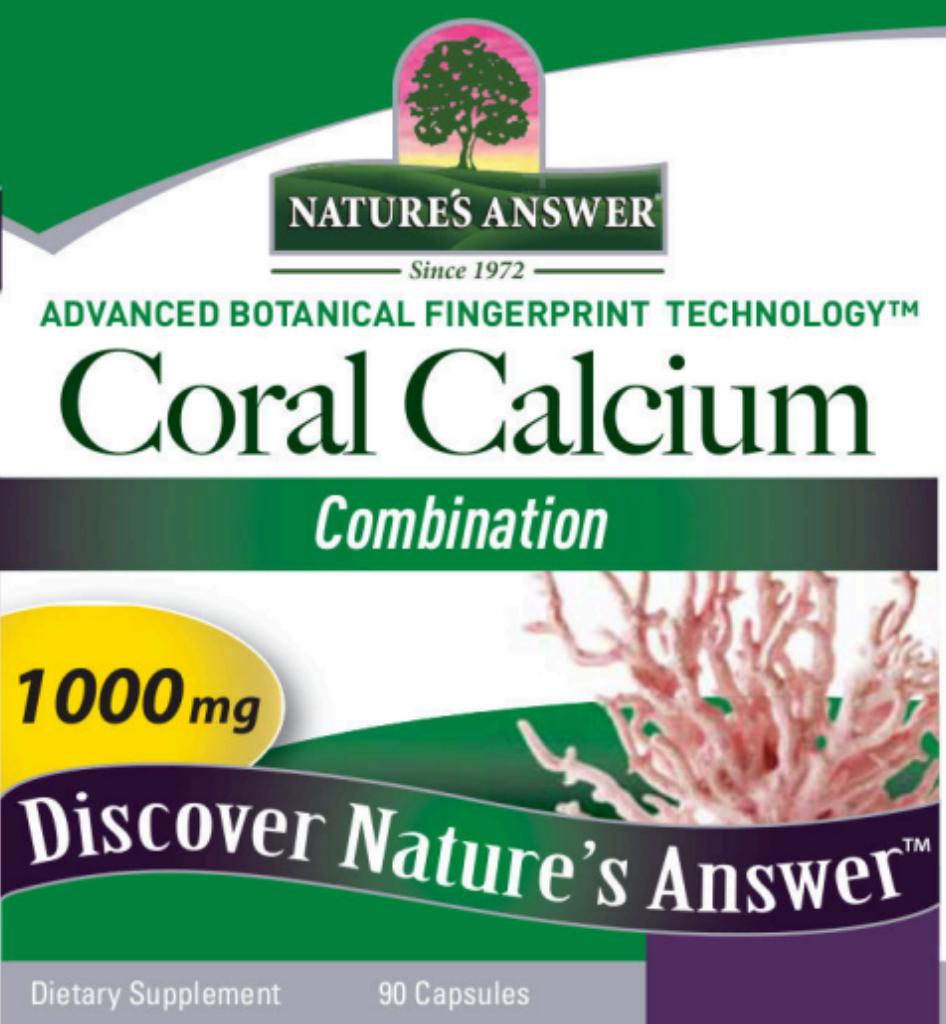
*Aquamin® is a registered trademark of Marigot Ltd.



For product information call,
(800) 439-2324.

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Hauppauge, NY 11788-3943
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Supplement Facts

Serving size: 3 Capsules
Servings per container: 30

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene)	2917 IU	58%
Vitamin C (as ascorbic acid)	70 mg	117%
Vitamin D (as cholecalciferol)	816 IU	204%
Vitamin E (as d-alpha-tocopherol succinate)	35 IU	117%
Vitamin B1 (as thiamine HCl)	1 mg	67%
Vitamin B-2 (as riboflavin powder)	1 mg	59%
Vitamin B-3 (as niacinamide)	10 mg	50%
Vitamin B-6 (as pyridoxine hydrochloride)	1 mg	50%
Folic Acid	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	3 mcg	50%
Vitamin B-5 (as d-calcium pantothenate)	1 mg	10%
Calcium (as coral calcium, Aquamin®)	345 mg	35%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as coral calcium, citrate & oxide)	215 mg	54%
Zinc (as amino acid chelate)	16 mg	107%
Selenium (as selenomethionine)	30 mcg	43%
Copper (amino acid chelate)	2 mg	100%
Manganese (amino acid chelate)	1 mg	50%
Chromium (amino acid chelate)	85 mcg	71%
Coral Calcium	1000 mg	†
Cesium	3 mg	†
Strontium (from coral calcium)	2.8 mg	†
Boron (as aspartate)	78 mcg	†

†Daily Value Not Established.

Other Ingredients: Gelatin, Microcrystalline Cellulose, Calcium Silicate, Silica, Titanium Dioxide.

Suggested Use: As a dietary supplement, take three (3) capsules daily, preferably 1 capsule to be taken 3 times per day, with food.