

Amount Per Serving	% Daily Value
Manganese (from manganous carbonate, chelate**) . 7 mg	350%
Chromium (from chromium picolinate)25 mcg	21%
Molybdenum (from sodium molybdate)15 mcg	20%
Inositol.....50 mg	*
Lemon Bioflavonoid Complex25 mg	*
Choline (as choline bitartrate)25 mg	*
Betaine HCl25 mg	*
Hesperidin25 mg	*
Rutin25 mg	*
Glutamic Acid HCl18 mg	*

*Daily Value not established.

OTHER INGREDIENTS: STEARIC ACID (VEGETABLE SOURCE), CELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA, POTASSIUM CHLORIDE, POTASSIUM AMINO ACID CHELATE, 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.

**Amino acid chelate.

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

ULTIMATE 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 (as beta-carotene) 5,000 IU	100%
Vitamin C (as niacinamide ascorbate) 250 mg	417%
Vitamin D3 (as cholecalciferol) 600 IU	150%
Vitamin E (as d-alpha tocopheryl succinate) . 100 IU	333%
Thiamin (as thiamin HCl) 100 mg	6667%
Riboflavin 100 mg	5882%
Niacin (as niacinamide ascorbate) 100 mg	500%
Vitamin B6 (as pyridoxine HCl) 100 mg	5000%
Folic Acid 400 mcg	100%
Vitamin B12 (as cyanocobalamin) 100 mcg	1667%
Biotin 85 mcg	28%
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	3%
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	71%
Copper (from copper gluconate, chelate**) 2 mg	100%

KEEP OUT OF REACH OF CHILDREN.

VVL 508-30S



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