

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

* Daily Value not established.

OTHER INGREDIENTS: VEGETARIAN CAPSULE (CELLULOSE), MAGNESIUM STEARATE (VEGETARIAN SOURCE), SILICA, RICE BRAN.

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.

OptiZinc® and ChromeMate® are registered trademarks of Interhealth, N.I.

**We Guarantee Our Supplements
for Potency and Purity**

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

† THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

IRON FREE MULTI CAPS

with 100% Natural Carotenoids
and Plant Enzymes

Dietary Supplement



90 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45

Amount Per Serving	% Daily Value	
Vitamin A (as beta-carotene).....	5,000 IU	100%
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 (from thiamin mononitrate).....	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	67%
Pantothenic Acid (as d-calcium pantothenate).....	50 mg	500%
Calcium (from calcium carbonate)	150 mg	15%
Iodine (from potassium iodide and 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.

VVL 501-90K

