

Suggested Usage: Take 1 tablet daily with a meal.

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.

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CODE 3770E V11

TABLET SIZE



Daily Vits™

Multi Vitamin & Mineral

- One Tablet Daily
- With Lutein & Lycopene

100 Tablets

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	3,500 IU	70%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Thiamin (Vitamin B-1) (from Thiamin HCl)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (Vitamin B-3) (as Niacinamide)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin)	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid (Vitamin B-5) (from Calcium Pantothenate)	10 mg	100%
Calcium [from Calcium Carbonate (Aquamin® TG Seaweed Derived Minerals)]	150 mg	15%
Iron (from Ferrochel® Iron Bisglycinate) (TRAACS®)	9 mg	50%
Iodine (from Potassium Iodide)	150 mcg	100%
Magnesium (from Magnesium Oxide and Aquamin® TG Seaweed Derived Minerals)	75 mg	19%
Zinc (from Zinc Bisglycinate) (TRAACS®)	15 mg	100%
Selenium (from L-Selenomethionine)	35 mcg	50%
Copper (from Copper Bisglycinate) (TRAACS®)	1 mg	50%
Manganese (from Manganese Bisglycinate) (TRAACS®)	2 mg	100%

	Amount Per Serving	% Daily Value
Chromium (from Chromium Picolinate)	60 mcg	50%
Molybdenum (from Sodium Molybdate)	35 mcg	47%
Potassium (from Potassium Chloride)	40 mg	1%
Lutein (from Marigold Flowers Extract) (FloraGLO®)	100 mcg	†
Lycopene (from Natural Tomato Extract)	100 mcg	†

† Daily Value not established.

Other ingredients: Cellulose, Croscarmellose Sodium, Stearic Acid (vegetable source), Silica and Vegetarian Coating.

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.

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.; Aquamin® is a registered trademark of Marigot Limited.; FloraGLO® is a registered trademark of Kemira Industries, Inc.

Do Not Eat Freshness Packet. Keep in Bottle.
Natural color variation may occur in this product.