

Amount Per Serving	% Daily Value
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Betaine (as betaine HCl)	20 mg	*
Bioflavonoid Complex (from lemon)	30 mg	*
Boron (amino acid chelate)	200 mcg	*
Choline (as choline bitartrate)	50 mg	*
Enzymes (from papain, lipase, bromelain)	30 mg	*
Inositol	50 mg	*
PABA (as para-aminobenzoic acid)	50 mg	*
Vanadium (amino acid chelate)	2 mcg	*

Typical Analysis of Mixed Carotenoids (from <i>D. salina</i>):		
Alpha-carotene	100 mcg	*
Cryptoxanthin	24 mcg	*
Lutein	15 mcg	*
Zeaxanthin	20 mcg	*

* Daily Value not established.

Other Ingredients: Capsule (gelatin), magnesium stearate (vegetarian 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.

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

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IRON FREE MULTI CAPS

With 100% Natural Carotenoids
and Plant Enzymes

Dietary Supplement
90 CAPSULES



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

Amount Per Serving	% Daily Value
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Vitamin A (50% from natural beta-carotene: <i>D. salina</i> , 50% from palmitate)			10,000 IU	200%
Vitamin C (as ascorbic acid)	125 mg	208%		
Vitamin D3 (as cholecalciferol)	400 IU	100%		
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%		
Thiamin (as thiamin HCl)	50 mg	3333%		
Riboflavin	50 mg	2941%		
Niacin (as niacinamide)	50 mg	250%		
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%		
Folic Acid	400 mcg	100%		
Vitamin B12 (as cyanocobalamin)	50 mcg	833%		
Biotin	200 mcg	66%		
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%		
Calcium (from calcium carbonate)	150 mg	15%		
Iodine (from kelp)	100 mcg	67%		
Magnesium (from magnesium citrate)	75 mg	19%		
Zinc (from OptiZinc®)	15 mg	100%		
Selenium (from L-selenomethionine)	50 mcg	71%		
Copper (from copper gluconate)	2 mg	100%		
Manganese (from manganous carbonate)	2 mg	100%		
Chromium (from ChromeMate® polynicotinate)	50 mcg	42%		
Molybdenum (as molybdate)	10 mcg	13%		
Potassium (from potassium citrate)	15 mg	<1%		

KEEP OUT OF REACH OF CHILDREN.

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