

**Suggested Usage:** Take 2 softgels daily with food.

**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 control center immediately.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition.

**Do Not Eat Freshness Packet.** Keep in Bottle.

Natural color variation may occur in this product.



# Liquid Multi Gels

**Multi Vitamin & Mineral**

- Fast Absorption
- With Lutein & Lycopene
- Plus Flax Seed Oil

**60 Softgels**

A Dietary Supplement

## Vitamins

Family owned since 1968.

### Supplement Facts

Serving Size 2 Softgels    Servings Per Container 30

|                                                                     | Amount Per Serving | % Daily Value |
|---------------------------------------------------------------------|--------------------|---------------|
| Calories                                                            | 10                 |               |
| Calories from Fat                                                   | 10                 |               |
| Total Fat                                                           | 1 g                | 2%*           |
| Vitamin A (60% as Beta-Carotene and 40% as Retinyl Palmitate)       | 10,000 IU          | 200%          |
| Vitamin C (as Ascorbic Acid)                                        | 300 mg             | 500%          |
| Vitamin D (as Cholecalciferol)                                      | 400 IU             | 100%          |
| Vitamin E (as d-alpha Tocopherol)                                   | 400 IU             | 1333%         |
| Thiamin (from Thiamin HCl) (Vitamin B-1)                            | 50 mg              | 3333%         |
| Riboflavin (Vitamin B-2)                                            | 25 mg              | 1471%         |
| Niacin (as Niacinamide) (Vitamin B-3)                               | 50 mg              | 250%          |
| Vitamin B-6 (from Pyridoxine HCl)                                   | 50 mg              | 2500%         |
| Folic Acid                                                          | 800 mcg            | 200%          |
| Vitamin B-12 (as Cyanocobalamin)                                    | 100 mcg            | 1667%         |
| Biotin                                                              | 300 mcg            | 100%          |
| Pantothenic Acid (from Calcium Pantothenate)                        | 50 mg              | 500%          |
| Calcium (from Calcium Carbonate, Calcium Citrate and Calcium AAC**) | 100 mg             | 10%           |
| Iron (from Ferrochel® Bisglycinate AAC**)                           | 9 mg               | 50%           |
| Iodine (from Potassium Iodide)                                      | 150 mcg            | 100%          |
| Magnesium (from Magnesium Oxide and Magnesium Citrate)              | 100 mg             | 25%           |
| Zinc (from Amino Acid Chelate)                                      | 15 mg              | 100%          |
| Selenium (from L-Selenomethionine)                                  | 70 mcg             | 100%          |
| Copper (from Amino Acid Chelate)                                    | 1 mg               | 50%           |
| Manganese (from Amino Acid Chelate)                                 | 2 mg               | 100%          |

|                                            |         |      |
|--------------------------------------------|---------|------|
| Chromium (from Amino Acid Chelate)         | 120 mcg | 100% |
| Molybdenum (from Sodium Molybdate)         | 25 mcg  | 33%  |
| Potassium (from Potassium Chloride)        | 25 mg   | 1%   |
| Organic Flaxseed Oil (Linum usitatissimum) | 800 mg  | †    |
| Alpha Lipoic Acid                          | 30 mg   | †    |
| PABA (Para-Aminobenzoic Acid)              | 50 mg   | †    |
| Inositol                                   | 25 mg   | †    |
| Boron (from Boron Citrate)                 | 500 mcg | †    |
| Lutein (from Marigold Extract)             | 250 mcg | †    |
| Lycopene (from Natural Tomato Extract)     | 250 mcg | †    |
| Vanadium (from Vanadyl Sulfate)            | 25 mcg  | †    |

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water, carob), Beeswax, Soy Lecithin and Natural Vanilla Extract.

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    nowfoods.com

Not manufactured with wheat, gluten, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

AAC\*\* = Amino Acid Chelate

Iron Ferrochel® is a registered trademark of Albion Labs.

Store in a cool, dry place after opening.

Please Recycle.



SOFTGEL SIZE

CODE 3816 V4