

Amount Per Serving	% Daily Value	
Manganese (from manganous carbonate, chelate**)	7 mg	350%
Chromium (from chromium picolinate)	25 mcg	20%
Molybdenum (from sodium molybdate)	15 mcg	20%
Potassium (from potassium chloride, chelate**)	10 mg	†
Inositol	100 mg	•
Lemon bioflavonoid complex	50 mg	•
Choline (as choline bitartrate)	47 mg	•
Betaine HCl	25 mg	•
Glutamic Acid HCl	25 mg	•
Hesperidin	25 mg	•
Rutin	25 mg	•
Rose Hips	5 mg	•

* Daily Value not established. **Amino acid chelate.
† Contains less than 2% of the Daily Value of this nutrient.

Other Ingredients: Stearic acid (vegetable source), cellulose, magnesium stearate (vegetable source), silica, dibasic calcium phosphate, glycine amino acetic acid and glycerin.

SUGGESTED USE: Take one tablet daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish, or fish.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY
To report a serious adverse event, call 1-888-710-0006

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 center immediately.

Prolonged Release

MAXIMUM ONE

High Potency Vitamins &
Chelated Minerals

One Tablet Per Day Multi
Dietary Supplement

30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin A (44% as palmitate, 56% as beta-carotene)	18,000 IU	360%
Vitamin C (as ascorbic acid)	250 mg	420%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	330%
Thiamin (as thiamin HCl)	100 mg	6670%
Riboflavin	100 mg	5550%
Niacin (as niacinamide ascorbate, niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1670%
Biotin	100 mcg	30%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Calcium (from dibasic calcium phosphate, carbonate, pantothenate, chelate**)	58 mg	6%
Iron (from ferrous fumarate, chelate**)	18 mg	100%
Phosphorus (from dibasic calcium phosphate)	30 mg	20%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide, citrate)	40 mg	10%
Zinc (from zinc gluconate, oxide)	15 mg	100%
Selenium (from L-selenomethionine)	50 mcg	70%
Copper (from copper gluconate, chelate**)	2 mg	100%

KEEP OUT OF REACH OF CHILDREN.

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