

Directions: Take 1 tablet daily, with food as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

Protect from heat, light and moisture.
Store in a cool, dry place.

MADE IN THE U.S.A.

† 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.



NO SUGAR, SALT, STARCH, YEAST, WHEAT, MILK,
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

FOODS PLUS.

Since 1962

High Potency Multi vitamin & mineral

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

compare to centrum®*

promotes overall health†

60
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate & 20% as beta-carotene)	8,500 IU	70%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl succinate)	90 IU	100%
Vitamin K (as phytonadione)	25 mcg	31%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	5 mcg	100%
Biotin	90 mcg	10%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate & dicalcium phosphate)	200 mg	20%
Iron (as ferrous fumarate) ‡	18 mg	100%
Phosphorus (as dicalcium phosphate)	20 mg	2%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	11 mg	73%
Selenium (as sodium selenate)	55 mcg	79%
Copper (as cupric oxide)	0.5 mg	25%
Manganese (as manganese sulfate)	2.3 mg	115%
Chromium (as chromium chloride)	95 mcg	29%
Molybdenum (as sodium molybdate)	45 mcg	80%
Chloride (as potassium chloride)	72 mg	2%
Potassium (as potassium chloride)	80 mg	2%
Vanadium (as sodium metavanadate)	10 mcg	*
Boron (as boron chelate)	75 mcg	*

*Daily value not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica and pharmaceutical glaze.

Distributed by: Foods Plus® 10 Henderson Drive, West Caldwell, New Jersey 07006