

Amount Per Serving	% Daily Value	
Copper (from copper gluconate, chelate ^{**})	1 mg	50%
Manganese (from manganese carbonate, amino acid chelate)	6 mg	300%
Chromium (from chromium picolinate)	50 mcg	42%
Molybdenum (from sodium molybdate)	15 mcg	20%
Potassium (from amino acid complex)	10 mg	<1%
Betaine HCl	25 mg	*
Bioflavonoid Complex (from lemon, rutin, hesperidin)	55 mg	*
Choline (as choline bitartrate)	35 mg	*
L-Glutamic Acid	25 mg	*
Inositol	75 mg	*
PABA (as para-aminobenzoic acid)	75 mg	*
Rose Hips	2 mg	*

* Daily Value not established. **Amino acid chelate.

Other Ingredients: Stearic acid (vegetable source), silica, modified cellulose gum, calcium stearate (vegetable source), dibasic calcium phosphate, cellulose, triacetin and aspartic acid.

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.

VEGETARIAN MULTI

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 (50% as beta-carotene, 44% as palmitate)	18,000 IU	360%
Vitamin C (as niacinamide ascorbate, calcium ascorbate)	250 mg	417%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	100 IU	333%
Thiamin (as thiamin mononitrate)	75 mg	5000%
Riboflavin	75 mg	4412%
Niacin (as niacinamide ascorbate)	75 mg	375%
Vitamin B6 (as pyridoxine HCl)	75 mg	3750%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	75 mcg	1250%
Biotin	75 mcg	25%
Pantothenic Acid (as d-calcium pantothenate)	75 mg	750%
Calcium (from calcium carbonate, pantothenate, ascorbate, chelate ^{**})	60 mg	6%
Iron (from amino acid chelate)	10 mg	50%
Iodine (from potassium iodide, kelp)	150 mcg	100%
Magnesium (from magnesium oxide, magnesium malate, amino acid chelate)	7 mg	2%
Zinc (from zinc oxide, chelate ^{**})	15 mg	100%
Selenium (from L-selenomethionine, chelate ^{**})	100 mcg	143%

KEEP OUT OF REACH OF CHILDREN.

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