

Amount Per Serving	% Daily Value
Rutin (buds).....	25 mg *
Choline (as choline bitartrate).....	25 mg *
Inositol.....	25 mg *
Betaine HCl.....	25 mg *
Glutamic Acid HCl.....	20 mg *
Lemon Bioflavonoid Complex.....	8 mg *
Chlorophyll.....	2 mg *
Boron (from boron citrate, aspartate, glycinate) ...	250 mcg *
Vanadium (from vanadyl sulfate).....	15 mcg *

* Daily Value not established.

OTHER INGREDIENTS: VEGETARIAN CAPSULE (CELLULOSE), MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA, POTASSIUM CITRATE.

SUGGESTED USE: Take two capsules daily with food.

We Guarantee Our Supplements for Potency and Purity

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.

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.

Easy-to-Swallow Multi
**ULTIMATE
 CAPSULE®**

Promotes Optimal Health†

Dietary Supplement



60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 2 Capsules
 Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene).....	5,000 IU 100%
Vitamin C (as calcium ascorbate).....	250 mg 417%
Vitamin D3 (as cholecalciferol).....	600 IU 150%
Vitamin E (as d-alpha tocopheryl succinate).....	100 IU 333%
Thiamin (as 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).....	100 mcg 1667%
Biotin.....	100 mcg 33%
Pantothenic Acid (as d-calcium pantothenate).....	50 mg 500%
Calcium (calcium ascorbate, carbonate, di-calcium phosphate, d-calcium pantothenate).....	61 mg 6%
Iron (from ferrous fumarate).....	18 mg 100%
Magnesium (from magnesium oxide).....	25 mg 6%
Zinc (from zinc citrate).....	30 mg 200%
Selenium (from L-selenomethionine).....	25 mcg 36%
Copper (from copper gluconate).....	2 mg 100%
Manganese (from manganese gluconate).....	2 mg 100%
Chromium (from chromium chloride).....	25 mcg 21%
Molybdenum (from sodium molybdate).....	45 mcg 60%

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

KEEP OUT OF REACH OF CHILDREN. VVL 520-60N



7