

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 4 Veg Capsules Servings Per Container 60

	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 (<i>Sophora japonica</i>) (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 (capsule), Magnesium Stearate (vegetable source), Cellulose Powder, Stearic Acid (vegetable source) and Silica.

Vitamin E from non-GMO soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, 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.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.; Ferrochel® is a registered trademark of Albion Laboratories, Inc.; FloraGLO® is a registered trademark of Kemlin Industries, Inc.



Special Two

Multi Vitamin

With Green Superfoods
& Herbal Extracts

240 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Suggested Usage: Take 4 capsules daily in 1 or 2 divided doses 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. Natural color variation may occur in this product. Do Not Eat Freshness Packets. Keep in Bottle.

CAPSULE SIZE

CODE 3869D V10



Please Recycle.

Store in a cool, dry place after opening.