



Supplement Facts

Serving Size 2 capsules
Servings Per Container 60

Amount per serving	%DV
Vitamin A (as vitamin A acetate / 74% beta-carotene) 11 325 IU	227%
Vitamin C (as magnesium / manganese ascorbates) 300 mg	500%
Vitamin D (as cholecalciferol) 400 IU	100%
Vitamin E (as <i>d</i> -alpha tocopheryl acetate) 100 IU	333%
Vitamin K ₁ (as phylloquinone) 100 mcg	125%
Thiamin (as thiamin hydrochloride) (B ₁) 25 mg	1667%
Riboflavin (B ₂) 25 mg	1471%
Niacin (as nicotinamide) 50 mg	250%
Vitamin B ₆ (as pyridoxine hydrochloride) 25 mg	1250%
Folic acid 400 mcg	100%
Vitamin B ₁₂ (as hydroxocobalamin) 1000 mcg	16 667%
Biotin 200 mcg	67%
Pantothenic acid (as calcium <i>d</i> -pantothenate) 100 mg	1000%
Calcium (as dibasic calcium phosphate dihydrate / calcium citrate) 75 mg	8%
Iron (as iron malate) 15 mg	83%
Phosphorus (as dibasic calcium phosphate dihydrate) 40 mg	4%

Amount per serving	%DV
Iodine (as potassium iodide) 200 mcg	133%
Magnesium (as magnesium ascorbate / oxide) 40 mg	10%
Zinc (as zinc citrate) 15 mg	100%
Selenium (as L-selenomethionine) 200 mcg	286%
Copper (as copper gluconate) 1 mg	50%
Manganese (as manganese ascorbate) 5 mg	250%
Chromium (as chromium polynicotinate) 200 mcg	167%
Molybdenum (as potassium molybdate) 150 mcg	200%
Potassium (as potassium citrate/iodide/molybdate) 25 mg	<1%
Choline bitartrate 75 mg	†
Inositol 10 mg	†
PABA (para-aminobenzoic acid) 10 mg	†
Boron (as HVP ♦ chelate) 1 mg	†
Vanadium (as vanadyl sulfate) 50 mcg	†
Silicon (as silicon dioxide / sodium metasilicate) 5 mg	†
Nickel (as nickel sulfate) 25 mcg	†

† % Daily Value (DV) not established
♦ Hydrolyzed vegetable (rice) protein

Other ingredients: Hypromellose (capsule), vegetable magnesium stearate

Made in the UK for Seroyal USA, Pittsburgh, PA 15275, 1-888-737-6925

MULTIVITAMIN & MINERAL (ADULT FORMULA)

vitamin-mineral supplement

Recommended adult intake: Two capsules taken daily with a meal, a few hours before or after taking medications, or as professionally directed.

Risk information: Consult your healthcare practitioner prior to use if you are pregnant, breastfeeding, taking any medication such as blood thinners, have a history of non-melanoma skin cancer, or any health condition.

Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

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.

Code VM14-120

V2.0

BARCODE LOCATION
883196 20431

120 vegetable capsules