

Contains No Added sugar, salt, dairy, wheat, yeast, corn, preservatives, artificial colors or flavors. Suggested Use: As a dietary supplement, adults take one (1) tablet daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

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.

Contains Soy.

#### QUALITY AND POTENCY GUARANTEED.

These statements have not been evaluated by the FDA. Product is not intended to diagnose, treat, cure, or prevent any diseases.



Formulated for:  
Vitabase.com  
Monroe, GA 30656

# vitabase

## Vita-Super

Formulated to Provide  
Essential Vitamins and Minerals



DIETARY SUPPLEMENT  
50 TABLETS

### Supplement Facts

Serving Size: 1 Tablet	Amount	%DV	Amount	%DV
Vitamin A (as palmitate)	10,000 iu	200%	Selenium (as selenate)	10 mcg 14%
Vitamin C (as ascorbic acid)	150 mg	250%	Copper†	35 mg 18%
Vitamin D (as cholecalciferol)	400 iu	100%	Manganese†	0.7 mg 35%
Vitamin E (as d-alpha)	25 iu	83%	Chromium (as A.A. chelate)	10 mcg 8%
Vitamin B-1	25 mg	1,667%	Potassium†	1.7 mg <1%
Vitamin B-2 (as riboflavin)	25 mg	1,471%	Inositol	25 mg *
Niacin (as niacinamide)	100 mg	500%	Choline (as bitartrate)	25 mg *
Vitamin B-6	25 mg	1,250%	Rutin	25 mg *
Folic Acid	400 mcg	100%	Para amino benzoic acid	25 mg *
Vitamin B-12	100 mcg	1,667%	Citrus Bioflavonoids	25 mg *
Biotin	25 mcg	8%	Betaine Hydrochloride	25 mg *
Pantothenic Acid	50 mg	500%	Hesperidin Complex	5 mg *
Calcium (from bone meal)	31 mg	3%	L-Lysine	8 mg *
Iron†	5.8 mg	32%	Desiccated Liver	50 mg *
Phosphorus (from bone meal)	15 mg	2%	Glutamic Acid	25 mg *
Iodine (from Pacific kelp)	150 mcg	100%	*Daily Value not established	
Magnesium†	0.7 mg	<1%	† As gluconate	
Zinc†	0.7 mg	5%		

Other Ingredients: Rice bran, alfalfa, parsley, watercress, (May contain one or more of the following: magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate and silica).