

Suggested Usage: Take 2 tablets 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. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle. Natural color variation may occur in this product. Store in a cool, dry place after opening. Please Recycle.



Special Two

Multi Vitamin

With Green Superfoods
& Herbal Extracts

180 Tablets

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts		
Serving Size 2 Tablets Servings Per Container 90		
	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%
Vitamin C (from Calcium Ascorbate and as Ascorbic Acid)	500 mg	833%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
Calcium (from Calcium Carbonate and Calcium Ascorbate)	100 mg	10%
Iron (from Ferrochel® Iron Bisglycinate) (TRAACS®)	10 mg	56%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide)	50 mg	13%
Zinc (from Zinc Picolinate)	15 mg	100%
Selenium (from L-Selenomethionine)	50 mcg	71%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	5 mg	250%
Chromium (from Chromium Picolinate)	100 mcg	83%
Molybdenum (from Sodium Molybdate)	50 mcg	67%
Potassium (from Potassium Chloride)	50 mg	1%

Choline (from Choline Bitartrate)	50 mg	†
Inositol	50 mg	†
PABA (Para-Aminobenzoic Acid)	30 mg	†
Organic Spirulina	400 mg	†
Chlorella (Broken Cell Wall)	50 mg	†
Alfalfa Juice Concentrate (Aerial Parts)	50 mg	†
Alpha Lipoic Acid	50 mg	†
Green Tea Extract (Leaf)	50 mg	†
Milk Thistle Extract (Fruit/Seeds) (Standardized for Silymarin)	50 mg	†
Rutin Powder (Sophora japonica) (Flower Bud)	25 mg	†
Alfalfa (Leaf/Stem)	4 mg	†
Organic Rose Hip Powder (Fruit)	4 mg	†
Lutein (from Marigold Flowers Extract) (FloraGLO®)	250 mcg	†
Lycopene (from Natural Tomato Extract)	250 mcg	†
Amylase (50 SKB)	10 mg	†
Lipase (800 LU)	10 mg	†
Bromelain (from Pineapple) (48 GDU)	20 mg	†
Papain (from Papaya) (50,000 USP)	25 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Croscarmellose Sodium, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source), Silica, Vegetarian Coating and Sodium Copper Chlorophyllin (Chlorophyll).

Vitamin E from non-GMO soy.
NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA nowfoods.com

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

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TABLET SIZE

CODE 3864D V11

