

Amount Per Serving	% Daily Value	
Manganese (from manganous carbonate)	7 mg	350%
Chromium (from chromium picolinate)	25 mcg	20%
Molybdenum (from sodium molybdate)	15 mcg	20%
Potassium (from potassium chloride)	10 mg	**
Inositol.....	100 mg	*
Lemon bioflavonoid complex (from hesperidin, rutin and lemon)	58 mg	*
Choline (as choline bitartrate).....	47 mg	*
Betaine HCl	25 mg	*
Glutamic Acid HCl	25 mg	*
Rose Hips.....	5 mg	*

* Daily Value not established.

** Contains less than 2% of the Daily Value of this nutrient.

Other Ingredients: Modified cellulose, dibasic calcium phosphate, stearic acid (vegetable source), glycine, silica, calcium stearate (vegetable source) 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

Prolonged Release
Iron Free
MAXIMUM ONE

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 ascorbate 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)	81 mg	5400%
Riboflavin	100 mg	5880%
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	35%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Calcium (from dibasic calcium phosphate, pantothenate)	60 mg	6%
Phosphorus (from dibasic calcium phosphate) ..	40 mg	25%
Iodine (from potassium iodide)	225 mcg	150%
Magnesium (from magnesium oxide)	40 mg	10%
Zinc (from zinc oxide, gluconate)	15 mg	100%
Selenium (from selenium dioxide, L-selenomethionine).....	50 mcg	70%
Copper (from copper gluconate)	2 mg	100%

KEEP OUT OF REACH OF CHILDREN.

543-30H



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